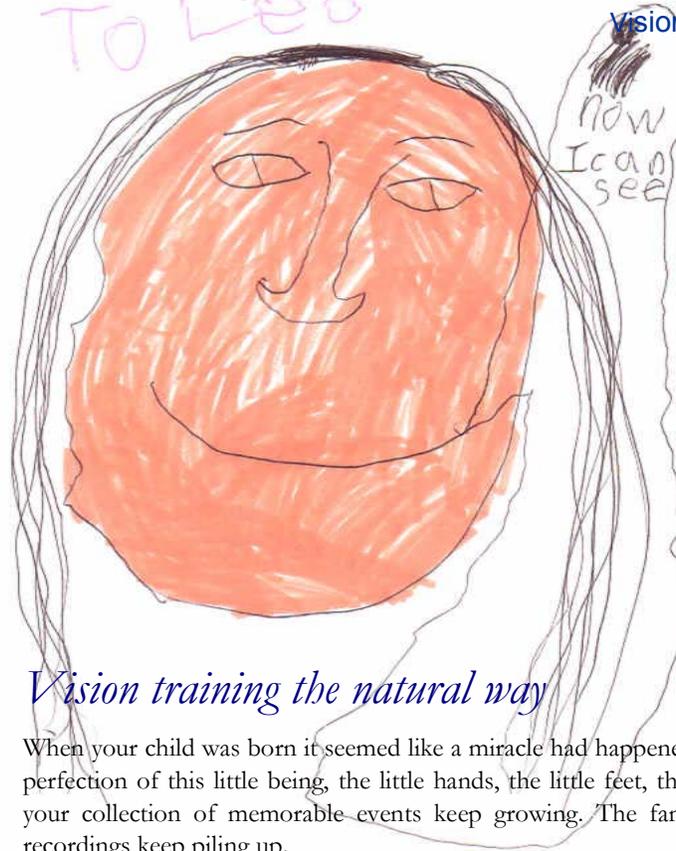


# Magic eyes

To Leo

Vision training for children



Drawing by Sarah

## *Vision training the natural way*

When your child was born it seemed like a miracle had happened. You were amazed at the perfection of this little being, the little hands, the little feet, the eyes. As the child grows your collection of memorable events keeps growing. The family photos or the video recordings keep piling up.

The natural development of a child unfolds just like nature intended. One of those things that are a natural birthright is clear eyesight. Just about all children (studies indicate about 98.5%) have normal clear eyesight at age 6. In other words most children are born with natural clear eyesight. Indeed eyesight is such an important sense that nature has made sure that we keep it as long as we live. You might even know people in the 80's who never wore glasses even for reading. In some parts of the world people naturally have good eyesight all their lives. One study of more than 800 school children on the Pacific island of Vanuatu over a two year period found that only 1.2% of them had any measurable vision defect of less than .25 dioptres. In other words none of them needed nor wore glasses.

You might also know people who as children were prescribed glasses, but never wore them. Today as adults they have perfect eyesight. Their eyes simply corrected themselves naturally.

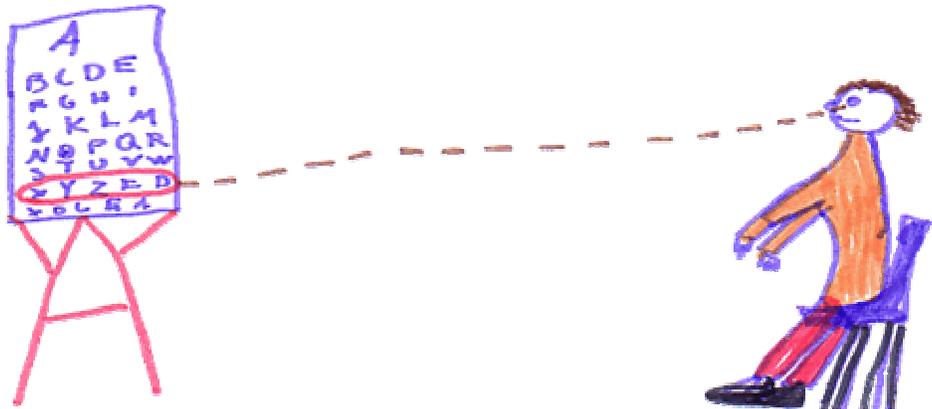
In today's society we tend to go for the quick fix and the mechanical approach. If your 9 year old child comes home from school with a note saying that he or she cannot read the board. What do you do? You most likely go to have the child's eyes tested and glasses fitted. In many schools this process is made simpler. They organize eye-tests at the school. Fitting the child with glasses does absolutely nothing for the condition. Lenses only correct for the refraction error nothing else. Wearing glasses in fact tend to make things worse. Studies indicate that children are likely to lose about .5 dioptres a year until age 18. Think about it, the solution to good eyesight is not found in optics.

### In this issue:

Magic eyes in Salzburg	2
William Bates work	
In schools	3
Magic eyes workshops	4

### Themes in this issue:

- The very first Magic Eyes workshop in Salzburg, Austria.
- Vision Training in school 80 years ago.
- Magic Eyes workshops in 2002.



Drawing by Mathias

## *Magic eyes in Salzburg, Austria*

In brilliant October sunshine the very first Magic Eyes workshop was held in the town of Anif just outside Salzburg in Austria. It was a small group of enthusiastic children that started on their journey to discover where they had left their Magic Eyes. We began by finding out exactly how their vision was. The range in Salzburg was typical of children everywhere. Some were just slightly nearsighted others were more advanced. One young boy 9 years old had a diverging eye. His left eye turned inward. So we set out on our journey to discover how we could get hold of our Magic Eyes.



