

Grace: Miller

Sept - Mar
1928-29

Oct - Jan
29 30

Rt. lateral lumbar curve (5th & 6th)

Left dorsal

Motion between occiput & atlas

11th cranial nerve much affected

Rt. trapezius affected more than left

Rt. deltoid can raise arm over head

Left not

Spine straighter from 6th dorsal down
more flexible in upper spine
all lumbar vertebra free.

grass millet

roots spread } active
water flows }

wind blows passive
you do not do it

knee & elbow
lying on side
cradle

sufficient mo. pde. compress
to produce energy enough
knee & elbow ex.

lost & forgotten ribs - others some
most important ones

hand down leg kicking
standing in circle

body squeezed together in
blocks & moving knee & shin
only ~~as~~ ^{see} yourself
as much movement as body
can produce (sponge body - drop)

2 little stained glass windows
lower leg into upper
ankle on pivot back forward / side

stand on big square first
next circle
series of circles of c-
walk across - carrying 1 of same kind
ex. toe hang -

Be impersonal - walking circle
Bell - large - small - legs tongues
wheels shoulders
letting go ribs - treasure box
put shoe on in circle

apple core - head stem -
staying in core - using erector muscle
cradle ex. pedalling tongue of bell
Tubing center circle

weather vane points N. S. E. W.
NE. S. W. - N. W. S. E.

finding rib
ischia to genital part of body
not part of column or legs
think got rest of body
head part of col. legs - arms

grass millet

what makes good legs
straightness of line of bone
muscle built up next to bone
Ex. sitting down - place feet
together and get consciousness
of lifting them at other end
then think straight legs
heels - knees - sockets
heels and not toes

Repeat toe ex. - rolling marble
Ex. rocking on head not given

Miss Colwell saw her previous
lesson. She puts coxys back
to keep her balance. Must
build muscles in pelvis & thighs.
study line of pull in body.

rocking on head
chair & table placing (school)

running up stairs
very heavy and wide in upper col &
study out areas in relation to
right foot making C or V ?

left pelvic better than right was
left right leg better than left on face
left foot w/out as a heel & leg
do not ^{use} weights as well left
in rocking on heel - think of
the unfinished circle tilt to head

clarity as to grade
hour glass - watch sand in lower
grow larger -

upper slides down - smaller
shoulder hung in a bag
chair & table - roped to sofa
expression of face much changed
whole body had made decided change
sails to mast (inner leg)
embroidery on foot

gen. lesson 3 & finish
with elephant. neck not quite
as good as before

ex. bending at ankle, light flexing
at center of body (lesson 4)
rocking on head

Grass Millet

tail into skin
skin coming up to bone (tail)
stuffing pockets

cock into end of finger glove
unfasten ligament sacrotuberum
twirling toe -

f

g -
twirling toe

h - twirling toe
rocking on head

k. try out as.

wiggle feet in shoe (claw)

l - m - n -

feet - fingers - toe at lumbar
crodding - pivoting

o. kneel & nose

② guiding center of foot

fig 8, - good - morning

4) knife - handle - blade

5) herring top - clawing

6) pivoting on floor -

6) clavicles forward

lifting leg on face

clavicles - pockets legs -
glass cylinder ?

toes & strings - pockets -

blades into knife - starfish -

sitting - only one edge & other opposite

bends on front side - handle spine

Wiggle tail lower end of string

fresh red string

Hinges together - room for tail

tail waves full length

head part of tail -

Grace Millet

Miss Colwell saw much improvement generally (noted especially the beginning & build of subclavine from sternum outward).

review 4 & give 5

walking on all 4's

rocking on heel (hook line)

arch of foot supported well from below

point first with heel and then toe to

get flexibility & action in foot

and to be able to bring heel and toe

closer together.

Lesson 6

very good today.

Lesson 7

- Golding Leaf (3)

ball

leaf-wing trees

wiggly warm! in very good

work for back of thighs, neck

Balancing marbles - where largest

feeling along line & find them both

pelvic & ribc - pelvic wire preliminary

compass - north is putting post

marbles riding through

47.10

outside foot forward & back
slice into foot - sugar toes loosened
heel soft - ⁱⁿ cushion ^{side on foot}
tibia & fibula - ulna & radius
ball at shoulder - subcap.
subel - subcap. - front?
ball rests seated.

goldfish in water - squeezing
little circles front of socket

half circles to socket --
lengthen clangle -- --

rib root into spine
shoulder girdle & above 1 house
rib & below another house
stocky plant - looking upward sunshine
2 straight rows - zigzag
rocking on bed

Miss Colwell worked on her, I must
work with her on side & release
side of socket, clavicle forward
more.

