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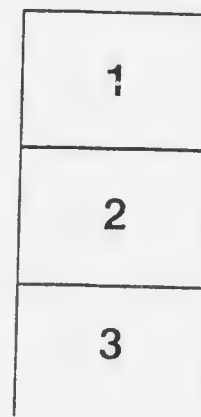
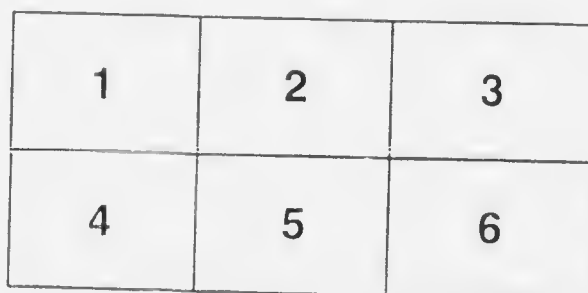
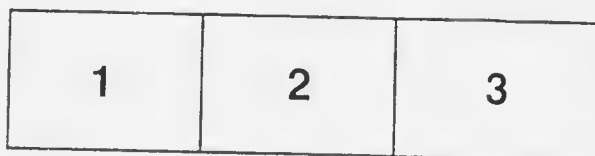
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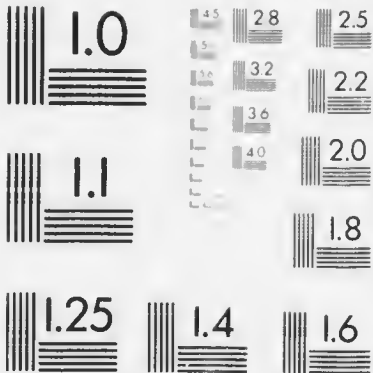
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The
MacLean
Method

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.

