

PHRASE READING I

The following exercise is designed to help you to read rhythmically, rapidly, and with broader eye span. The skillful reader darts his/her eyes across the line in definite, quick fixations. He/she grasps an eyeful of print, then skips ahead to snatch another eyeful. Focus your eyes on the midpoint of each group of words and read for meaning.

The purpose of this drill is to discipline
the little muscles that move the eyes from left to right.
Incorrect habits of reading have frequently caused
these muscles to behave in an undisciplined
and inefficient manner. Try to make your eyes march ahead in
three rhythmic leaps across the line. Try to feel
the tiny tug on the muscles that move each eye.
You will note that some phrases are short,
while others are longer, This is done intentionally.
The amount of line width that various people
can see differs with the individual. In these exercises
try to group as one eyeful all the words
in the unit; look at a point just about midway
in each word group. At times you will feel
as though the field of your vision is being stretched.
So much the better! At other times the phrases will be
too short. We all strive for wider and wider units
as we proceed. In that way your eyes will grasp
more and more at a glance. Read this exercise
a number of times. Also, each day select easy material
and read word groups or though units. After you have read
a couple of lines give no though to eye movements.
Concentrate only on meaning. The best way
To practice this drill is to read out of a book
with averages 9 to 12 words across a line.
The best readers always think quickly. Clear thinking
aids reading.