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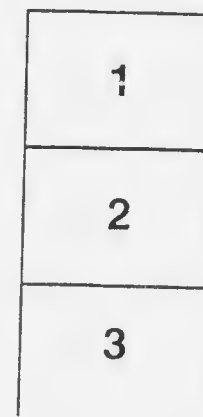
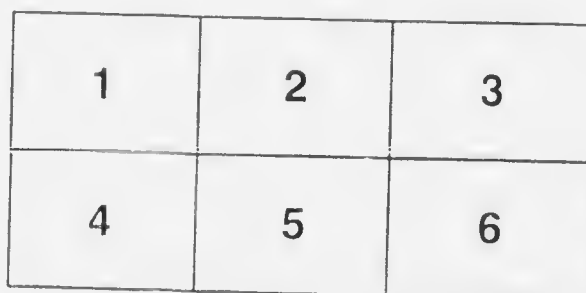
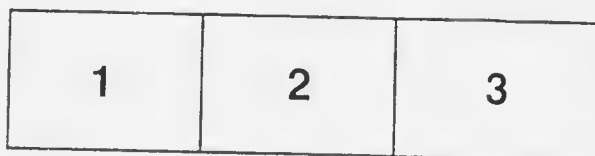
L. Jean Dodsworth

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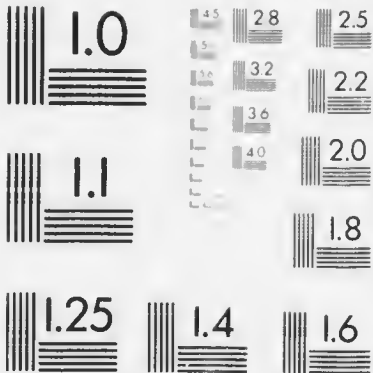
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*The*  
*MacLean*  
*Method*

By H. B. MacLEAN

of MUSCULAR  
MOVEMENT  
*WRITING*



COMPENDIUM NUMBER 3  
for THIRD YEAR PUPILS

Z43

M32

Dear Girls and Boys:

You are beginning another year's work. I hope that you make good progress in writing. You should use pen and ink this year. Do not let your arm slide now. Let it rest on the muscle of your forearm near the elbow.

Your writing should be a little smaller this year. It should also be a little better and you should be able to write faster. Do all your work neatly.

Try to win a MacLean Method Writing Certificate for yourself and the High Honour Diploma for your class. Do your best.

I wish you success.

Yours sincerely,

*H. B. MacLean*

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MacLean  
Method  
Writing  
Certificate

The MacLean Method  
of Muscular Movement Writing

This Certificate is awarded to

for having attained a satisfactory standard  
of excellence in the  
MacLean Method of Muscular Movement Writing  
while a pupil in the \_\_\_\_\_ Grade of the  
\_\_\_\_\_ School.

Given at Vancouver, British Columbia,  
this \_\_\_\_\_ day of \_\_\_\_\_ 19\_\_\_\_

Teacher *H. B. MacLean*  
Author

Win another  
one this  
year.