The Magic Eyes class in Salzburg, Austria, 2001. Here are the participants and their mothers

**„Our mission is to let all parents know that there is an alternative to glasses. “**

A wonderful thing happened in Salzburg. One of the boys, Mathias, age 9, came to the class wearing bifocal glasses for his Strabismus. His left eye turned inward towards his nose. Mathias and his mother learned how he could train his eye and mind to coordinate both his eyes normally.

Vision Training is a very effective way of dealing with diverging eyes. It has an exceptionally high rate of success and it is completely natural. Mathias and his mother worked a lot with his eye and as a result he came to the class the following day without his glasses and with his eyes straight. Only when he was tired and when he turned his attention inward did his eye begin to turn. The last day of the Magic Eyes workshop Mathias' eyes were beautifully coordinated. His mother thought it was a miracle. Indeed all the parents were amazed of how well their children responded to the Magic Eyes training.

From this the very first steps in Austria we hope that more parents and schools will begin to appreciate how much can be done to restore the natural clear eyesight of all children in Austria. The next Magic Eyes workshop in Salzburg will be March 20, 21 and 25, 2002.

## PREVENTING IMPERFECT SIGHT IN SCHOOLCHILDREN

By Elisabet D. Hansen

Editor's Note-The future of our country is in the hands of the children. The future of the children is in the hands of the teachers. I wish there were more teachers like Ms. Hansen. She has solved a problem in her school of the prevention of myopia in schoolchildren by my methods. How she overcame the usual prejudice of the Board of Health and the Board of Education is interesting. I recommend her methods not only to all teachers, but also to all parents. The following letter from Ms. Hansen is worthwhile.

Dear Dr. Bates:

I knew you would be interested in the children's compositions-they are wonderful, and the children were just as alive as their compositions.

Four times a day, immediately after the opening of school in the morning, two recesses and noon, the school Victrola [gramophone player] is rolled in, classical music by piano, violin, orchestra or the principal song from the broadcasted opera is played. The disc chosen is played all week. They were taught to palm, and why. Sometimes they are to use their imagination on the music and weave that imagination into a three-sentence paragraph. Sometimes the memory is brought into play and we have created on paper sunsets that were as impressionistic and brilliant as any of that class of painters could produce. Another time "Crack the Whip" was used. The papers were full of life and motion. Anything that they are interested in and touch with their daily activities brings the best results.

Ten or fifteen minutes at noon we wanted to see how well they could read the test card, and the few who could stand 30 to 36 feet away and read the 10-line (30/10 to 36/10) were very proud of their eagle eyes, as they called them.

We kept a record of the improvements. Their own stories tell most plainly how much they enjoyed it, and what it did for them and others. These children are now in another room and palm when they feel the need of it. The effect is wonderful.

### SELECTED ESSAYS ON PALMING BY SCHOOLCHILDREN

Palming has helped me a great deal in my studies and has given me my beautiful imaginations come to me when I am palming. If we did not have palming four times a day I would not get a hundred in numbers from our principal.

The first time Ms. Hansen told us about palming I went home and I let my mother palm for thirty minutes and she did it every day and hasn't any glasses to wear, and I sure was happy to see my mother without glasses; it was just like wearing crutches on the eyes.

My eyesight is as strong as electricity, I could see very far in the distance and what do you suppose did it. Palming, which my teacher taught me a year and a half ago in room seven. Palming is the best to do for your eyes so as not to wear glasses.

I have strengthened my imagination and vision by palming. It has helped me in many of my studies which were very hard for me to learn. I have won a prize in the Noel State Bank Compositions. It is all I owe to palming.

Palming has done to me a great deal. My eyes are better than they were two years ago. Ms. Hansen is the only teacher in the Carpenter School teaching palming.

I taught my mother to palm. One day she said, "Peter go and buy me medicine for the eyes," and I said, "You don't need any medicine. Do this: put your two hands to your eyes and shut your eyes and only see black." She did that and I went out. After one hour I came back. I saw her still palming. I said, Ma, how are your eyes? She said, "They are all right now and so I didn't buy any medicine."

While I was palming I was thinking how to do my English. I was wishing for my passing mark. I was willing to try my best for the next grade. We made many mistakes in our English. The Snellen test card made our brain think a little better by palming. I thank you, Dr. Bates, for the Snellen test card and the palming that the teacher taught us to do.

Palming has increased my eyesight every time I palm. It has made my brains stronger. Whenever I am tired or my head aches, I just have to palm and think pleasant thoughts when I am all right.

Better Eyesight, March 1924—Vol. VIII, No.9.



*rub your hands vigorously*



*Fold your hands over closed eyes for one minute.*



*Magic*

Drawings by  
Chan Kai Cheng



Drawing by Liboa

## *The Magic Eyes workshops*

### **Manila, the Philippines**

February

Introduction at the Brent School, Manila.

February 9 and 10      Magic Eyes Workshop

Call Monika Cruz      +632 890 6086

### **Salzburg, Austria**

March 20, 2002      Magic Eyes I, workshop

March 21, 2002      Magic Eyes II, workshop

March 25, 2002      Magic Eyes III, workshop

Call Bugi Sedlak      +43 662 88 7644

### **Berlin, Germany**

April 2, 2002      Magic Eyes I, workshop

Call Mila      +49 33 708 733 93

### **Hong Kong SAR, China**

August 5 to 17, 2002      Magic Eyes I, II workshops

Call Dilys      +852 2504 4499