Grace Willet

Anatomy 302-304-307

inner rim tail down - inside of
circle - not out
sockets (clavicles ---)
roots into spine not done
roll ball (both feet)

clavicles rest on sternum - it is
the pectoralis plover look to
a resting place for clavicles
sockets --- clavicles ---
rib down under clavicles
close in at rear
will let clavicles forward
feather -

pelvic origin abductors etc.
end down femur
following close to vertebra to get hold
of spine - cross section at 7 cm.
fish bone turned sideways - prongs
front & back -

blood vessels go between clavicle
and front of ribs, need space
for insertion of ducts
proves & illustrates place to bone
use all of spine in taking a step
through the whole length
of short muscle neck ²⁵⁸
cross section - (e.g. girdle)
Lesson 8 - - fig 8

Lesson 6 -

Miss Colwell saw great improvement
work on knees - bone down
muscle up
feet - parts should be under spine
collar bones - forward
top ribs slip both ways
points in spine go forward
fascia - jacket - many parts
& partitions -

Bunny hop & shuffle keeping
front of pelvis & sloping ribs
Breathing - lower & upper chambers
ribs empty also chamber in head
hands together - fingers ex.
shrunk - up knee - rest

" shut - open - rest - down

" slide arm down - keep it

shrunk and arm up

shrunk - pedal once around

2 points front plant foot up

spine hange - head - tail

no upper corners in ribs

knees elbow - sliding arms

rocking knees - shrunk with knees

o - smaller circle arm socket

smaller cape in front - larger back

shrunk - shut foot

apron up front (close together)

strings base of skull (tie)

Draw ribbons down thro spine
spine hangs - cape hangs
apron in front narrower

1. to enter in pelvis - pendulum swing
forward - back - forward
(quad. femoris)
2. into center - arch foot up (shin)
thigh into socket - rest

Mrs. Schwell saw her -
Ribs should try to be small like
nose - have always tried to be
as big as shoulder.

Use outside line of leg but
use inner muscle - habit -
Needs to use sole of feet
will build muscles back of heel
hand open - hold flower
which had blossomed (not bud)

1-2-3 - over ribs - touching coccyd
swing arm - cradle up

Grace Millet

Tulness over front of abs
especially at front angles.

Tactis up over big toe - lower
leg - wiggle down into jacket
spinal column - coccyx - down.

Release base of tongue.

Baby learning to do things.

Shuffling

Follow line of scapula to socket
it in front narrower.

lower leg in sling from ischia
upper leg held to body

1. circles - path -
 2. Depth of shell - keep 2 shells
 3. center of legs - center of shells
 4. squeezing sponge - breathing
-

pedal - coracoid - arm motion

1-2-3 - farther front

figure 8 - upper chamber ribs
breathing & emptying c - ribs
wiggly - warm

upper ribs slide under
slope under - sponge

Ex. shrink upper ribs - 1 side

short opposite foot - open foot

rest - Repeat 3x - then
opposite side

Grace Millet

ex. pony show - cloth around
5th - lumbar - proae

bal. here & not in thigh
lying down & standing up
south - wind -

upper end held - lower recte
weight out of ilia - in sacrum

" " " rib - in spine

" " " side of head - in center

Biggest stones in lumbar

striking beads right

slipping down the hoops - ribs

ex. wheel at g. trochanters

ex. feeling out butterfly

ex. slipping down hoops

ex. rocking fence sockets

ex. scalds - bal. at center

sternum - don't weight too

heavy with arms

ex. thick round big

stones. Balancing balls.

Balancing ball on head
new wiggly one
big change in feet
last ex. very good for back
arms?

repeat last ex.
dog - head - tail - at school
tried

bathtub
socket - dorsal spine
closing mouth - sternum
lower, side collar bone
arms up at side - tail active
dog - head & tail

Find center head fingers - think of tail
Bear - wing body - leg falls forward
wiggly exercise

cat - paws before the fire
(walking on all 4's mentally)
face downward - legs - head
cuddle up & down - inside boat
dog pulling

groove millet -
(neck muscles not developed
through to shoulder girdle
and arms as should be).
very tight in lower cervical

1. piling stones (Miss Col. saw by
having head & tail
resting with knees on pillow

review piling stones
show clavicle on tinker toy
ex. making a large circle
lying face downward - left leg

basin to stones - legs to basin
little engine on track - circle
basin (continuing circles)

(Miss Col. saw her)

ride into pelvis

1st & 3rd ribs

lift clavicles each time

tol ex. 1-2-3.

boat ex. sitting

ischia bottom of boat

mast way to bottom

sails to side of mast

head part of mast (small) ^{cut} gold ball

shoulders off sails (circle)

on face -

boat completed in front

sails down

circle - shoulders (points)

head part of mast

legs worked from inside boat

mast changes to gold fish

waving each end of tail

squirmy feel of fish

breathing side of mast into

each end of tail

Green Millet

Try to keep centralized
pony roll

Miss Corwell saw her (Mar. 12)

shut hand-foot - diagonally - think
work on lower abd - point forward
shuffle feet forward
collar bones - even inside
napkin in ring - fluff it

keep inner muscles sticking to
spine - not carried out by case
shoulders float around ^{outside} case

