

Answer—Avoid staring after palpating and blink all the time. You can demonstrate that staring is a strain by consciously doing it for a few seconds.

Question—If glasses are harmful, how do you account for the benefit the wearer receives, also relief from head-aches?

Answer—(x) Eye glasses are harmful because the benefit involved is not permanent. (y) The mental effect of glasses helps some people, but the headaches are not relieved permanently and the vision is usually made worse.

Question—Why is fine print beneficial?

Answer—Fine print is beneficial because it cannot be read by a strain or effort. The eyes must be relaxed.

Question—How can I correct the vision of my three-year-old son, who won't palm and doesn't understand it? He is far-sighted.

ANOTHER: Make a test card with black letters on white paper. The letters to be composed of E's pointing in various directions. These are to be graduated in size, from about 3/8 inches to a quarter of an inch. Have the child read them from 10 to 20 feet away. Have him blink constantly while telling in which direction the E's are pointing.

[Previous Issue](#)

100% after loss

[Return to Contents Page](#)