



FIGURE EIGHT

#3 Rx VECTOGRAM®

STEREO OPTICAL CO.

While wearing the polaroid spectacles study the picture carefully. This Vectogram has a great number of fixation objects and you want to see all of them singly and clearly. If you have difficulty at first, move back a foot or two until you see it easily, and then come forward so that you can reach out and touch the letters.

Take the wire pointers and play the game of anagrams, touching each letter as you spell different words. Consider the Figure Eight as a race track and let your eyes run around the course, always going slowly enough to see each part of it accurately. Now start with the letter A and jump quickly through the alphabet.

Look up from the picture several times during each training period. The ability to fixate rapidly from the Vectogram to distance is important.

Vary the viewing distance as you study the picture. Come as close as you can, keeping the objects clear and single.

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