

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 between the lines with a sweeping shift across the page, 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.

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