

The Straight-line exercise is one of the most important in learning to write. It consists in pulling the arm in the sleeve and then allowing the muscles of the arm to relax to their normal position. Keep the pen on the paper and move the arm rapidly in and out of the sleeve. Make the lines fine and so close together that the white space between them will be about the same width as the lines themselves. Count only for the *down* strokes and make from 150 to 180 a minute. In the Retraced exercise (1) make ten down