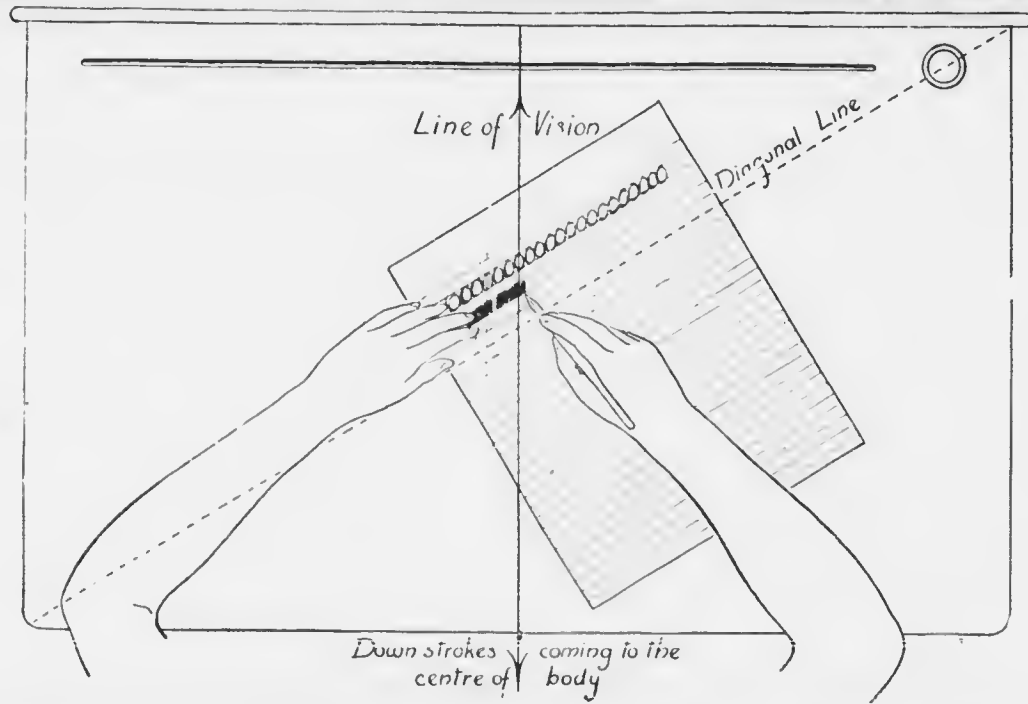


2      Keep your feet flat on floor. Sit up straight. Place paper at an angle. Write with "Muscular Movement."



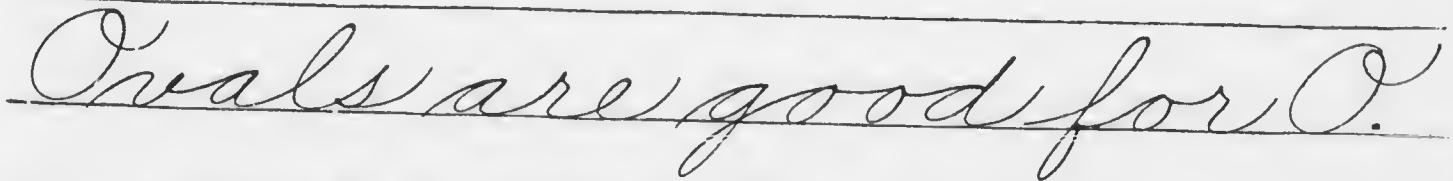
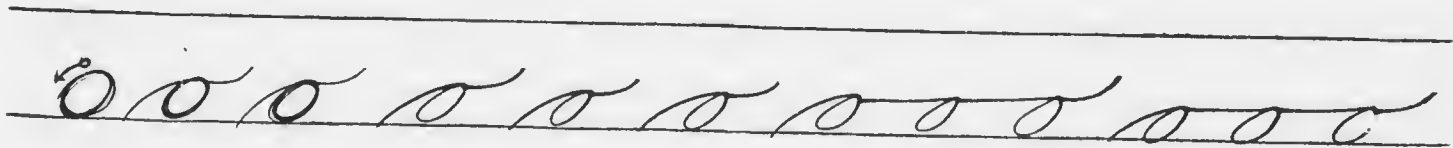
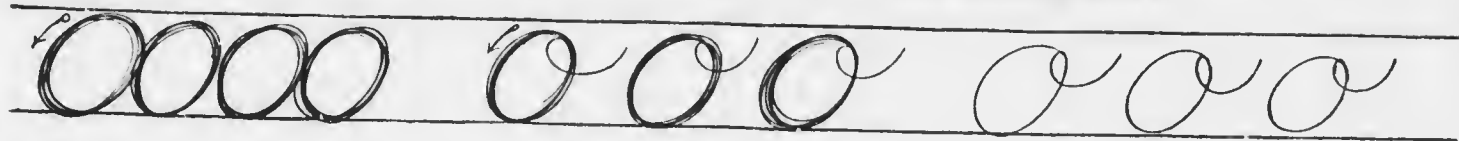
Curve your fingers and keep them together. Keep wrist up. "Skate" on the finger nails. Hold your pen lightly

*STUDY  
THIS  
DIAGRAM*



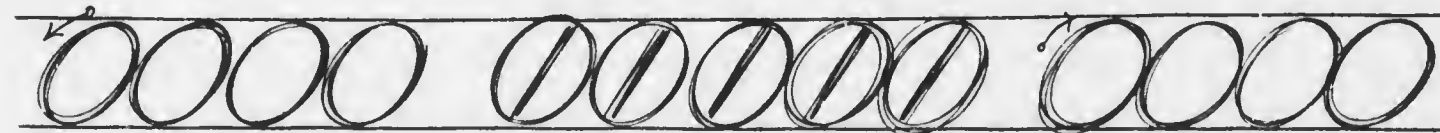
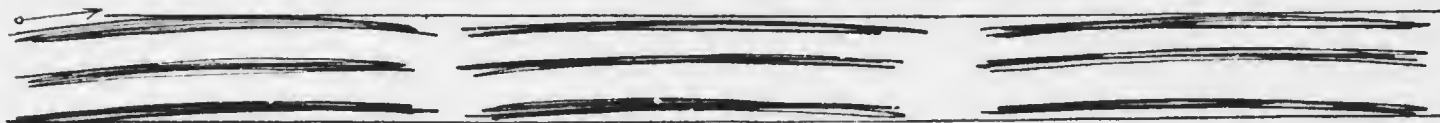
*Hold  
your  
paper  
and  
arms  
as  
shown  
here.*

See how the O slants to the right. Curve the finishing stroke.

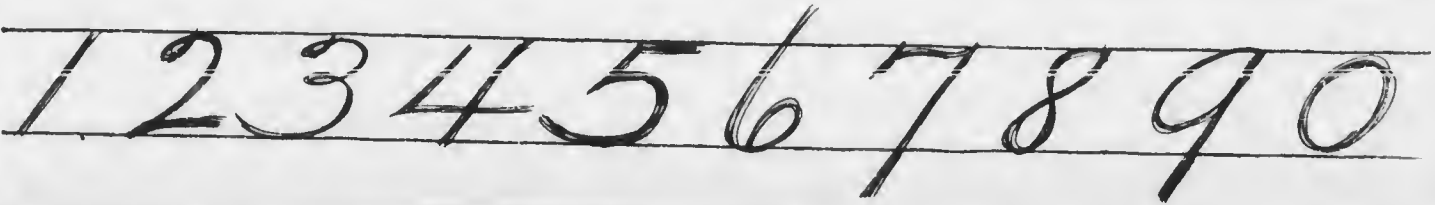
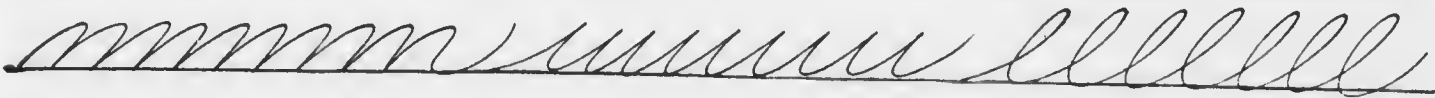
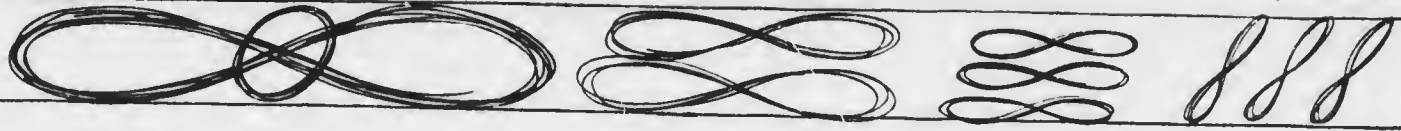


The o commences with an "overturn" stroke. Make it without a loop.