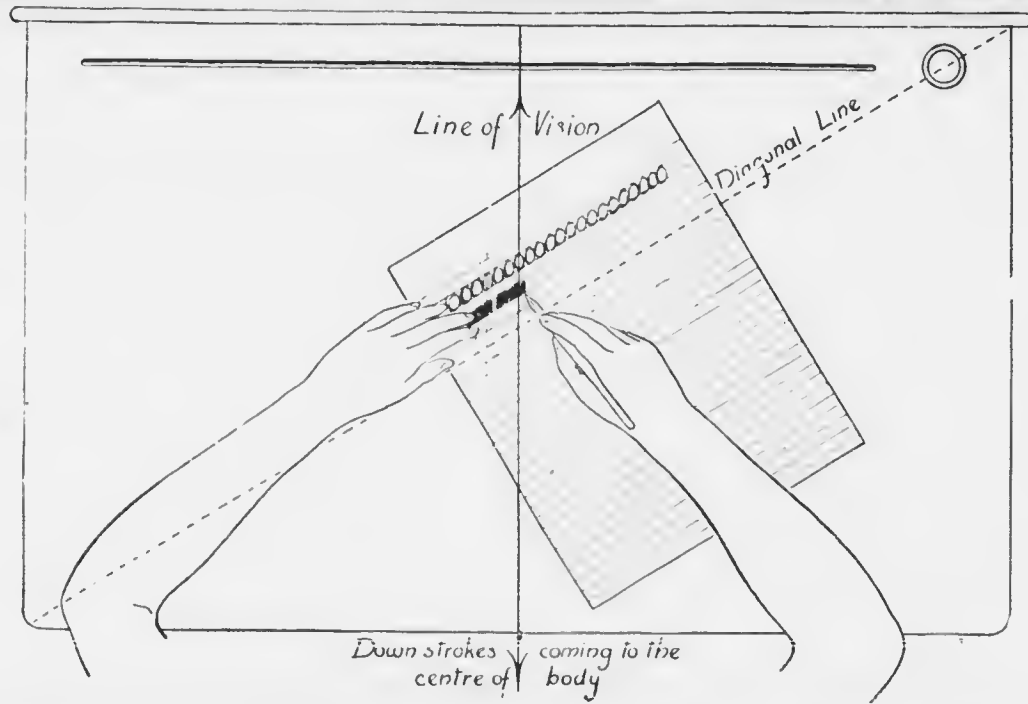


2 Keep your feet flat on floor. Sit up straight. Place paper at an angle. Write with "Muscular Movement."



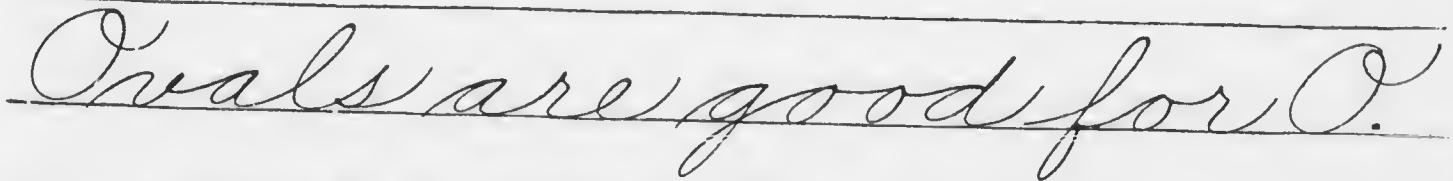
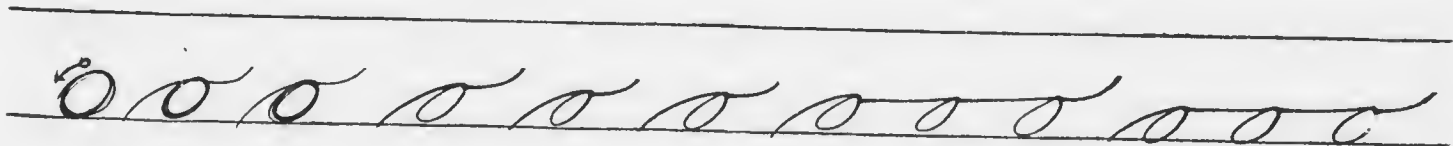
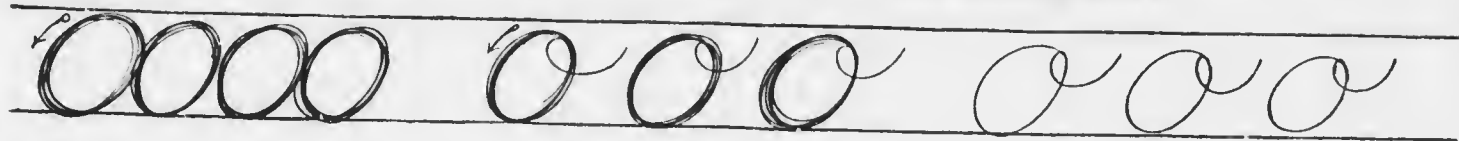
Curve your fingers and keep them together. Keep wrist up. "Skate" on the finger nails. Hold your pen lightly

*STUDY
THIS
DIAGRAM*



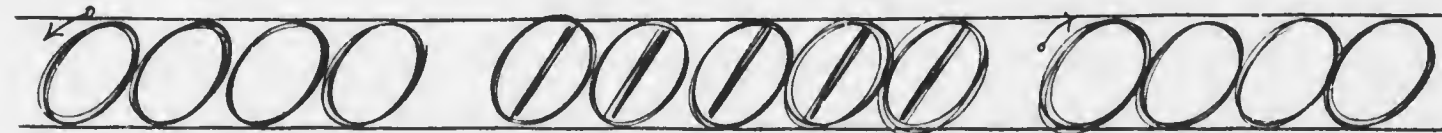
*Hold
your
paper
and
arms
as
shown
here.*

