

**SCHOOL FOR PERFECT EYESIGHT**  
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**BETTER VISION**

The progressive increase of refractive error in the number of boys and girls, young men and women, from grade to grade throughout the elementary school, the high school, and the college, who wear glasses or who suffer from eye strain is convincing evidence that something is wrong. People are largely ignorant of proper eye hygiene and they abuse their eyes continually. Let me demonstrate the right and wrong use of the eyes.

**Eyelids :** Eyelids play a great part in vision. The upper eyelids should remain downward, keeping the eye half-open. While looking upwards or in front, the upper lids should not be raised, but only the chin.

**Blinking :** The greatest things are always the simplest. The act of blinking is the first and simplest, and a most important action of the eyelids. In blinking the upper eyelid comes a little downwards to cover the pupil and is again raised. Wrong blinking is usually very irregular and jerky. Blinking is a quick method of resting the eyes and can be done unconsciously all the day long, irrespective of what one may be doing. It is interesting to observe the blinking demonstration.

Look at any letter. Stop blinking; note that the blackness of the letter begins to fade. Now blink and note that the blackness reappears.

See how the eyelids work in a tiny baby who has not yet lost its natural impulse and acquired the vicious habit of staring. You should blink at least 10 times a minute.

**Reading :** Keep the book at a lower level than the chin so that the lids may not be raised. Then blink twice at least in reading each line. Do not read in the sun because the glare reflected from the paper causes strain to the eyes. Reading while lying can also be done without any

discomfort, but you should keep the head raised and blink frequently. It is a great mistake to stop blinking while reading.

**Writing :** While writing, keep the sight on the point of the pen and move your sight with its movement, and blink frequently. A common mistake is to write forward and at the same time to look at the back letters.

**Sewing :** Many women suffer from eye strain while sewing or doing needle work. They generally feel headache after working even for a short time. The mistake they commit is that they keep their eyes fixed on their work and blink at long intervals. They should blink frequently and move the sight with the movement of the needle. If the needle comes up, the sight also should move up and when the needle goes down to the cloth, the sight should shift to the cloth. This shifting relieves the strain.

**Cinema :** Cinematograph pictures are commonly supposed to be very injurious to the eyes, and it is a fact that they often cause much discomfort and the lowering of vision. They can, however, be made a means of improving the sight. When they hurt the eyes, it is because the subject strains to see them. If this tendency to strain can be overcome, the vision is always improved and if the practice of viewing pictures is continued long enough, many eye troubles are relieved.

**How to see a cinema picture :** Sit erect comfortably, keep your upper lids down while raising the chin and blink frequently. The common mistake while seeing the cinema is to keep the lids raised and stop blinking.

## **METHODS FOR PRESERVING AND RESTORING THE SIGHT**

**Sun treatment :** The sun is a wonderful help in relieving all sorts of eye discomforts. Sometimes we get miraculous results. Everyone should face the sun.

**Method of sun treatment:** Sit comfortably facing the sun with closed eyes. Sway the body from side to side gently. Continue for two to five minutes. Morning and evening are the best time, when the rays of the sun are not keen. One should stop sun treatment as soon as the sun causes discomfort to the body. After enjoying the sun, come to the shade and wash the eyes with tap water.

**Eye wash:** Eye bath is very effective in toning up the eyes and the surrounding tissues. It causes relaxation. You may splash cold water on your eyes smartly, but not violently. Or fill the eye-cup nearly to its brim and put it against the eye gently. Keep the eyes downwards and blink in it. Wash each eye for half a minute. Do not keep the eyecup against the eye for too long a time, as that may produce suction which is not desirable. After washing the eyes practise palming.

**Palming:** Every one must have noted that when the eyes are tired, closing the eyes for a moment clears the vision and a kind of relief is felt in the eyes. But as some light still comes through the closed eyelids, a still greater relief can be obtained by excluding this light as well. This is done by covering the closed eyes with the palms of the hands, in such a way as to avoid any pressure on the eye-balls. This practice is called Palming.

With the eyes closed and covered remember the image of something perfectly black or some pleasant thing say a flower, a boat floating in the river, clouds moving in the sky, etc. Some persons like to remember familiar things, thus a knife is remembered by a surgeon, dolls by girls, babies by mothers.

Palming may be done for ten to fifteen minutes or longer. You may rest the elbows on the table or tuck a cushion below them.

After palming, open the eyes and practise on the Snellen eye testing chart at a distance of ten to twenty feet if your distant sight is defective; and on the reading test type if your near vision is defective. In ninety per cent of cases the benefit comes in the first week. Continue for some time to make the improvement permanent. For further directions read *Mind and Vision*.

**DRIFTING SWING:** There are different practices of swinging which help much in improving the vision. Drifting Swing is one of them.

When practising this swing, one pays no attention to the clearness of stationary objects, which appear to be moving. The eyes wander from point to point slowly, easily or lazily, so that the stare or strain may be avoided.

### PREVENTION OF MYOPIA IN SCHOOLS

Defective eyesight is found in the eyes of most school children. In spite of the great care from the side of the Government, myopia is increasing rapidly. Here is a simple and effective plan to prevent and cure most of the defective eyesight cases. Within a month good and encouraging results can be achieved. Just experiment for a few days even on some children and note the usefulness.

**Practice on the Snellen test card:** Place the Snellen test card upon the wall of each class-room. Every day the children should read silently the smallest letters they can see from their seats, with both eyes together and then with each eye separately, the other eye being covered with the palm of hand, avoiding any pressure upon the eye-ball. Appoint a period of five minutes for it in the beginning of school work. It should be the duty of the teachers to note that all children read the test card with blinking. The practice of five minutes daily is sufficient to improve the sight of all children in one week and to cure defective eyesight after some time.

This plan was followed by the institutions of Khurja. 820 boys were examined and 249 were recorded defective at the beginning of the session. During the session the students were merely encouraged to read the Snellen test card daily. At the close of the year again the boys of the same students were examined. 99 out of 249 defective eyes had attained normal vision, while 85 showed marked improvement.