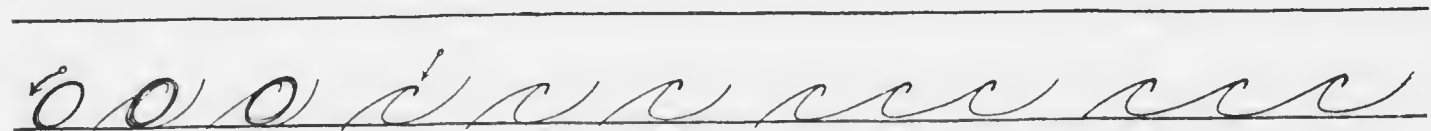
Use forearm muscular movement. Glide on the finger nails. Sit erect.



Watch the slant of your paper. Hold your pen lightly. Keep your wrist up.

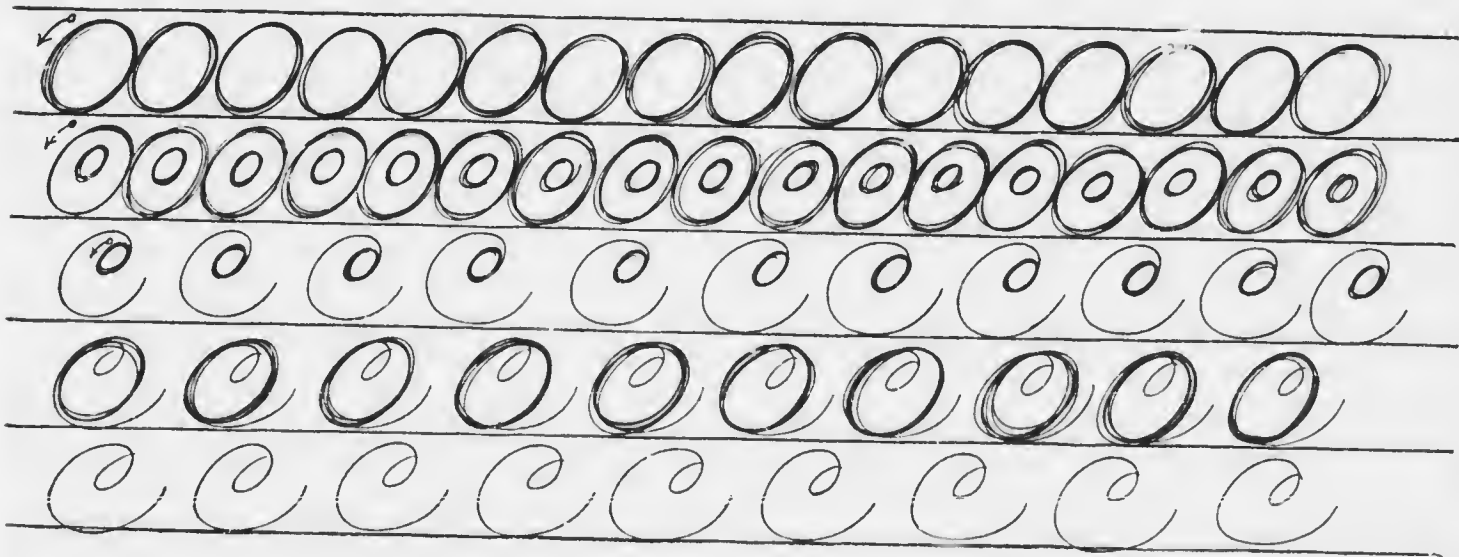


Commence your lesson with oval drill. Start the C with a loop.



Notice the arrow. Make a "hook" start for c

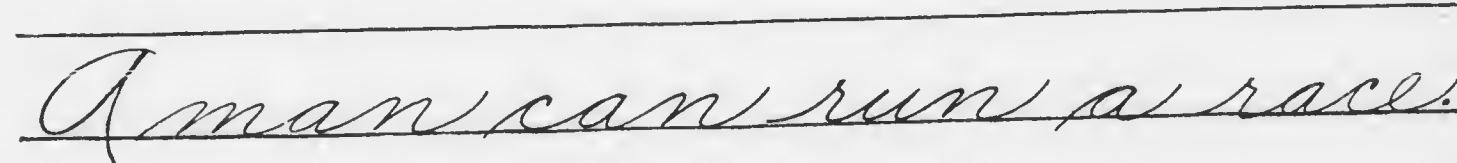
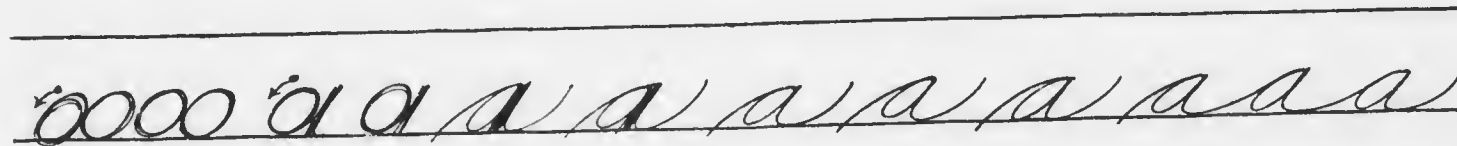
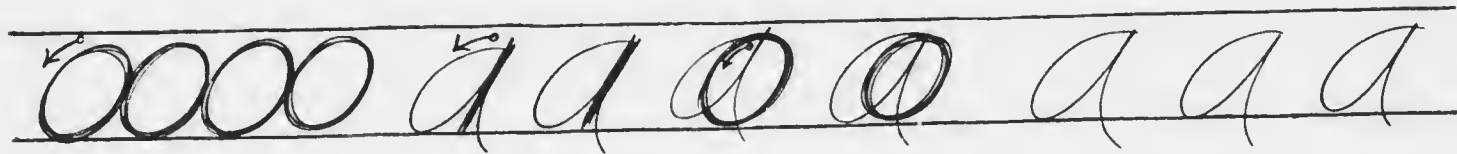
This shows you a practice lesson on C. Always make a line of each drill.



Use a free swinging movement. Do not "draw" these exercises.



Use a flying downward finish for A. Watch the slant. Sit up straight.