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

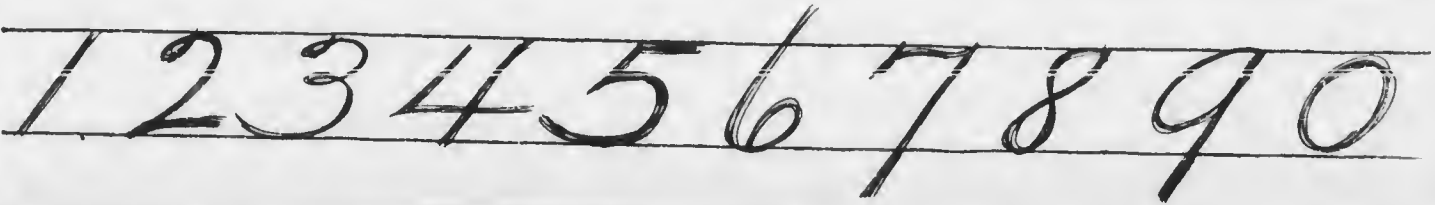
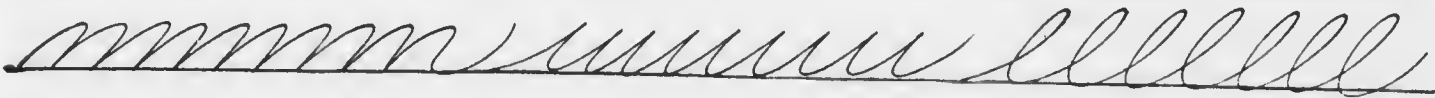
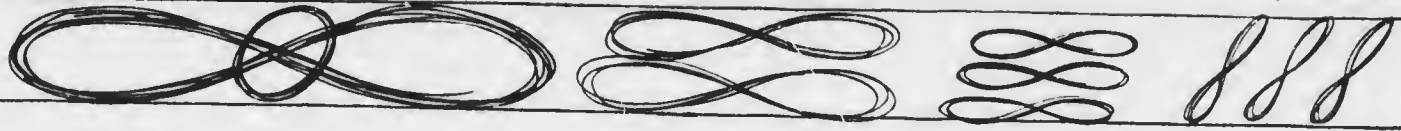


The o commences with an "overturn" stroke. Make it without a loop.

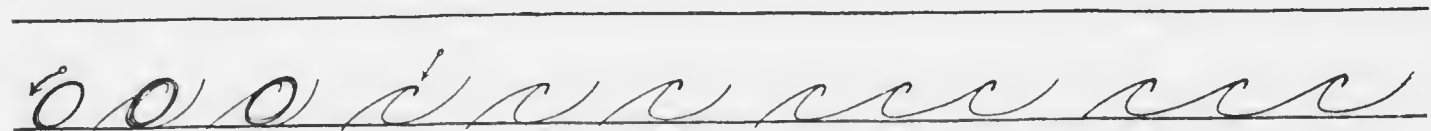
Use forearm muscular movement. Glide on the finger nails. Sit erect.



