

Sept 1930

to

Oct 1931


Mice Keller - Xmas card - straight line fat -  
muscle center front thigh - release of  
back of thigh - leg - ribs point up  $\Lambda$  in  
sacral area - down  $\Lambda$  into pelvic  
glutei  $\Lambda$  abd. -

soda straw - rock in legs  
cross within head - 3 arches -  
telescope pose - sheave - fishline  
5 months 3 x a day -  
st. sacro - iliac -

weight sacrum - bifurcate  
tail - point arrow upward  
in front - soften under  
shoulders - slide off

tip glass up to drain -  
(feet and ball & socket)  
lean rib against spine  
" " " "  
(like board side of house)  
do not tie (jumper) or toe  
2-34-

<sup>Mary</sup>  
Miss Sheehan - same as Miss H -

rolling - circles - pulling up anchor - hand  
over hand - pubic arch  - letting out  
slack to sternum -  $\Delta$  II - ring to lines

front of spine apex - rostral angle base.

pubic arch apex: sides of ilia "

reverse - work on head - eye - inner rim

gelatin cookie - supported in front by rope  
hanging weight behind sacrum. sacryx  
ischia larg.

legs?

ribs hang from side of spine and sternum  
like fish net - ischia and inner thigh  
same principle.

lactic 1<sup>st</sup> lum. to pubic arch

fold ilia - fold ribs

tracheates to socket to pubic arch

fascia lata - Y

picture cross section head

~~work - soil - popliteal space -~~

~~diaphragm  $\wedge$  ribs umbrellas~~

~~take wire off ribs - cork in bottle -~~

gave - spaces between ribs  
sponges under knees  
struggling shoulders - tracheatae  
pull legs up through pelvis. Take  
strain off pelvis contents.  
Small ring wide pelvis thro  
which pull iliacs - ilia fall in -  
held under foot - take toe off  
outer one - lean other way -  
sharpen upper end of body like  
a lead pencil - ribs point up -  
whittle up from arm pits -  
pluck feathers on fur under  
sternum and chest wall -  
ribs must go through tiny hole  
(Keyhole  $6\frac{1}{2} \times 12\frac{1}{2}$ )

More Holden -

P. 566 (Original)

stumpile - moving head - tail - arched roof  
cushion - legs pins - heels spikes  
side position - Chair - feet in front  
swoke

multifidus - psoas - iliacus - adductor  
Bone made to bear weight. We learn  
Muscles made to move bones to balance  
large tube spine - smaller legs -  
shorten 2 - 1

inner heel small - little finger under little toe  
collapse box swell in tube  
shoulder girdle - balance of head  
unit mass - balance through center  
H.D. - shoulder blades slide  
body rests on two pipes - tail hangs  
ischia hang - sitting - pick up feet  
ribs hang from side of spine and sternum  
like fish ribs - apply same to ischia  
and inside of thighs - head

Miss Sohier - test of fitness - ready for  
somersaults - soften & curve upper spine  
lower spine - curl coccyx  
pail for pelvis - round not square like box  
knee into bottom of it - hiss let all air out  
of pail and knee - breathe & fill pail from  
bottom - ② much better - toes - all over - heel of  
hand - softness - expand triceps - shoulders -  
under and over shoulder blades - fill out  
connect imaginary  $\frac{1}{2}$  hoop ③ - abd -  
circles around spine -  
soften elephants ears and  
fold around - soften sitting bones  
like point up - point down

Betty Sweetser -  
semi knee chest - bunny -  
pyramidalis touches back -  
posterior tibialis - widen space  
in center of bones -  
trochanters roll forward

1. soften ischio - end of sponge -  
spring -
2. lower legs - hammock -
3. squeeze sponge sideways at  
sockets (leg) - under arms -
4. semi knee chest - rod from  
pubic arch - 12<sup>th</sup> down -  
somersault test -  
soften & curve upper spine  
lower spine - curl coccyx -  
soften coccyx - pail  
breathe from bottom - hiss  
from bottom

Virginia

wr. Sylvester - in and out

soak fountain straw - make sandpiles

sew stocking - wiggly warm - soak  
straw - sweep in legs -

shear - fish line - in and out

too rigid lumbar spine - 12<sup>th</sup> dorsal too far  
back -

wiggly warm -

rolling - toe up - up - down -

sitting on heels slide arms -

face down lift legs -

(handkerchiefs) not given  
chugging shoulders & trochanters  
sponge under fences