This is a practice lesson on a. Do at least a line of each drill.

oo

o o

a a

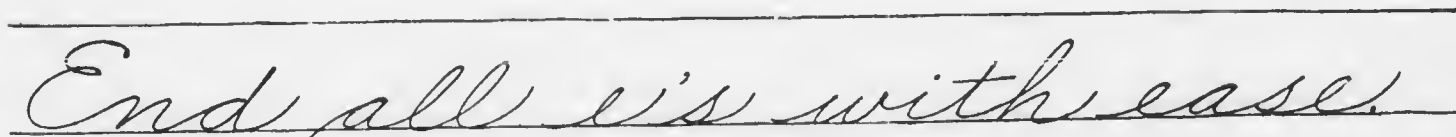
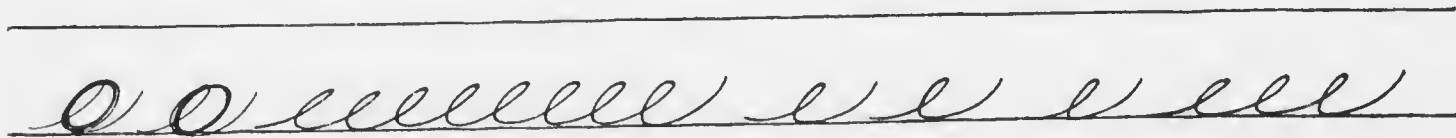
a a

a a

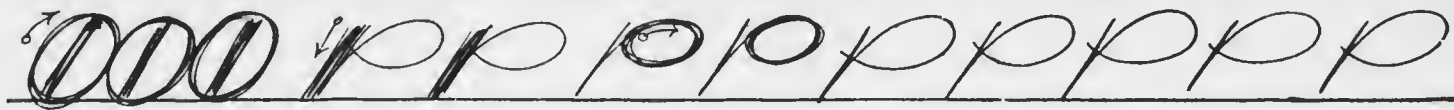
man man man man

Join these letters with double curves. See the starting and finishing strokes.

Commence E with a dot. Finish E high. Skate on the finger nails.



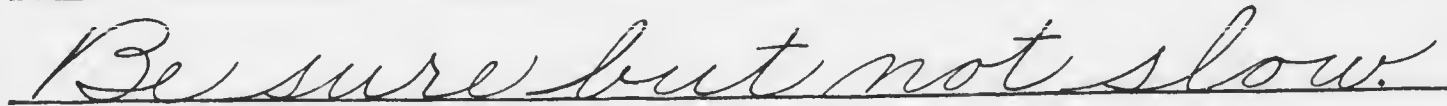
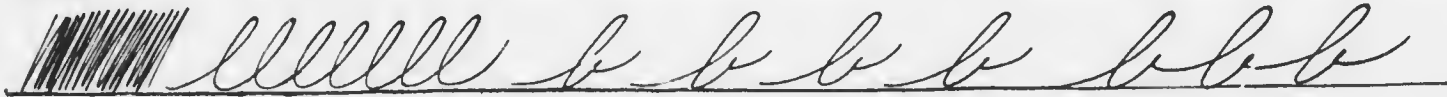
P is a push-and-pull oval letter. Use a flying start and finish.



Place paper properly.

Make good curves, and finish high. Sit erect.

B commences like P but finishes with a dot. See the centre loop.



The R commences like P and B but finishes downward. Use arm movement.

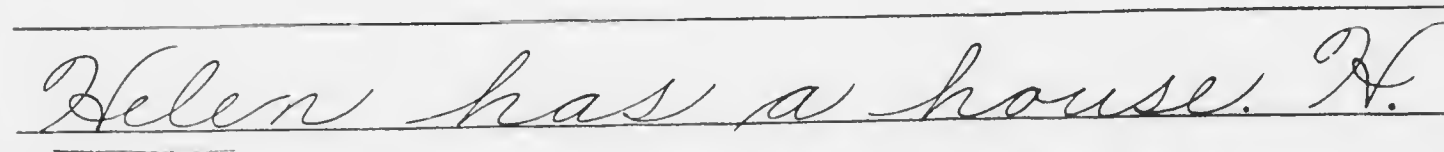
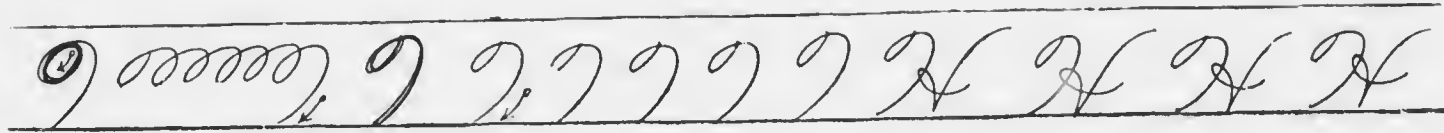
*RRRRRRRRRR RRRRRRRR*

*rrrrrrrrrr*

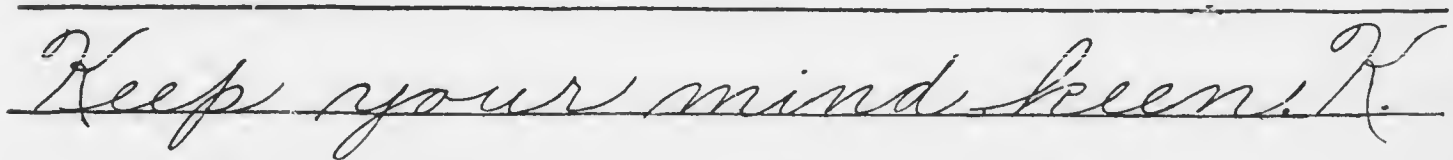
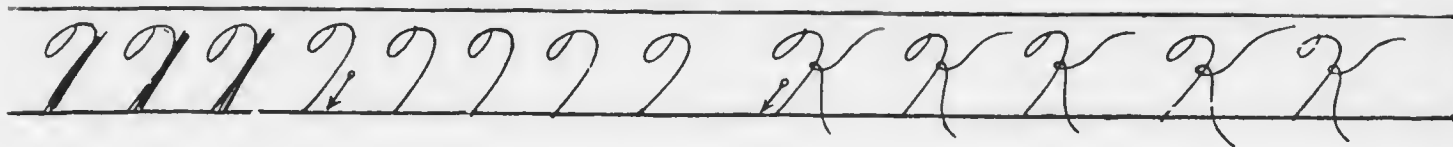
*Rena can run a race.*

See the shoulder on r. Make the finishing stroke high.

