



Sight is mind and eye coordination.

12

It is more mental than physical. The eye sees but the mind must interpret and evaluate what is seen.

11

There are five basic components of mental sight: curiosity, contrast, comparison, memory and judgment.

10

Curiosity means intelligent visual searching, that is, looking around just as if you saw everything with perfect clarity.

9

Counting objects and colours is the best way to achieve curiosity.

8

Contrast is the gradations of difference between foreground and background.

7

For instance, the print on this chart will appear blacker if you close your eyes for a moment and imagine clearly a sheet of clean, white paper before opening then again.

6

6 Comparison is the evaluation of similarity and difference. A capital "H" and a capital "N" both have two parallel sides; but the "H" has a horizontal bar, while the "N" has a diagonal line.

5

Memory is the sum total of our learned and our recollected experiences.

4

Judgment is the summation, the end result, the interpretation or evaluation of what the eye sees.

3

Always use daylight whenever possible. When reading or working at night be sure to have adequate light consisting of the full spectrum of colours. The best combination of working light is a halogen pin light with a dimmer switch illuminating your working area. On the left side an incandescent light and possibly fluorescent light fixtures in the ceiling. Fluorescent light alone is the worst working light as far as your eyesight is concerned.



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There are two ways to do this exercise. Try this version first:

1. Hold the book out at arms length.
2. Place a finger half way between yourself and the book. Look at the tip of your finger.
3. In the background you will see a column of text recessed behind the other two columns. The image will be in 3D similar to the magic pictures that were popular in the 70's-
4. Relax, take a deep breath and begin to read the text. You will notice that it become clear as your brain align your convergence. This exercise can be very strenuous so do this for brief periods only, until your visual system build up strength. Approach this as play rather than exercise.
5. When you get a clear image at arms length, slowly remove the finger and begin to gradually move the book back and forth until you can read it as close as possible. Notice which number you can read now.

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