

200

E

100

F P

70

T O Z

50

L P E D

40

P E C F D

30

E D F C Z P

20

D E F P O T E C

15

L E F O D P C T

10

F D P L T C E O

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Daily Practice

1- Do the Long Swing 100 times once or twice daily. This relieves strain of the body as well as your eyes. Blink slowly as you swing.

2- Palm frequently for a short time or for long periods if you feel benefited this way.

3- When practicing with the large ~~white~~ <sup>Black</sup> card place it at a distance

of *10 ft. Help each eye sep. and then both.*

Close your eyes a second after each letter you read. Stand as you practice and sway slowly. Look away from the card then back to the card again after each letter you read. Blink with the sway of your body.

4- Notice the space between each letter. If the next letter is not distinct enough to read, close your eyes Palm a few minutes and then try again. Take your time while practicing. After you have read a line of letters, Palm and remember the last letter you saw. Now try to read the next line of letters the same way, being sure to blink.

5- If you notice an improvement in your vision by Palming and sitting comfortably, keep up this method for awhile before and after test card practice.

6- Stand near a window. Hold the Seven Truths card at 8 inches from your eyes. Sway slowly blink as you look at the white spaces between the sentences of fine print. Then read it if you can. Then look off at the distance, blink, then look at white spaces, then the distance again. Repeat a few times. Notice the distant objects appear to move slightly with your sway while the nearpoint seems to move opposite.

This helps to improve your vision with the test cards. *Test sight with cards afterward.*



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7- Practice with your small test cards as you do with the large ones but at a distance of 2, 3 or 5 feet. Be sure to have a good light on your cards. Place them on a window-sill while reading them as you sway. Blink slowly.

8- Practice with three different sized types at 8 inches or at hand length from your eyes. Look at the white spaces of finest print then close your eyes a second or two. Now look at the white spaces of the middle card "Seven Truths" and close your eyes again a second or two. Then do the same with the Fundamentals, and repeat a few times. When you can read the three types easily then read them as close to your eyes and as far off as you can every day. A change of focus like this, is good exercise for your eyes.

9- If the light is not favorable do not read. A poor light is bad for you while reading at any time.

10- Eye practice one hour daily may be sufficient for you, but two hours will be more beneficial if the practice does not tire you. Some days you may find that one hour is enough. Notice street signs as you blink.

11- Go to the movies. Do not stare as you watch the pictures. Blink easily and often.

12- Suntreatment Place yourself in the sun, close your eyes and let the sun's rays shine on your closed eyelids. Do this frequently for five or ten minutes at a time or as long as you feel comfortable.