The H is a loop start letter. Make it with a light touch. Curve your fingers.



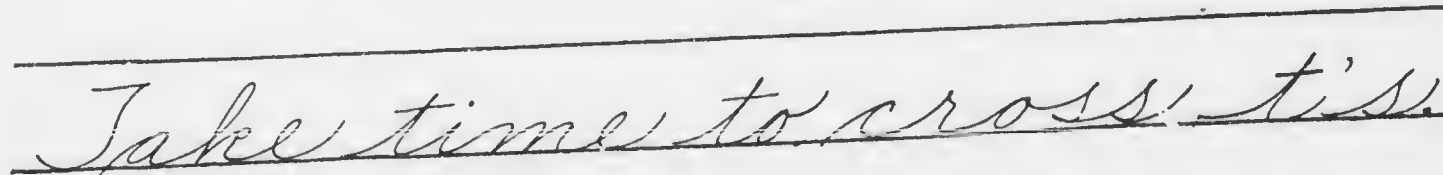
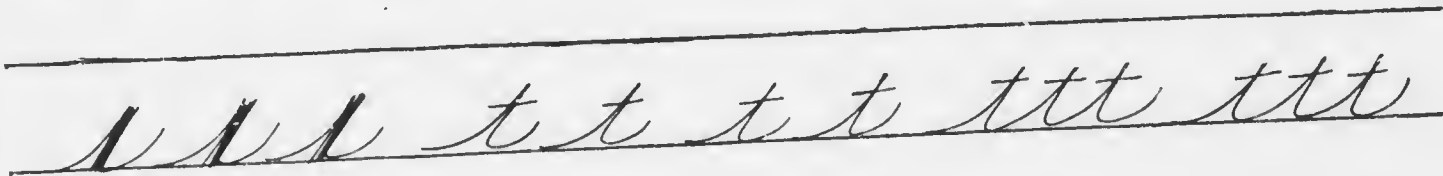
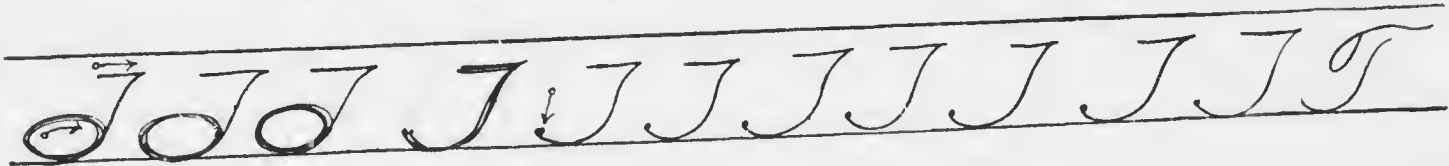
The K starts very much like the H. Finish it downward. Keep your wrist up.



See the first two strokes of l in k. Write with muscular movement.



The T commences with a straight line and finishes with a dot.

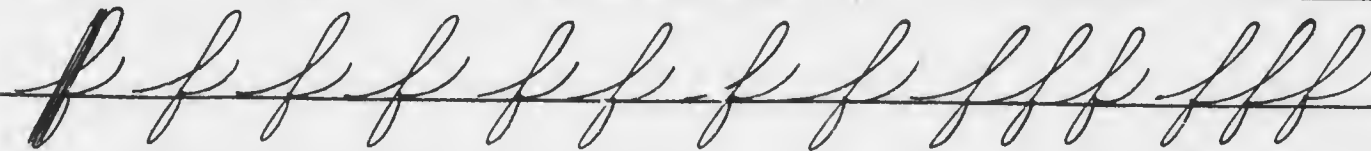


The t is not quite so high as the h. Cross t's carefully. Sit erect.

The F is just a T with a cross stroke in the centre. See the dot finish.



F F F F F F F F



f f f f f f f f

Form your f's with care.

The f is made up of l and q. Sit erect and use arm movement.

The M and N are loop start letters. Make them with a free movement. Keep tops rounded.

*M M M M M N N*

*mm mm mmm nnn*

*Minnie makes nice N's.*

The n and m are much alike. Study the curves in the words of the sentence.

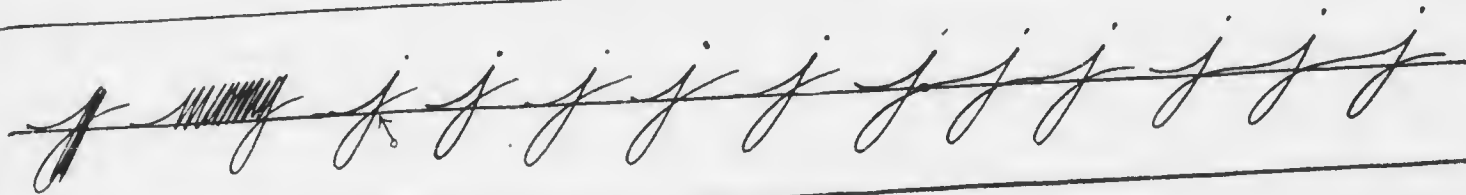
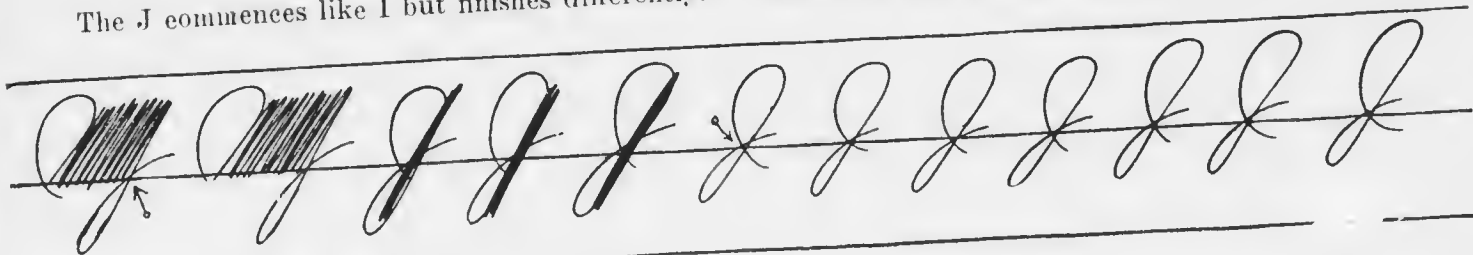
The I is a right-oval letter. It commences with a "flying" stroke and finishes with a dot.



