

# Strengthening The Eyes - A New Course In Scientific Eye Training In 28 Lessons & Better Eyesight Magazine [Kindle Edition] By Bernarr MacFadden;William H. Bates;Clark Night

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.Jen: So impressed and, knowing your determination, I am.

I could've written this post.

My philosophy is you can't hide your crazy, so you may as well embrace it.

I don't think I .

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I would like to give immense, heartfelt thanks to each and every one of you! Thank you to everyone who visited my blog over the past several years and for following my adventures through every blog post.

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.Leigh: Thanks, Beth! I know you would have SHIT!! I nearl.

.Jen: Wish I could have been there :-(-.

## Chapter xiv - strengthening the eyes -

CHAPTER XIV Eye Exercises. NOTHING could be more evident than the fact that exercise of the eyes will strengthen these organs just as exercise of any other part of

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Physical Culture, Bernarr Macfadden's first magazine, was NEW YORK, NY, 100015004, US. MACFADDEN PUBLISHING INC specializes in

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In this podcast we will be discussing eye strengthening exercises. By this we mean the muscular strength of the eye rather than the overall strength

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