(moving care - antennae - bathing  
cape) not given

fan under foot - porise  
fans - corners of body  
chugging - H. D. sideways

knees - walk like duck

step-up-down - rest  
rolling -  
wired circles

wings pull down  
fly scratch leg in pelvic  
pung - step-up-down - rest  
old saw - mangery saw  
H. D. sideways

knee-elbow - kiss knee  
bear walk - key hole - draw legs  
thru pelvic - fold shoulder girdle  
joint ribs -

circles - balance - on knees/heels

feet part - left leg aches at times  
sails - flotation with bridge - squeeze  
change in flotation - bifurcate tail -  
creeching forward - backward

building sand piles - feeling necks  
- of tone - creak up seat of chair -  
Humpty Dumpty - rolling marble -

Virginia  
~~Retty Sylvester~~ - Gans -  
walk like penguin - rolling  
space between ribs at spine -  
balance eye - bunny sleeps -  
balance egg flanked knees

hiss - spreading tibia + fibula  
femur off body - penguin

pyramidalis touches lumbar spine  
trochanter - shoulder strong -  
bunny with tail touching back -

duck pond right  
bury pelvic bones out of  
elastix 12<sup>th</sup> - pubic arch

Miss Gulliver -

inner heel muscle - pretend  
thumb - stretch setae.

Unit mass - weight falling thro  
center. Proctee holding to center  
and releasing outwardly -

H.S. diagonals to center

Sitting pick up feet in mass  
set them down straight lines  
heel together - not ankle - calves  
not knees - thighs - sockets -  
narrow under arms -

Prope under shoulder blades  
fall out above - fall in below  
(something of the same in front)

not given. old one spike heel - hopping  
speak about theory book.

rails - glove not mitten - toe ex.

metronome - big toe propeller

other toe help to balance

elastic pubic arch to 12<sup>th</sup> dors.

rolling ex.

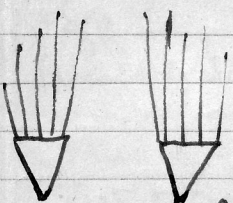


going through keyhole  $6\frac{1}{2} \times 12$   
 first will use one twice as  
 large -  
 Head - molasses candy - soft mass  
 increase depth and height -  
 drop through hole to floor  
 Rib - made of sponge strips  
 point at upper end to get  
 through hole - bend at  
 angle - and ends in front.  
 sternum - narrow - thin -  
 waves in breeze -  
 Pelvis - bifurcate tail  
 round mass to fit hole -  
 feet - mold under - take  
 toes off each other as  
 allow to lean opposite way

Magazine

socket - support front handle  
 left by handle not 100 apple

support around pubic arch  
 pull in small of back  
 soft at sternum - full back of neck  
 crown of head passes through  
 bifurcate tail - fit in basket  
 little marble like big one



3 pointed triangle  
 suck up keystone  
 between tibia and  
 fibula - through  
 center of knee - socket -  
 into sock - ex. shut feet

inner angle closest to joint  
 outer " release  
 suck up keystone - ex. shut feet

feet necks of toes -  
 freedom - separation -  
 spike heel - less weight  
 on big toe joint

Too many cross currents  
in body - main stream  
up and down -  
string through body  
pull down - lengthen up  
jumping jack -  
roll legs and arms  
inward  
free pelvis and shoulder  
girdles

keep hip pockets stuffed  
in deepest corner.  
(not given)

balance ex.

creeping - pig -  
Aug. 29 - feet spreading base  
swing big toe - string thro heel  
pelvis - muscle close to center  
cymbale - back twice onto  
tiny circle within 2 big ones  
pelvic floor - coxae to pubis

*multifidus m.*  
~~Miss Brewster - P. 566 - organic  
strongly - piling bones - moving head - til  
arms rope - pillow under knees -  
side position (chair) feet in front  
saw Dr. Sweet. Said toxemia  
and child would eventually  
straighten out. went to Dr.  
Howell in fall of 1929.  
Came to me in Dec 1929.~~

oblique - (scratch inside pelvis)  
lift shoulder blades - let lower  
corners fall together  
centrifetal - centrifugal force  
Sept 1 - force as above  
Sitting release between ischia  
and little trochanters  
sides of body - pelvic  
travel within  
lengthen little toe -  
Force should pass from knee  
into body - rock - borrow



Oct. 15, Feet and ankles much better. Less  
tension of m. back of heel and ankle.  
Advised only a little work for now.  
Much work on thigh at base of body  
and smudging together from scruff  
down. Three to work 10-15 min. in  
morning 5-7 min. at night. Balance  
of shoulders, straightening arm line  
middle of hand. Emphasize middle  
of palm, also base of little finger.  
Next time show work on ischia -  
support from below that keeps  
center strong. Next step fingers  
meeting in midline front and back.  
also showed front to back movement  
with baby on side, and over knee.  
Left leg a little heavier than right.  
Dr. Howell says less rigidity. Baby  
now waves arms more freely and  
vigorously, uses wrist movements  
too and takes hold of her hands  
and fingers which will help in

eventing the hands. Kiecke better  
in bath.

