

Practice the Long Swing

—This is one of the most valuable exercises for myopic eye as the myopic eye fails to shift easily and The Long Swing develops shifting faster than any other exercise;

—Severe cases of farsightedness and farsighted astigmatism may require additional aid. The Long Swing is very beneficial;

—For Cataract and Glaucoma, The Long Swing is the best exercise for these condition and should be done at least an hour a day. The exercises may be gone through for short periods, or one or two longer periods. The glasses must be left off or radically reduced in strength;

The Long Swing:

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.).