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

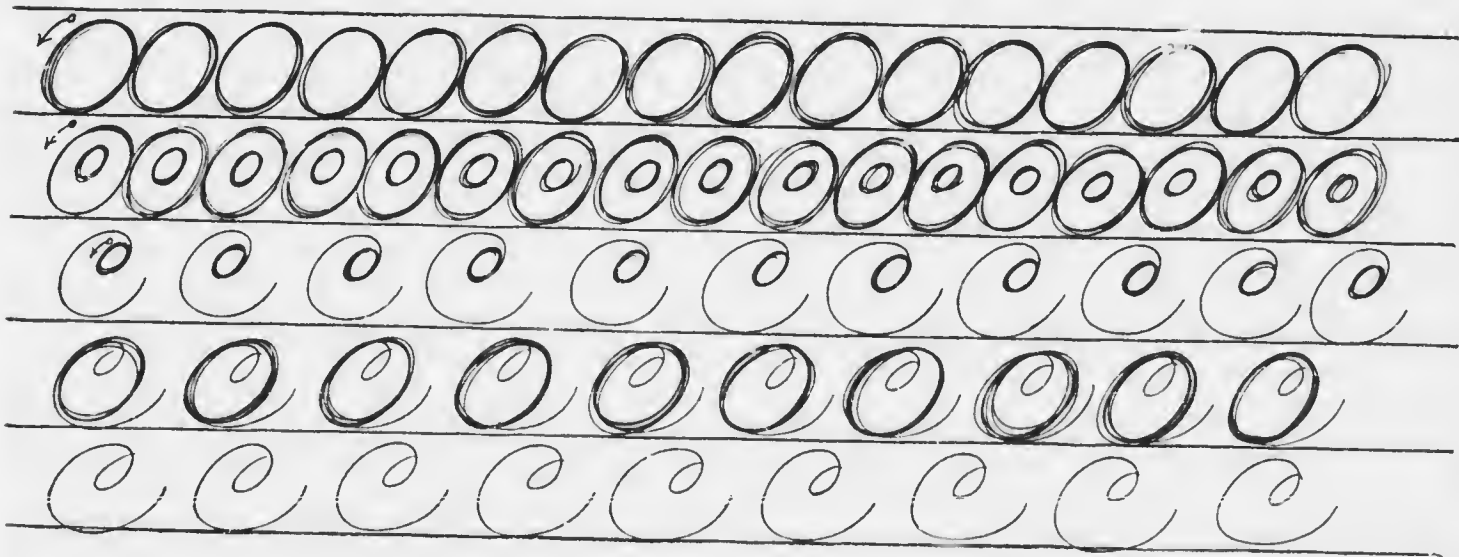


Commence your lesson with oval drill. Start the C with a loop.



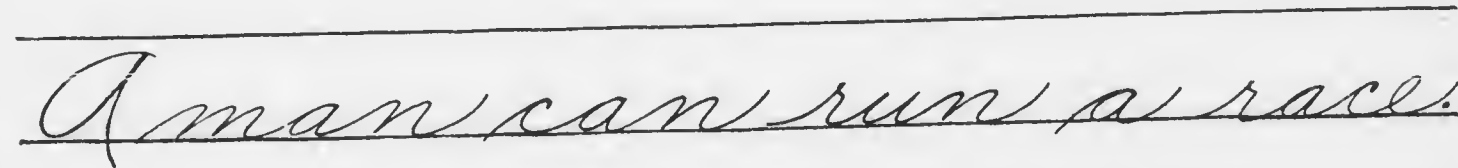
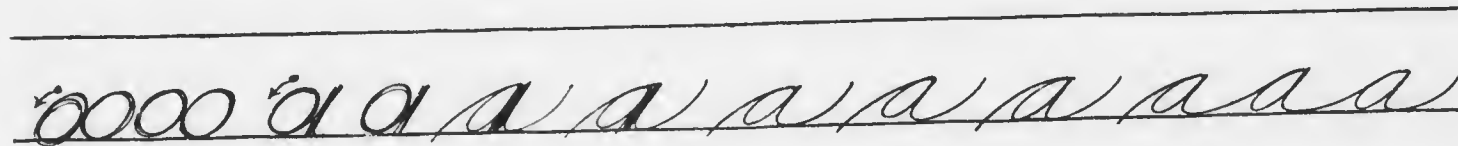
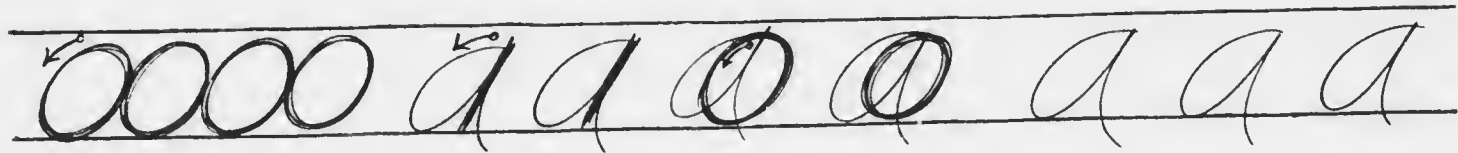
Notice the arrow. Make a "hook" start for c