*I is used in many words.*

The i commences and finishes like u. Watch where you put the dot.

The J commences like I but finishes differently. See where the lines meet. Notice the arrow.



James and John can jump.

S and G start with an underswing and finish with a dot.

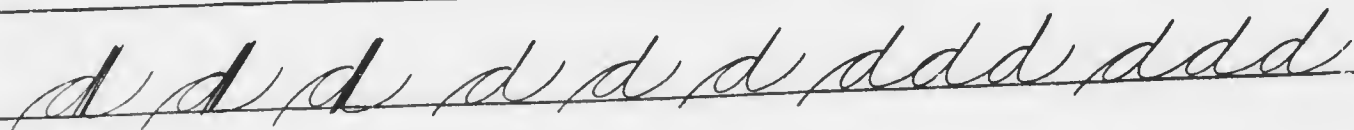
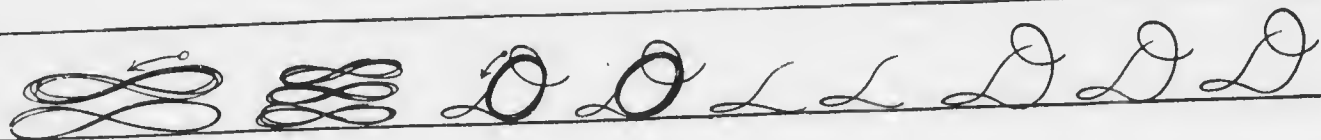
*S S S S S S S S S S G G G G G*

*s s s s s s s s s s g g g g g*

*Slide on finger nails.*

The g is a lower-loop letter. It is made up of a and j. Hold your head up.

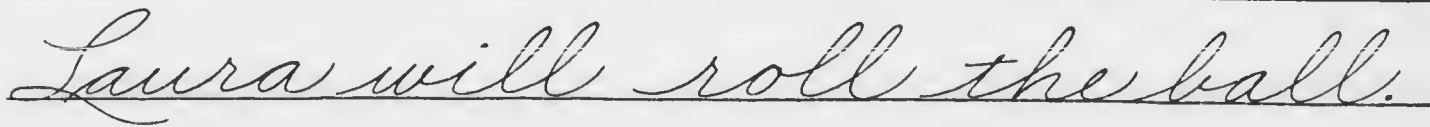
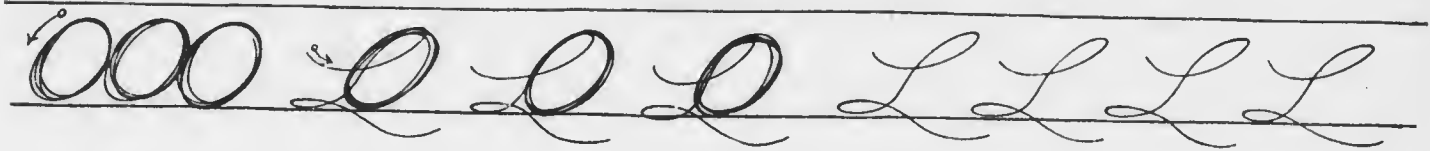
The D contains two double curves. It finishes like O.



Do your best day by day.

The d is one-half space high. It is made up of a and an extra stroke.

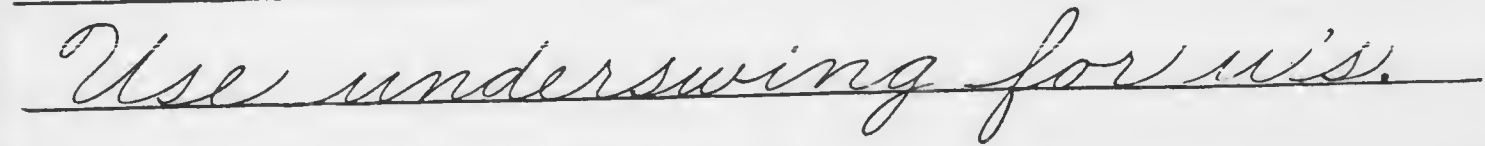
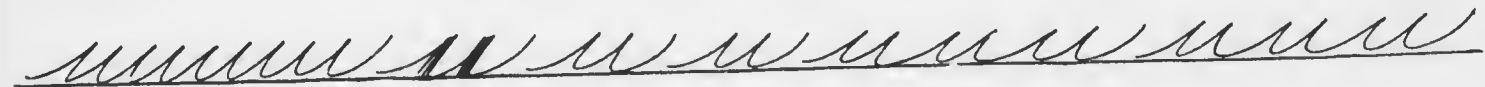
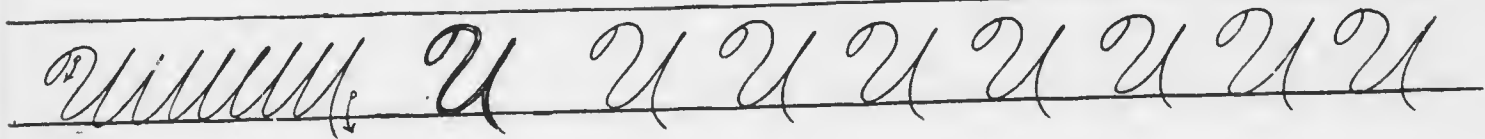
The L has two double curves like D but it starts and finishes differently.



Put an upper loop on i and you have an l. Make it with a rolling movement.



U has a loop start. Finish it below the line with a "flying finish."



