



CHICAGO SKYLINE AND AIRPLANE

#7 Rx VARIABLE VECTOGRAM®

STEREO OPTICAL CO.

The training procedures used with this target are quite different from the others. First, place the right eye picture only in one of the slots of the stand, and put on the "3-D" spectacles. You should see the skyline of Chicago with a large airplane flying over it. Cover your left eye and the airplane will disappear; then cover your right eye and the city will disappear. Now also put the left eye picture in the stand and set the scale at zero. You will see the same picture, but it now should appear to have three dimensions. To the right is a box with the letters "R" and "L" inside. You should check this frequently to be sure you are using both your eyes properly.

Separate the picture to "D" on the scale. The city "seems" to grow larger and may go back somewhat, while the airplane gets smaller and comes forward. You can no longer look at both and see them together in one single picture. Either the airplane is double or the skyscrapers are double. Reach in behind with the pointer and touch the tops of the many skyscrapers, then bring the pointer up in front and touch the airplane. Learn to "jump" quickly with your eyes from the airplane to the city, back to the airplane. Separate as far as possible on the letter side of the scale until you can no longer "jump" from one to the other and make each go into a single picture.

Return the scale to zero and begin to separate in the direction of the numbers. The city now will seem to get smaller and come closer, while the airplane gets larger and recedes. Repeat the procedure of pointing first at one and the other, then jumping quickly with the eyes back and forth.

Obtain further instruction from your eye specialist as to procedures and limits he desires you to reach.

NOTE: Please store your Vectogram in a cool, dry place when not in use. High heat & humidity may cause fading.