

1st lesson to teach - 3 masses - weight carried through center of each. Shirring illustrations. First think balance of weights i.e. the relative position of 3 blocks through the spine. Equal distribution of weights. The nearer the base we carry our weight the more stable it will be. In balancing weights think bones first. Bones are the weight carriers and are so grouped to serve the particular function - to the organs they contain. The 3 blocks must be so related that a plumb line should fall through the center of each. If these three groups balance in vertical line the spine remains flexible but upright. Action implies reaction. Power increases when tension is released, is a basic principle. Muscles are reservoirs of energy. Tension is stagnation. Relaxation is perfect activity. Unlocking and loosening is energizing. Coordination produces rhythm. The animal is only conscious of his motor and dynamic force not of his surface muscles. Shoulders are suspended by tensile muscles and only attached at sternum. The weight of the shoulders as compression. Ribs must be free for action just as soon as you pull as hard on inside of ribs as do on outside your legs will swing from spine. The more action you get on inside the more slack you will get on outside.

Lesson (watched Miss Galbraith) Felt feet - rigidity outer lower leg and foot. Palm of hand under heel, coaxed muscles back into heel. Released muscles of legs. Released muscles around ilia, head of femur into acetabulum released shoulders, narrowed upper thoracic, puckered upper sternal region (exteriorly), ribs into spine, pubic arch up, (peek under).

Lesson after by Miss Colwell. Importance of firm easy touch that holds and makes subject work. Held her at lower thoracic, lifting up and then down, this released tight spot in her left side.

Previous lesson - Diagonals through hip joint. Releasing around ilia, holding across lower abdomen to release transverse abdominal muscles. Hand at extremity (lower) of psoas other at upper - press toward each. Think

of dough when working and take large amount of flesh in hands and in this way does not hurt.

Lesson of Miss Colwell - to boy - exercise walking with hands on toes.

On table taught much as to adult. (Indians - spears - ribs)

Miss Todd - work with one fulcrum (joint) at a time. Don't do too much relaxing of a muscle. Strengthen its weak opponent. Relaxing is a negative factor, building strength is a positive one.

Miss Colwell - shorten to the shortest fiber.

Teaching lesson - on thigh revolving in. Lifting head - overlap thumbs ?  
back of head - arms crossed - to pubic arch up - shoulders up.

For voice - (Miss Galbraith) snugging together in front, and placing voice back of spine and in caverns of head. To correct spine at 11th - 12th dorsal. Narrowing in front folding thighs in, shorten from ischia through center of body. Balances parallel lines around spine reducing hump in spine.

Pupil needs to vitalize nostrils, free diaphragm and breathe (high spirited horse) very tight and hard spine - must free shoulder girdle.

Miss Colwell - in dorsal when think of bodies forward do not gett pull from sternum and front of thorax. It is back of that. Diagonals - same as I do on ribs to inner pelvis. Story of great trochanter. More stylish shoulders. In diagonals if Miss Colwell takes thought outside follows with inside one.

Teaching lesson - type like Miss Danforth and Miss Colwell lock in upper dorsal. One hand under back in that area, other side of body, work in circles, from one palm to other. Hand- working as a complete unit not of parts. Work on arm same principle as with leg and hand as with foot. Take up slack over back of hand beginning with middle finger with firm touch, travel up arm, more gentle touch near elbow cuff turning in above

elbow. Release over upper humerus and acromian snug arms into spine. Must not release one end of torso too rapidly, start with a little release in one point then at other end of torso to balance then back and so on, weaving it evenly together. If ever release a person too much, set them to work themselves, breathing etc. Get mind off themself.

April 3rd - Miss Todd - Left shoulder drops too much onto rib carriage. Exercise standing - weight on right foot, left shoulder out obliquely and left leg raise. Will release in dorsal area. Same exercise when on back.

April 5th - Miss Galbraith - Exercise standing - hands on hips thumbs back let ilia roll forward - (sign too far back) arch up - coccyx curved - shoulders roll forward and out - head suspended - walk. Get action in one side then other in working in pelvis - line from femur through, palming of ilium. Exercise given previously - shortening line - ilium to pubic arch.