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

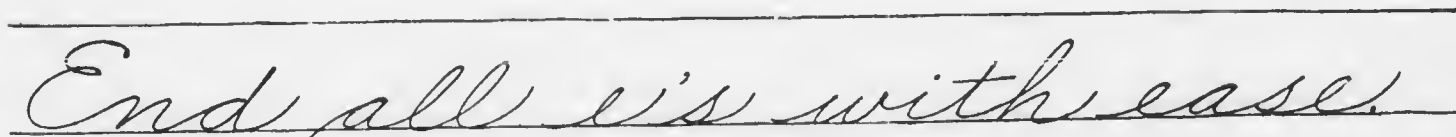
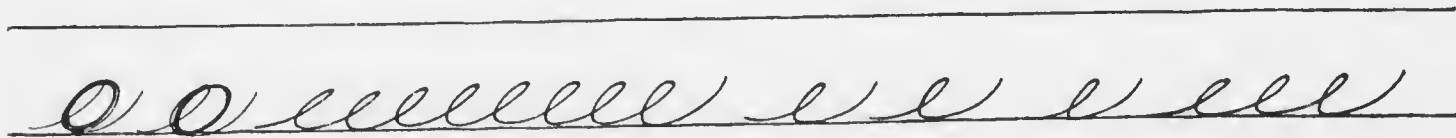


Use a free swinging movement. Do not "draw" these exercises.

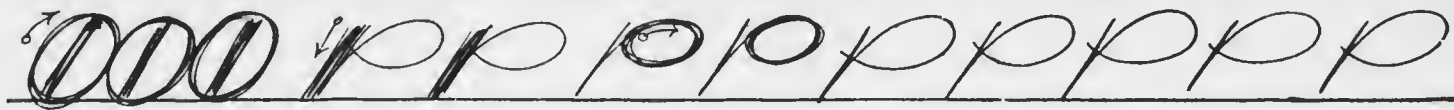
Use a flying downward finish for A. Watch the slant. Sit up straight.



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



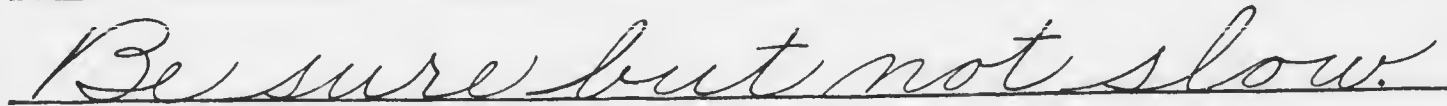
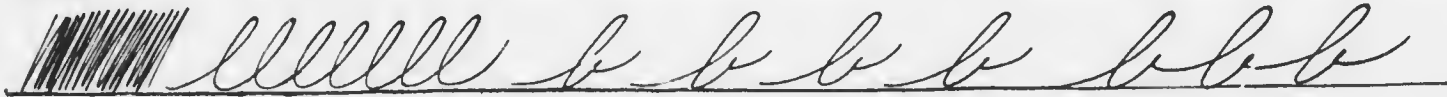
P is a push-and-pull oval letter. Use a flying start and finish.



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.

