PHRASE READING

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 thought 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.