

The Art of Reading

When reading, you should look at the white spaces between the lines, words or letters, and not directly at the lines themselves. The reason for this is that it is no effort to sweep the eyes over a plain background. Fixing the eyes on individual words and letters involves strain, and strain impairs vision.

When a person with normal sight regards the white spaces with a sweeping shift across the page from margin to margin, he can read easily, rapidly and without fatigue. If the same person looks at the letters, the eyes grow tired and the vision becomes poor.

People who cannot read well at the near point always tend to fix their attention on the print. Consequently, they see worse. Improvement cannot take place until they learn to look at the white spaces.

Reading can be improved by improving the power to remember or imagine whiteness. This improvement can be achieved in the following way: Close your eyes and imagine something even whiter than the page before you — white snow, white starch, white linen.

Then open your eyes again. If your mental images of whiteness have been clear and intense, you will find the white spaces between the lines will appear for a few moments to be whiter than they really are.

Repeat this process as a regular drill. When your imagination of whiteness has become so good that you can constantly see the spaces between the lines whiter than they really are, the print will seem blacker by contrast and the eye will find itself reading easily and without effort or fatigue.

The Thin White Line

When the imagination of whiteness has reached its maximum intensity, it often happens that one can see a thin white line much whiter than the rest of the white space.

This white line may be compared to a neon light moving swiftly from one margin to the other immediately under the letters.

The consciousness of this thin white line is a great help in reading, increasing as it does the speed of both the eyes and of the mind. Once this illusion of the white line is seen, imagined or remembered, unlimited reading without fatigue becomes possible.

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