Miss Galbraith - (lesson to boy of 12) Told that dynamo of body should be strong muscles in lumbar area. Power for athletics should come from there. Inner leg muscles where hollow filling out - like filling a fountain pen. Instance of Dr's. examining student balanced on scales to show blood flows to point of concentration. 1st exercise running and other a mental problem. This is why this teaching comes through our mind too, what we think we do. Palming inside of ilia - like hand prepared to catch a ball.

Lesson in teaching - Type like Miss Colwell - lighter touch than she uses on me. Inhibition lesson - Pressure from right hand on left side rib carriage (more to the back) straight through to left hand under hard place in back that should be softened.

From Miss Galbraith - The whole teaching is about muscles, never moving the bones. Don't roll pelvic bones backward pushing back spine but get

the muscles at work. Fastening pelvis up into spine. Greek girdle - sash tied around in back. I've never gotten into my consciousness cross lines front of dorsal vertebra into pelvic area. Traveling down spine. Elevator shaft - building elevator running down - 2 little figures on top (brain). To teach at camp - when hurt from diving. Carrying loads snug into body. Snug in that area and "sitting in it" think of its being gathered up - from inside the body - from all points above and below. Basket with long handles, pelvis, handles over body under shoulder girdle. Broken in front, bring ends together. Feet - let the mental thought pick the feet up. This will raise the great toe joints and let the little toe joints down. Life current travel down spine. Veteaux in France had similar teaching to Miss Todd but not the structural side. Breathing - inhalation lungs will deepen cavity lower ribs enlarge - two air shafts each side lumbar vertebrae open traps let air way down to bottom of shaft April 10th Miss Colwell On me worked back and forth alternating and repeating over and over, legs into sockets, ribs into spine, slipped down in back.

Foot exercises - (starts children right in on these, does it with them)

- Ex. 1 Greater toe up, fingers making space and holding others down.  
Ex. 2 Other toes up and great toe down. Ex. 3 All toes up and down.  
Ex. 4 Pawing Ex. 5 with bath towel - heel firm and rolling towel in with outer edge of foot. Ex. 6 Walking crack on outer side of foot keeping foot exactly in front of other. Have them feel of foot with it crossed over knee. Sole of foot like palm of hand. Action of toes should come from near heel. Ex. 7 Walking crack in crouched position, bringing one foot up then other.

Remember could give a good lesson and pupil still not be released. Try to line up everything toward their weak spots, calling their attention to right points where focus should be and getting away from tense points.

Bony structure snugged together is well balanced. Muscular structure - equal play all over body. Not unequal - tense in some places, overrelaxed in others.

First lesson - muscle tone built up ( not by exercise ) but by blood supply carried to those parts. Silent exercises do much toward directing this supply. Sacro iliac case should not be put on all fours, strain would come at this point. Should work snugging in left femur and directing their attention around line of inner pelvis to sacrum.

The biggest struggle in out faulty posture is the struggle away from center. Balance Bones at center.

Two more exercises for children - Rocking up and down. Right hand grasping above left wrist over knees. Sternum up in up rock, lower ribs down in down rock. Head left on table for this exercise. Rocking side to side. Exercise on all fours. The hand holding ankle exercise very good but difficult for children and beginners.

April 13th Miss Galbraith - exercise bringing up leg as resisting with hand. Exercise - Handkerchief flicked through cylinder. Must shorten rectus and longus colli more.

April 17 Miss Colwell - Outlining shoulder to get thought away from outside of humerus. Circles around great trochanter to release muscles.

April 20th Miss Galbraith - Bodies held inside by strong grip where have tendency to accentuate lumbar curve. This brings ribs into spine movement. Shortening lines pubic arch back to lumbar as I get the thought of shortening arch to 10th 11th 12th dorsal. Narrowing above pubic arch (below Poultice) Parallel lines to center.

Miss Todd said This work is not manipulation. The purpose of the finger touch is to bring consciousness to the pupil to make them respond, and become active is readjusting structure. Stronger kinesthetic sense in striated muscle fiber. In teaching take one joint at time.