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Eye Training In 28 Lessons & Better Eyesight Magazine
[Kindle Edition] By Bernarr MacFadden; William H.
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Esh #66 | eye strengthening exercises

In this podcast we will be discussing eye strengthening exercises. By this we mean the muscular strength of the eye rather than the overall strength

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CHAPTER XIV Eye Exercises. NOTHING could be more evident than the fact that exercise of the eyes will strengthen these organs just as exercise of any other part of

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