V commences like U but finishes upward. Use muscular movement.

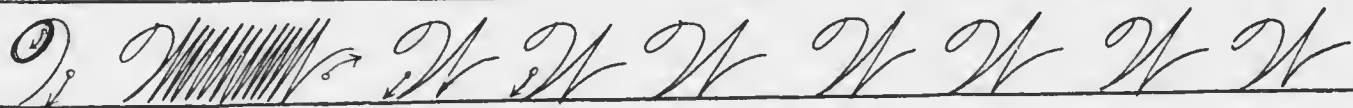
*v v v v v v v v v v*

*vvvvvvvvvvvvvvvvvv*

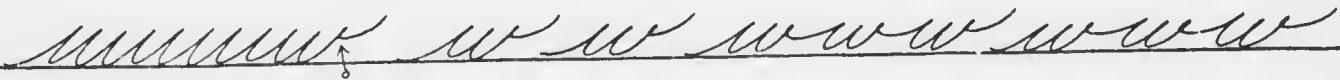
*Victoria is very pretty.*

v commences with an overturn. Notice the retrace where the arrow points.

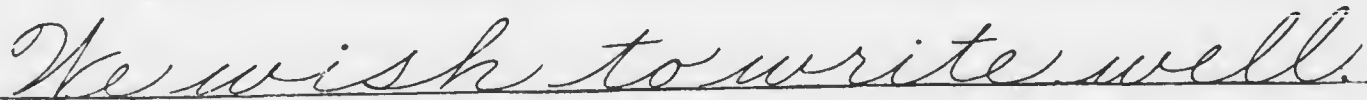
W is another loop start capital. Pause at the point of the arrow. Sit erect.



A row of handwriting practice on a set of three horizontal lines. It begins with a circled number '2' and a small arrow pointing to the start of a capital 'W'. This is followed by a series of seven capital 'W's, each with a small arrow at its starting point. The first 'W' is filled with diagonal hatching.

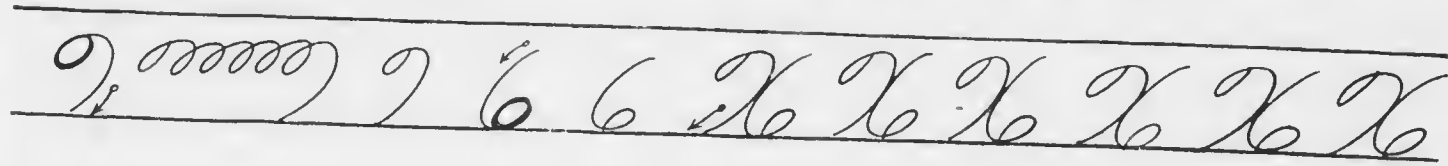


A row of handwriting practice on a set of three horizontal lines. It starts with a series of connected, wavy lines that form a continuous 'w' shape. This is followed by five individual lowercase 'w's, each with a small arrow at its starting point.

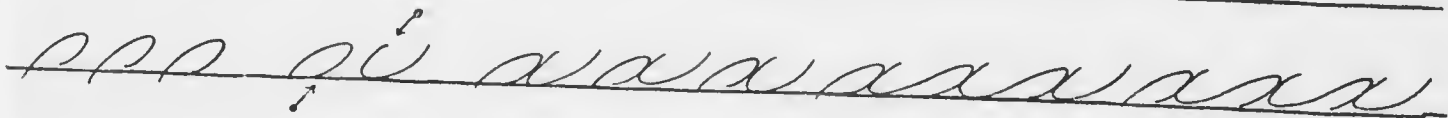


A row of handwriting practice on a set of three horizontal lines. It contains the sentence "We wish to write well." written in a cursive script. The 'w' in "We" and "write" are clearly visible.

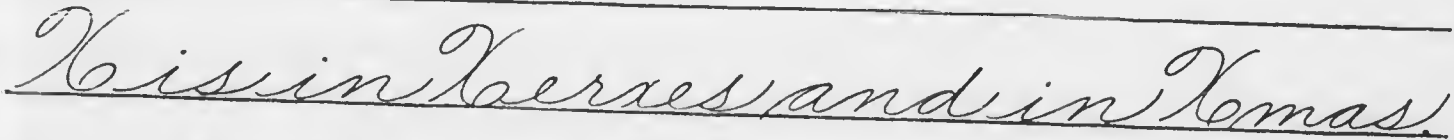
X starts like H. The second part is just a large figure six. Use arm movement.



Handwriting practice row 1: A series of cursive 'x' characters on a four-line staff. The first 'x' is formed by a series of loops, with an arrow pointing to the start of the first loop. This is followed by a '6' shape with an arrow pointing to its top, then another '6' shape with an arrow pointing to its top, and finally six 'x' characters, each with an arrow pointing to its top loop.



