

Upside down reading

As a practical training exercise, reading upside down encourages the habitual use of shifting and central fixation, Hold the book upside down fourteen inches from the eyes. Starting to read from the lower right hand comer, reading from right to left, read each word individually and in long words that cannot be read at a glance, read by syllables.

Each word must be read by the eye and not guessed at by the contents. In this manner, each word is seen separately and shifting is continuous. This exercise should be kept up for weeks or months until reading upside down is done as easily as reading in the usual manner. When you can do this so easily that it is comfortable for you to read a short story in this manner, you may assume that the eye is functioning perfectly.

Sample Text— Two pages out of four

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

improve it;" —

have good or fair eyesight and wish to keep it or, better still, to

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

to an eye physician,

optic nerve or of the visual centers in the brain—all such cases belong

disturbances, such as tumors, degeneration of the retina or of the

it is not for people whose sight is defective because of organic

straightened by following the principles laid down in here.

humiliation of cross-eyes. Hundreds of cases of cross-eyes have been

["And, finally, this is for those people, young or old, who have the

fitted for glasses again!

This is for children in hope that they may discard and never have to be

attention. This app is for you too.

are starting to strain) this is a warning sign. You need intelligent

your phone, and you are in your forties or fifties(or younger and you

eyes—the proper distance, or comfortably read numbers or text on

If you no longer can read print at fourteen to sixteen inches from your

lens, this is for you.

glasses for years—changing them every two to four years for stronger

corrective lens. Whether you have just recently started or worn

This app is for these people, and all people who wish to no loner use

through fifteen.

mention all the children who are fitted for glasses at ages seven

glasses, corrective lens, or other, all the time or for reading. Not to

Some near ninety percent of people over the age of forty-five use

sight, not the result, but the cause.

it is noted that straining (staring) to see is the cause of imperfect

emotional situations and mental situations is very fluid.

Emotions, all of them, influences eye sight, and the eyes responds to

pull the eyes out of focus, these two being essential to sight.

Anger, rage, hostility, these tensions can of course affect the mine and

wearing glasses.

habitually relaxed people—even in their middle and senior years,

cause of nine-tenths of defective sight. Rarely will you notice

RELAX! That's right, Relax. The lack of relaxation is reported to be the

DISCOVERY

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and shorter from side to side.

squeezing the eyeball so that it becomes deeper from front to back

oblique muscles obey that desire by increasing their tension,

On the other hand, if you want to read or look at any near point, the

from front to back, longer from side to side.

four recti muscles is increased and the eyeball is flattened out, shorter

When the eye focuses for distant objects, the pull or tension of the

recti muscles and the last two, the oblique muscles.

eyeball, one at the top, one at the bottom. The first four are called the

top, one at bottom, and two passing partly around the meridian of the

to cushion it, is operated by six muscles—one on either side, one at

in the bony depression of the skull with a fatty pad back of the eyeball

if you look at an illustration of the eye, you will see that the eye, placed

eye muscles with their varying pull on the eyeball.

accommodates itself to varying distances by means of the extrinsic

changing the shape of the eyeball itself. In other words, that the eye

distances not by changing the shape of its crystalline lens but by

the scene with his theory that the eye adapts itself to varying

method of treating eyes for almost a century before Dr. Bates came on

explained by this Helmholtz theory, it was, nevertheless, the only

Although a large percentage of eye troubles could not possibly be

changing of the shape of his crystalline lens.

the eye to see at varying distances, in other words, one focuses by the

the premise that it is a change in the shape of the eye lens that allows

is, the theory accepted by most eye men. This theory is founded on

decreasing favor upon the Helmholtz theory which was then, and still

Having a scientific type of mind, he had looked for several years with

primary seat of a degenerative disease.

degenerative condition were present. The eye, however, is rarely the

and normality like any other part of the body—unless some

could, most of them, be removed and the eyes recover perfect health

eye trouble could be cured, not just helped, that the underlying causes

something. Through research and experiment, he found out that most

day, pushed ahead into that unexplored country and discovered

Bates, of New York City, one of the outstanding eye specialists of his

In the beginning of the twentieth century, a man, Dr. William Horatio

didn't believe that they could be cured.

didn't try to cure them. They tried to ease and aid them, but they

eyes to see, But eye men knew nothing that would cure eyes and they

But what caused any of these things no one knew. Glasses helped

somewhere in middle age most people had to put on glasses to read.

farsightedness, astigmatism, cross—eyes, cataract, glaucoma—and

There were certain troubles the eye was heir to—nearsightedness,

DISCOVERY