THE HOOK AND EYE TECHNIQUE

This technique is especially useful when writing about complicated processes or chains of reasoning. The *object* (or other predicates) of the preceding sentence become the *subject* of the following sentence. (Recall that the subject of the sentence "does something" while objects "have something done to them.")

Here are two simple examples:

Sandeep hit the red ball toward the crowd. The ball landed in the west bleachers.

Sandeep hit the red ball toward the crowd. The crowd roared its approval.

Here is a more complicated example:

Carbohydrate loading on the High Performance Diet was developed in the United States based on studies by a team of Swedish physiologists. These studies show that the average concentration of glycogen stores is 1.75 g/100 ml with a normal diet. If this diet is then changed for 3 days to one of high fat and high protein, then the glycogen level drops to .6 g/100 ml. If the diet is modified again to include large amounts of carbohydrate for 3 days, then the glycogen stores will increase to 3.5 g/100 ml. If this carbohydrate phase is accompanied by strenuous exercise, then the glycogen level will rise to 4.7 g/100 ml. This is almost a three-fold increase in glycogen stores compared to a normal diet.

Carbohydrate loading on the High Performance Diet was developed in the United States based on **studies** by a team of Swedish physiologists. These **studies** show that the average concentration of glycogen stores is 1.75 g/100 ml with a normal **diet**. If this **diet** is then changed for 3 days to one of high fat and high protein, then the glycogen level drops to .6 g/100 ml. If the **diet** is modified again to include large amounts of **carbohydrate** for 3 days, then the glycogen stores will increase to 3.5 g/100 ml. If this **carbohydrate** phase is accompanied by strenuous exercise, then the **glycogen** level will rise to 4.7 g/100 ml. This is almost a three-fold increase in **glycogen** stores compared to a normal diet.