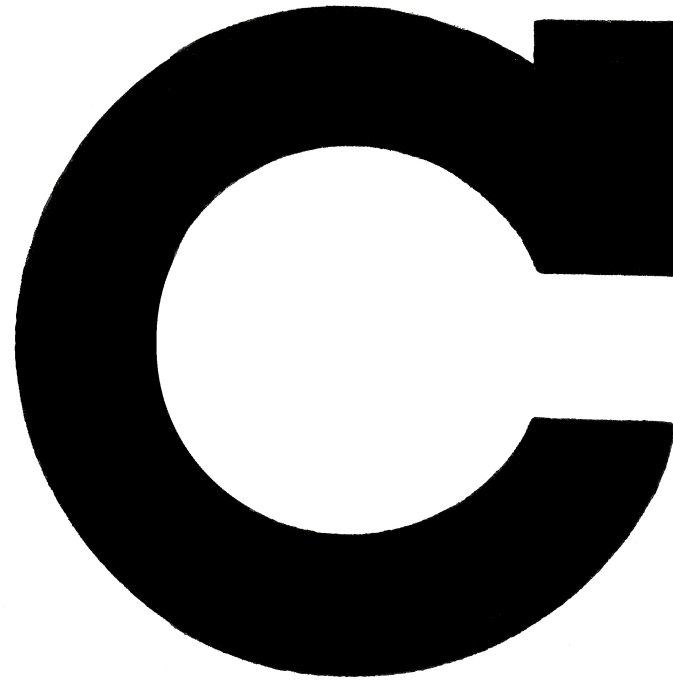


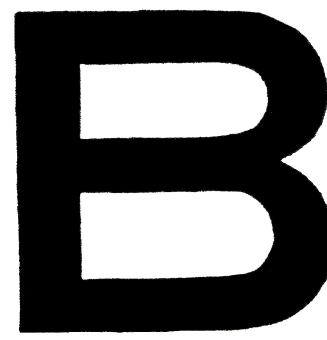
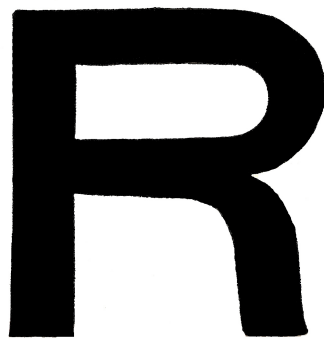
Cut this sheet off here and paste on a piece of cardboard. See "How to Practice with the Test Card " in the book  
'Perfect Sight Without Glasses' and Ophthalmologist William H. Bates Better Eyesight Magazine

---

200



100



70

**T**

**F**

**P**

50

**5**

**c**

**a**

**o**

40

**4**

**K**

**B**

**E**

**R**

30

**3 V Y F P T**

20

**2 Q C O G D □ C**

15

**R Z 3 B 8 S H K F O**

10

**F T Y V P E C □ O B R K 5 6**

**A B C D E F G H I J K L**