Oct. 22 - smudging at wrist - work at shoulder  
to release trap, - tricep - lat - pectoralis  
Baby has had cereal and vegetables for  
four days. Seemed a little fretful (indigestion?)

Oct. 25 - Baby's body seems heavy and  
muscles inert. Vomited large amt of  
vegetable on previous Wed. night. Was very  
hysterical and considerable pallor at the  
time - muscles tensed. Did not stop crying  
for 4-5 hrs from fright at losing breath.  
Responded well in lesson and took cereal  
well. Three have discontinued vegetables  
for a few days. Showed her how to smudge  
muscles to center - sternum and spine -  
as released arm fully.

grandmother says great improvement in 6 weeks  
Three of words on toes same as fingers  
great toe on left foot falls under. sit?  
top. thrown farther from center entire left  
side making left arm & hand the weaker

Rt. hand slightly skilled. Lower arms getting heavier as develop. Softer and develop lumbar muscles.

Nov. 8 - Harriet had veg. for a week - vomited them again few days ago.

Will give them in smaller quantities. Chasing figure of type left hand, found considerable tension in thumb muscle. Softened this. Working left wrist much more easily and rapidly. Free left clavicle, ? of lesion about 4th & 6th dorsal vertebrae. Nurse to work on left clavicle - left thumb - going down side of body - left leg.

Nov. 12 - left shoulder free - wide and hard in upper rib carriage - softened beautifully during lesson - legs little rigid and locking in vitality. Worked especially on legs - thighs - smuggling in ischia - feet - hands - lower arms - nurse to do same.

Nov. 19 - legs - thighs need greatest amount work - toes have more separation between - bring hands into lower arms through

middle of wrists, shoulder staying well - Nov. 19 - 81, says doing very well - Fontanelle will not close before 18 moe probably.

was so wide open at birth, Nov. 29 -

Dec. 6 - Miss Todd says do not let her stand in laps of people

Dec 10 - better action of intercostals - left arm tight at elbow and upper arm, thigh flex well on body. Has been much more self contained and better poised the last 2 x in spite of fact that was too tired from having pictures taken. Right small toes less tense. Equal action in movement of left arm & right and in grasp of objects.

Dec 13 - Feet have seen her - intercostal area on left side much improved using lower trapezius - ilio costalis lat. - perfectly - left knee still a little weak and left leg little spore -

Get much better - see green - feet  
thicker through -  
Dec 17 - worked on arms - legs - bringing  
muscle together below knee - rt leg  
took the longer - worked on arm  
head - pectoralic. Left intercostal  
area did not penetrate to center  
until worked on it 5 min at end  
of lesson. Longest lesson ever  
gave 35 min and fingers touch  
no flexing - enjoys work on head  
9 mo old - weight 18 lbs.  
gain one pound in last mo.  
narrow left wrist by smuggling  
Dec 20 - left wrist seems more like right =  
feet & legs better - smuggled in ischia  
(left more work) see 24 - shows more  
face - less emotion displayed towards  
mother or nurse - set of eyes better  
coordinated -

Dec 27 - shows fatigue from excitement  
of nose - exhibited interest in many  
things & Tree trimmings - cried at  
night - late in getting to sleep

Harry Postman - cold -  
true candy strike - develop thumb muscle  
on foot - cling to little finger & small  
toes - snake dance - ribs -  
snake down - wiggle ribs in at lower end  
- up - - - - upper -  
teakettle - rose  
tight trapezius - pectoralic. Head tender  
tight fascia - can not turn soweraults  
easily. Ex. rock on head - heighten vocal  
and stuff pass up nose after hicc - <sup>lip</sup>hic  
Take powder bag - saloam -  
Nov 29 - very good shape -  
folding knife - fishwife - narrow hinge  
arm socket lower than sternal one -  
hic - breathe down little pipe front  
of spine - mother to work on facial  
area around nose - alternate day  
saloam -

cross section of head - nasal bones lengthwise  
- raise over -  
upper and lower capae - saloam

tired and tight - sleeping at nap  
time but vacation not doing  
for him what it should  
Jan 11 - handkerchiefs - Top head  
picture of spine - cross section  
antennae - bathing cap  
sponge under knees -  
moving ears - shrugging shoulders  
and trochanters - knee -

