

Strong Eyes: How Weak Eyes May Be Strengthened Spectacles Discarded

Bernarr Macfadden

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Bernarr Macfadden : Strong Eyes: How Weak Eyes May Be Strengthened Spectacles Discarded before purchasing it in order to gauge whether or not it would be worth my time, and all praised Strong Eyes: How Weak Eyes May Be Strengthened Spectacles Discarded:

1 of 1 people found the following review helpful. Good book. The first person to write a book on this subject? By Mary I. Oliver This 1901 book by Bernarr MacFadden may be the first or one of the first Natural Eyesight Improvement books. Good book, much beneficial training. I like the poetry and how he describes emotions, thoughts, communication transferred by the eyes alone. How experienced police officers obtain the ability to detect a criminal personality by a certain look all of them have in their eyes. Some areas of the book needed improvement. This is NOT Bernarr's fault. It is the fault of the medical, optical profession who hid the true function of the eyes, vision and natural cures without glasses. Some things in the book I do not recommend applying but the book is a must have addition to the natural eyesight improvement collection. Way back in 1901 natural health teachers knew that eyeglasses caused addiction to stronger and stronger prescriptions, more vision impairment, eye disease. In later years Mr. MacFadden wrote a new book with many changes, improvements; The 1918, 1924-1925 book editions of 'STRENGTHENING THE EYES - A New Course in Scientific Eye Training in 28 Lessons' is a result of Bernarr MacFadden meeting and studying Ophthalmologist William H. Bates practice of Natural Eyesight Improvement. They advertised natural eyesight training, The Bates Method together in newspapers, magazines. Dr. Bates name was on the 1918-, possibly 1925 book as author with MacFadden. Later book editions were authored only by MacFadden. Did Dr. Bates want to change

some of the practices in the book? (Modern teachers have changed, corrected, added some practices) Or maybe he preferred to place all his attention on his solo projects; book, magazine, medical papers, clinic work. Bernarr MacFadden was one of the first Natural Health, Physical Fitness teachers. Sadly, he died in 1955 from a urinary tract infection after refusing standard medical doctor's treatment. MacFadden published Physical Culture Magazine; A fitness, natural health, food, body building magazine. In this magazine and other newspapers... Ophthalmologist William H. Bates and Bernarr MacFadden advertised their 'Strengthening the Eyes' course and book. This seems to have started the Natural Eyesight (Vision) Improvement revolution. Many people have improved their vision with the Bates Method. It is hidden by the medical community due to its success, competition; prevents the need for eyeglasses, surgery, lasik... drugs. (The Bates Method works if the patient will take the time to learn and apply it. A large portion of the population seem to prefer eyeglasses or surgery; a quick fix with no work, no study. But glasses, contacts, surgery are addictive, maintain and increase eye-vision problems, cataract, detached retina, glaucoma... Only a few honest eye doctors will tell you this truth.)

Strong Eyes: How Weak Eyes May Be Strengthened and Spectacles Discarded 112, [2] pp. 8vo. Photographs and illustrations throughout. A guide to maintaining proper eye health claiming that, even for those relying on corrective lenses, good sight can be restored through simple therapies. Hoolihan 2330. In another entry Hoolihan also provides a lengthy biographical entry of Macfadden's career as a physical culture advocate championing various exercise and diet regimens, during which he also published controversial pulp magazines. Keywords: MEDICAL OPHTHALMOLOGY OPTICAL MEDICINE EYE HEALTH