



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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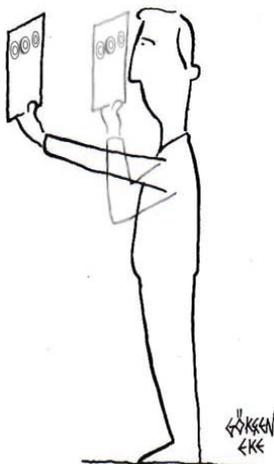
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This is an alternate way of doing the exercise. For some people this is easier to do. The purpose of the two exercises are the same - the train your ability both focus and converge your eyes at the same time.

1. Hold the book very close and look between the two dots.
2. Relax, and you will see a third column in 3D floating out towards you.
3. Begin to move the book back and forth, slowly moving the book out to arms length. If you loose the effect go back to where you have the 3D column and begin to gradually move the book back and forth. Slowly working out to arms length.
4. Continue reading as far down as possible. Notice which number you can read. As mentioned above it can be quite strenuous so go slowly, and do it for brief periods only until your visual system has build up convergence strength