



**Bates Better Eyesight Without Glasses**  
(Original back cover)

This book tells you

How to regain normal vision without glasses?

After 30 years of private and clinical practice, Dr. William H. Bates found the secret of better eyesight. **BY NATURAL MEANS...**demonstrated that most people can now enjoy normal vision, actually see better than ever—**WITHOUT EYEGLASSES!**

No eye drops or mechanical objects to buy! This invaluable book gives you **ALL** the guidance you need step-by-step instructions for regaining normal vision—in the comfort and privacy of your home—naturally. **WITHOUT EYEGLASSES!**

**DR. DANIEL A. POLING** says:

“The fact that I do not wear glasses, although I review more than three hundred books every year and carry a very heavy editorial and journalistic program, is due entirely, I think, to the 'Bates Method.' Dr. William H. Bates and Mrs. Emily Bates ...are benefactors of their fellow men. Other members of my family and many associates have been helped as I have been helped. The volume **BETTER EYESIGHT WITHOUT GLASSES** tells this thrilling story and is unique in its field.”

**REV. FRED A. MILOS, M.S.,** says:

“Dr. Bates' book, **BETTER EYESIGHT WITHOUT GLASSES** is a splendid one. Written in a simple language, this book tells how we save and restore our eyesight without the use of annoying eyeglasses. By using the simple rules found in this book I have recovered my complete vision...I can already read for long periods without any use of my eyeglasses. What Dr. Bates' book has done for me, it will do for the thousands that read this fine book.”

*What follows is the first part of the book, a bit quaint, certainly he was a product of the times...*

**The Theory and the Facts**

Most writers on ophthalmology appear to believe that the last word about problems of refraction (the derivation of light waves as they enter the eye) has been spoken, and according to their theories the last word is a very depressing one. Almost everyone in these days suffers from some form of refractive error. Yet we are told for these ills, which are not only inconvenient but are often distressing and dangerous, there is no cure, no palliative except those optic crutches known as eyeglasses, and, under modern conditions of life, practically no preventative measure.

It is a well-known fact that the human body is not a perfect mechanism. Nature, in the evolution of human tenement has been guilty of some maladjustment. She has left behind, for instance, some troublesome bits of scaffolding, like the vermiform appendix. But nowhere is she supposed to have blundered so badly as in the construction of the eye. With one accord ophthalmologists tell us that the visual organ of man was never intended for the uses to which it is now put.

Eons before there were any schools or printing presses, electric lights or moving pictures, the evolution of the eye was complete. In those days it served the needs of the human animal perfectly. Man was a hunter, herdsman, a farmer, a fighter. He needed, we are told, mainly distant vision; and since the eye at rest is adjusted for distant vision, sight is supposed to have been ordinarily as passive as the perception of sound, requiring no muscular action whatever. Near vision, it is assumed, was the exception, necessitating a muscular action of such short duration that it was accomplished without placing any appreciable burden upon the mechanism of accommodation (the adjustment of the eye to different distances). The fact that primitive woman as a seamstress, an embroiderer, a weaver, an artist in all sorts of fine and beautiful works, appears to have been generally forgotten. Yet women living under primitive conditions have just as good eyesight as the men.

When man learned how to communicate his thoughts to others by means of written and printed forms, there came some undeniably new demands upon the eye, affecting at first only a few people but gradually including more and more, until now, in the more advanced countries, the great mass of the population is subjected to their influence. A few hundred years ago even princes were not taught to read and write. Now we compel everyone to go to school, whether he wishes to or not, and even babies are sent to kindergarten. A generation or so ago books were expensive. Today, by means of libraries of all sorts, stationary and traveling, they have brought within the reach of almost everyone. The modern newspaper with its endless columns of badly printed reading matter, was made possible by the discovery of the art of manufacturing paper from wood, which is a thing of yesterday. Only lately has the tallow candle been displaced by the various forms of artificial lighting which tempt most of us to prolong our vocations and avocations into hours during which primitive man was forced to rest. Even more recently has come the moving picture to complete the supposedly destructive process.

Was it reasonable to expect that Nature should have provided for all these developments and produced an organ that could respond to the new demands? It is the accepted belief of ophthalmology today that she could not and did not, and that, while the processes of civilization depend upon the sense of sight more than upon any others, the visual organ is imperfectly fitted to its tasks.

There are a great number of facts which seem to justify this conclusion. While primitive man appears to have suffered from little defects of vision it is safe to say that of persons over twenty-one living under civilized conditions nine out of every ten have imperfect sight and as the age increases the proportion increases, until at forty it is almost impossible to find a person free from visual defects. Voluminous statistics prove these assertions.

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