Francis - same as Harry -  
tiny skeleton - duck diving - rocking on heels  
marbles <sup>through</sup> - walking like chicken -  
sitting like dog -  
walking backward - ducks -  
Dec 13 - cold - responded well -  
riding through (legs arms) to pubic  
arch - sternum -  
breathe - soda straw - arch in  
legs - in and out -

Jan 12 - rolling -

anatomical book picture  
carry basket of apples or  
" 100 apples -  
handle - pubic arch -  
molasses candy  
rolling - circles

Baby Tulin

Dec 29 contd - eyes not as bright  
more excitement over mother's

presence in room - little fussy -  
worked on toes to get separation

lot of work on leg to get action -  
carried leg deep into sockets

to make pelvic muscles active  
and give vitality. Finished with

some smugging of body together  
and work on arm. Asked

nurse to work on leg especially  
showed decided change by end

of lesson.

Dec 31 - in splendid condition - slid into  
her pelvis beautifully at end of lesson

at side was little wide - rt. arm  
at end occipital group - rt leg -

left wrist more even - worked especially  
to free left thumb from fingers deep

in palm ~~to~~ - splendid release  
did same with right hand - nurse to  
work on fingers - toes -



Jan 3 - excellent excitation - slid into  
subnormal group for first time. Nurse  
to work on 4th & 5th - toes and fingers  
to expand tissues - legs and thighs.

Jan - small pox vaccine - diphtheria  
toxin 3x - some contraction of  
muscles during period but  
muscles building in meantime.

Jan 24 - 2 lessons omitted last  
week in Jan

Feb. 10 - bad grippe cold.

" 25 - taught nurse in a couple  
of months to do -

kicking knees or front of legs  
Bicycle.

Keep on firm surface as much  
as possible

creeper encouraged, as long as  
feasible - backwards

Humpty Dumpty - cradle <sup>in cradle</sup>  
Knock on door

Slide  
Feb 28 - added kicking knees  
head and knee about in

Baby Feelin

about.

Knee - nose - tipping body together  
crawling - gently push legs to  
encourage.

carpet on which to walk.  
calm atmosphere for  
muscular growth

May 2 letters to Denmark

letter from Mrs. J - baby trying  
to haul herself into sitting position  
sits up very well - placed in a  
corner so can lean back on occasion  
very contented on back playing  
with fingers - seldom rolls on  
stomach and only when easy to.  
Holds her own bottle well.

says mam - mam - shakes head &  
laughs -

Advice - blanket on floor or  
playpen <sup>in room</sup> as much of waking time  
as possible - no time in carriage  
little clothing - sun baths -

Mr. Parkman -  
wedge between spinal ends of ribs  
contracted muscle action - x action = bands  
etc spine slide down -

Expansion and contraction (radiation)

Balanced structure would not move  
movement involves losing one balance

Muscles that keep balance need  
to be strengthened. Should think  
more in muscles that pull body  
back to center. Unconsciously think  
away - Best athlete keeps balance -  
poise - then ready to pull away -  
Poor athlete thinks of pull away and  
cannot get as good leverage.

Balance of mass - unit mass  
gains with crisscross fibres (lungs)  
struggling trochanters - shoulders -  
sponges under knees - wedges  
circles and see saw - ankles  
bunkers hips - release or expand  
pectoralis gains - vertebrae -

plant pot - trowel down on back  
side - sand slides in front  
of leg, gives leverage for  
lifting thigh - walking -  
pick legs scratch sand on  
sides of pot -

Baby Gaelin  
Board under mattress

Always place on stomach  
so will have to roll over  
2x in morning 2x in p.m.  
shove one knee up under her  
then other - add to 3-4-5  
roll her 2x one way then other  
when knee stay under body  
easily shove one forward an  
inch - alternately.

also bring buttocks back on heels  
creeping backward come first  
(Using weakness to gain attention).

Feb. 10-31.

baby very tall - pull herself  
into standing position and go  
around her pen actively.

Withes using arms and legs.  
very bright and interested in things  
Dr. St Lawrence said as advanced in  
control of body at 18 mos as had  
expected at 30 mos. would never

have noticed. Thanks if had not known  
of the difficulty at birth.

Letter Nov 14 - advice  
use harness to guide her by next hand  
advised tunnel toy