

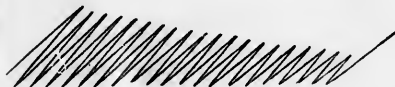
ALL THE MOVEMENTS USED IN WRITING THOROUGHLY ILLUSTRATED AND EXPLAINED.

There are four principal movements used in writing. The *finger*, the *slide*, the *muscular* and the *whole-arm* movements.

The following exercises are arranged according to a new method, and it requires but very little practice with the help of the instructions given under each exercise to get perfect control of all the movements.

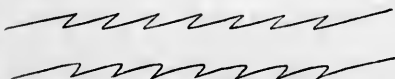
By a little practice on these exercises, it is a very easy matter to learn to write.

It is easy enough to learn to write an elegant hand if you have the proper instruction; these exercises and the following analysis of all the letters tell you all about it.



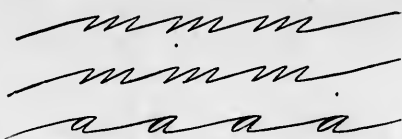
Exercise for Practice on the Finger Movement.

This movement is made by the fingers alone. It is so natural to make letters with the fingers that this movement requires but little attention.



Exercises for Practice on the Slide Movement.

This movement is a motion of the arm from the elbow without moving the joints of either the fingers or wrist. Rest the arm on the muscle near the elbow and the hand on the ends of the last two fingers.



Exercises for Practice on the Finger and Slide Movements Combined.

These are illustrations of the way in which all the short letters should be practiced. Use the slide movement as much as possible while practicing on these exercises, for you are sure to use the fingers enough.



Exercise for Practice on the Muscular Movement.

This movement is produced by rolling the arm on the muscle just below the elbow, without moving the joints of either the fingers or wrist. Move the fingers, hand and arm altogether as one. This movement is always combined with the finger movement, but it is only the muscular movement that requires attention, for the fingers will take care of themselves.



Exercise for Practice on the Finger, Slide and Muscular Movements Combined.

Make the first line with the slide movement, the body of the letter with the finger movement, then finish by throwing a curved line over and around the letter with the muscular movement.

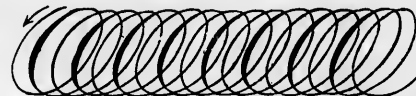


Exercises for Practice on the Finger, Slide and Muscular Movements, also Shading Exercises.



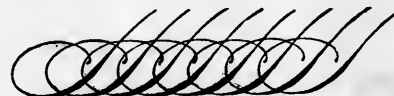
Exercises for Practice on the Finger, Slide and Whole-Arm Movements.

This is one of the very best exercises. A very little practice on this exercise will produce wonders. A person will sometimes get control of all the movements in this exercise by practicing five minutes.



Exercise for Practice on the Whole-Arm Movement.

This movement is produced by moving the whole arm from the shoulder, resting only the hand on the ends of the last two fingers. In making large flourished capitals and doing all kinds of off-hand work, this movement is the best.



Exercise for Practice on the Capital Stem.

The capital stem is the most important principle used in making capital letters, and it is one of the very best exercises for practicing on the whole-arm movement.



Exercise for Practice on Direct and Indirect Oval, also Shading Exercise.

This exercise is adapted for practice on either the muscular or whole-arm movement.