

Long Swing: before bed

Perform The Long Swing for three and one-half minutes (100 swings at the proper speed) last thing before going to bed.

This assures a moving relaxed eye for the night, and will yield the most aid for the least amount of effort as it continues for a long time after you are asleep.

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 (See illustration for position of feet, head, and hands in this exercise.).

