

Once a day Long Swing

Take The Long Swing at least once a day, five minutes.

Note: A few weeks practice, spending fifteen minutes a day, usually is sufficient to permanently relieve a condition of simple eye strain

Stand with the feet about six inches apart. Turn the body to the right, at the same time lifting the heel of the left foot.

The head and eyes and arms should be left at ease to follow the motion of the body as they will. Now place the left heel once more on the floor, turn the body to the left, raising the heel of the right foot.

By alternating this action of the feet, the body and head are turned in an arc of 180 degrees. The motion is performed smoothly and easily.

Do not pay any attention to the apparent motion of the objects in the room, sixteen complete turns per minute is the most beneficial speed. (See illustration for position of feet, head, and hands in this exercise.)