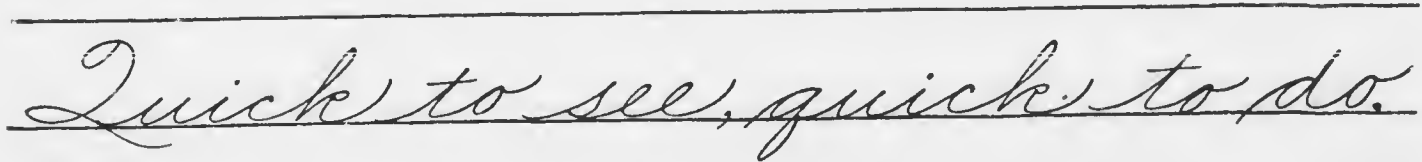
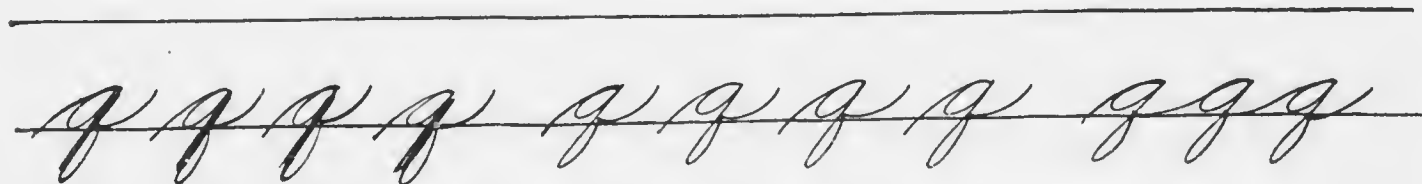
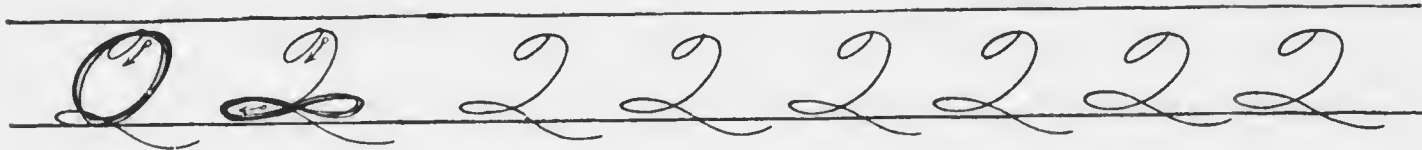
Handwriting practice row 2: A series of cursive 'x' characters on a four-line staff. The first 'x' is formed by a series of loops, with an arrow pointing to the start of the first loop. This is followed by a '6' shape with an arrow pointing to its top, and then a series of 'x' characters, each with an arrow pointing to its top loop.



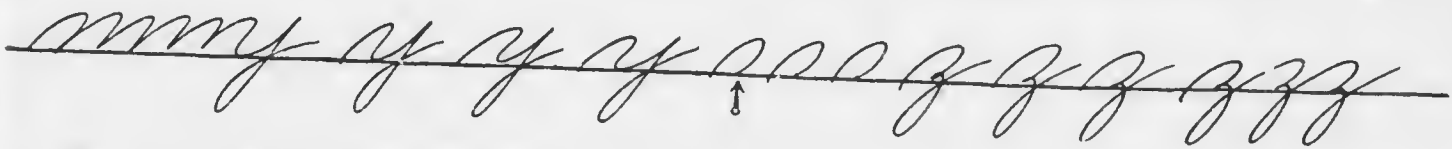
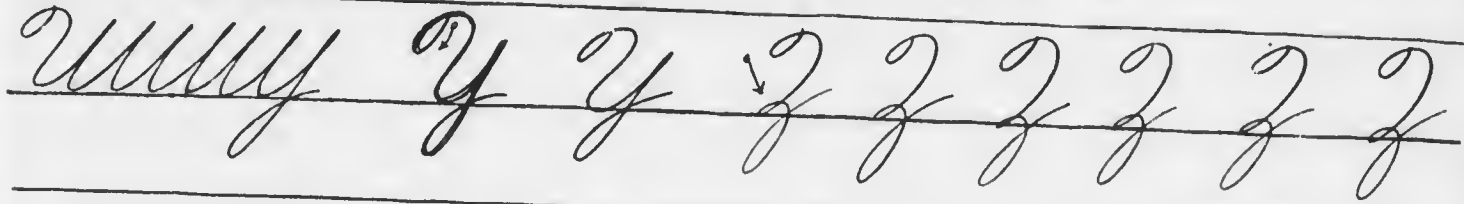
Handwriting practice row 3: A series of cursive 'x' characters on a four-line staff, forming the words "Kissin", "Kerres", and "and in", "Komas".

See the two parts of x. It has an "overturn" start and "underswing" finish.

The Q has a loop start and one double curve. It finishes like L.



Y and Z are both loop start letters. They have lower loops also.



You must use your eyes.

The y and z have lower loops too. They commence and finish alike.

A B C D E F G H I J K L M

N O P Q R S T U V W X Y Z

a b c d e f g h i j k l m

n o p q r s t u v w x y z

Dear Girls and Boys:

Another year's work finished! I hope that your teacher is satisfied with your writing. Send some samples to the Author. If it is good enough you will receive a MacLean Method Writing Certificate.

Use muscular movement in all written work. All the best penmen do that.

Your parents will be proud of you if you learn to write well. So will your teacher. I shall be very proud of you also.

I hope that you will have a very happy time in your holidays. You will receive a new writing book next term.

Yours sincerely,

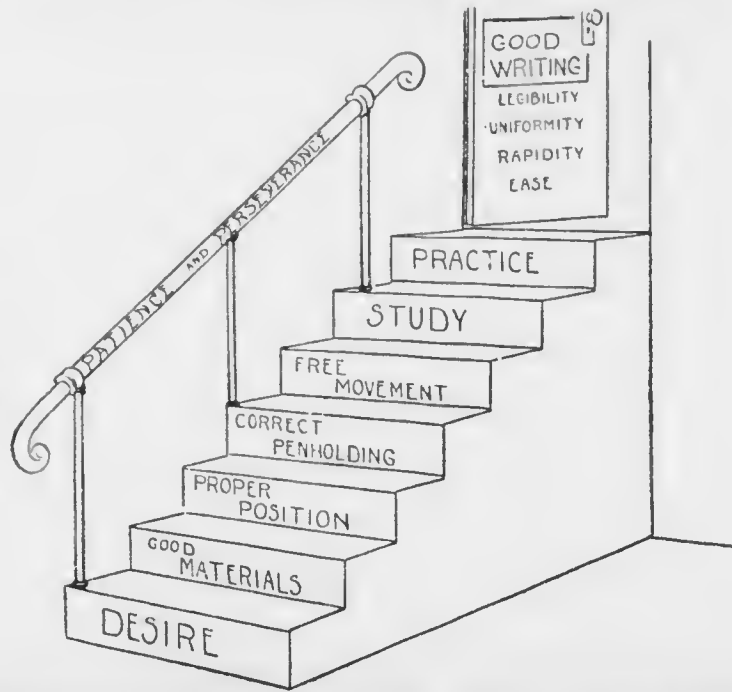
*H. B. MacLean*



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There is no  
elevator to  
good writing.

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Climb  
the  
stairs.

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