(circle turning outward
arm to center of socket
muscle feel to middle)

shut hand-foot - nose - mouth
knock on door - knee - elbow
segments of coccyx - sacrum
don't lean on these -
together front of ribs

shut hand - foot
tap on knee to elbow
knee on knee to front
button together - hang legs
on middle button
breathe front of sacrum

2 small toes bal. inner heel
Big toe gives direction to walk
Release joints more
strength in muscle centers
shut hands - feet - mouth nose
in above sacrum
in at cervical
think spine moves from
large muscle at center -
coccyx

G. Miller

egg - roll side - endways
tail through - head inside
wiggle into center - (1-2) (7-8)

on side. give inch's coccyx
coccyx biggest bump in spine
not 7th vertebra
legs in circles - rock on head
stuff grade

trace date Humpty Dumpty - stone
pile & up front with accent
at coccyx. wave lower line
& go over it.
review 2 ex. (pick up spoon)

climb up inside of egg
rock on head - pick up spoon
hurl part to citon.

on side - under knees - line ankle to knee
rubber on pencil forward - vital in front
electric in upper spine
head upside down - top is bottom
front - shut open / back - open - shut
wheels in ribs

hard spot in lower spine
open (front-back) lengthen spine down
arms not work from ribs under
shoulders. follow line arms to
center socket - to sternum
wheels inside ribs - over fascia front
top ribs soft - fold in pelvis!

softer under knees
cloth over ribs - center socket
lift collar bone. head center
suspension - softness of bag,
keep feeling of coccyx

Grass Millet

elephant's ears - legs - arched
trunk on tracks - toes - finger
crease in thigh

line front of body - legs - nose
walk down back - spine
ribs close to pelvic
bones in coccyx - steam in corner
nose downward - sitting

lean -

shut back - feet - mouth - nose - ears
tap on knee & elbow

walk down tower - scissors
on face - lift legs
circles - take

coming up like dolly
scissors

12 ^{1/2} - sit to pelvic circle under clavicle

front & back line of body
line of legs - front (bridge)
backing up (hit head one way - i.e.)

bridgell-legs - softer feet
clawing in phase

backing up - tower
hole under clavicle

O under pelvic - wiggle down
face down - lift legs - weights

shoulder & spine
slipping blade in muscle -
up on elbow - set in spine

humpity humpity or tub made smaller
tug into socket (add. muscles)

Pushes upper line trapezine
open & shut - lift collar base face down

alligator - lobes of claws - imperian
subcutis circle - head curled -

thick under side of neck
ducting with feathers along 2nd rib

gunk - 2 circles slip together

grove miller

Dec 21-31

6 cur. to 5th dorsal

left lat curve compensated

above by 4th lat. curve

whole spine much less tense.

very straight from 5th dorsal down

feet much better.

Groose Willet
- June 1927 -

marble rolling into heel to socket
picking up collar bones ^{elbow}
around hips - down ribs -
head down - shoulders up
st arm - swing forward & back
over head
left arm back - forward with
difficulty) not up at all
only by using body.

baseball picture
fold around hips - legs -
lifting collar bones

great improvement in
ribs - picking collar bones
inside left leg.
standing ex. to help walk idea
cuddle endways ex.

Warm idea - wiggling
walk, crack - 2nd toe line
stutting foot

grass Millet - Sept 1929
(marked general improvement
stomach always try to reach ground
prevented by 2 strikes (legs)
rotation of these into body

arch of foot underneath like circular
comb - drawing upward & backward of
front teeth (toe) and downwards
of back " (heel)
breathing - south wind

warm - sections

feeling outside knee - inside foot top of arch

" " " - ball & socket

same as to arms -

X bring up big toe - thumb
X let out little toe - l. finger
arms - legs - held into back of socket
" " pulled out of front of
socket & rolled to back.


picture (Fig. 1) - speech
front of & nasal cavity
bowl chamber - root of tongue -
a - e - i - o - u -

ridgepole - roof - foot -
cave trough

~~socket~~ shuffling feet forward
following tip of diaphragm backward down
fine - base together sideways
shuffling feet forward
fastening clothes on line
line - legs - coracoid pro - pelvis

shuffling feet forward
legs hang from above
arms come from below
working from feet up to farthest pt
working on arms down to lowest pt
acc. which suggested together
jaw - temporalis -

young millet - next time 11 ribs 11 and
pelvis - x was card - ~~exposed~~ ~~probe~~
(diab - sleep?)

body a mint - little finger - toe - base
hands inverted -  anchor
pulled up let out slack to sternum
straighten elbow -

Nov 4-30 to Dr. Wilson - spine much straighter
invertebrae length. Normal curves less pronounced.
corrections made more easily. Spine
straighter at end of treatment and weight adjusted
into lumbar muscles better. More muscle dev.
over left shoulder - trapezium. Reason for
less movement with left arm because does
not set as perfectly in socket. Does not
focus to a center. Less contraction in feet.
Advised ovalting of bedtime.

Dec 30 - harp - cork in bottle -
oil - popliteal space -
ribs should hold to spine and not
rigidity of arms.