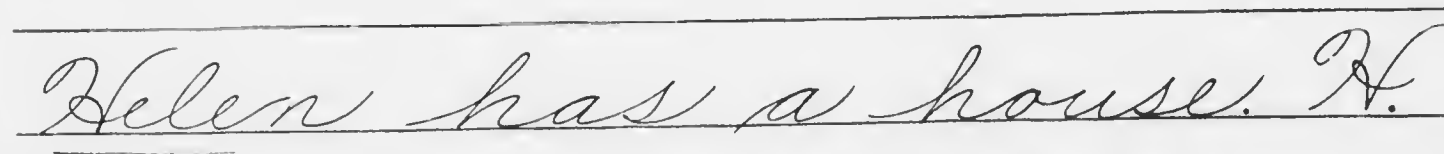
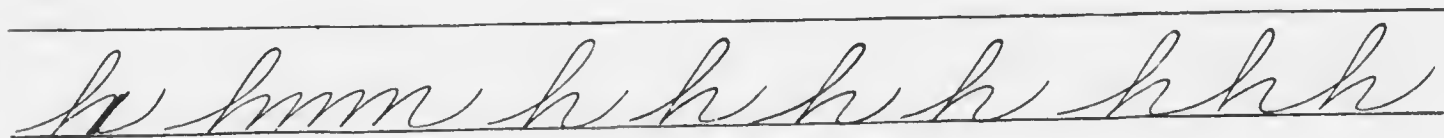
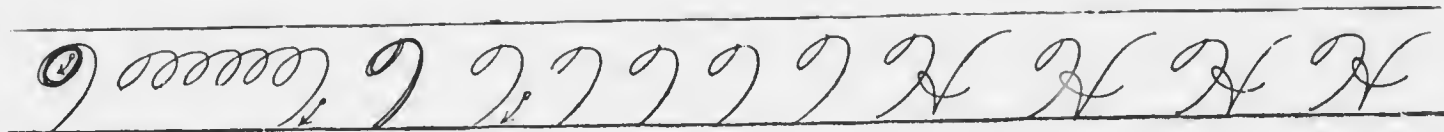
RRRRRRRRRRRRRRRRRR

rrrrrrrrrrrrrrrrrr

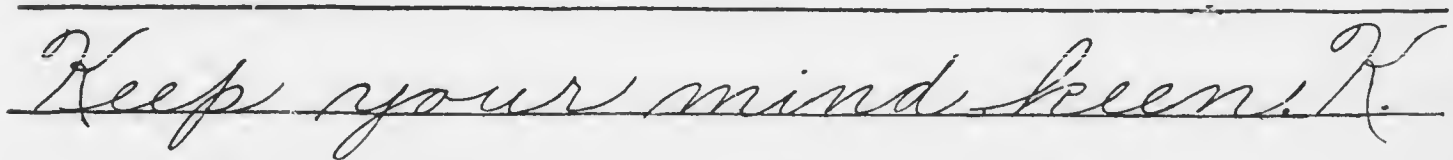
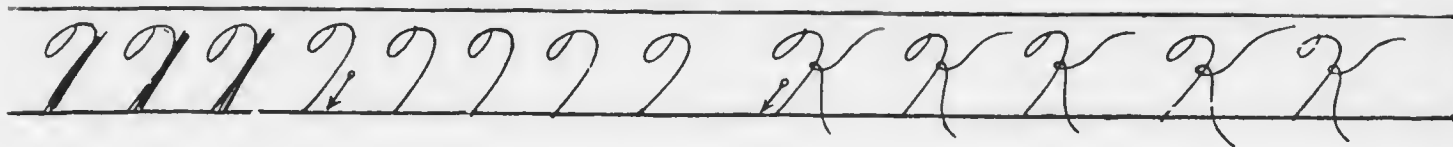
Rena can run a race.

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.

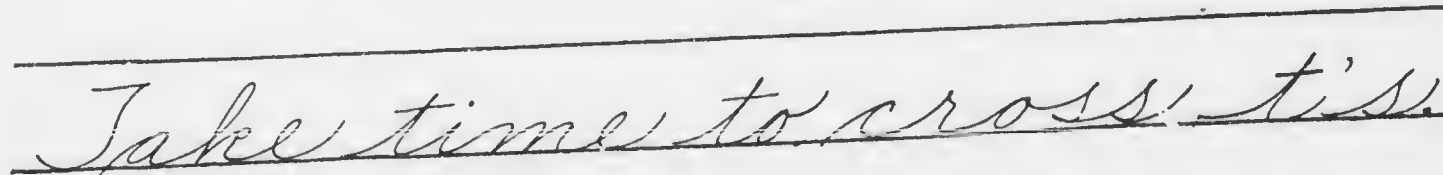
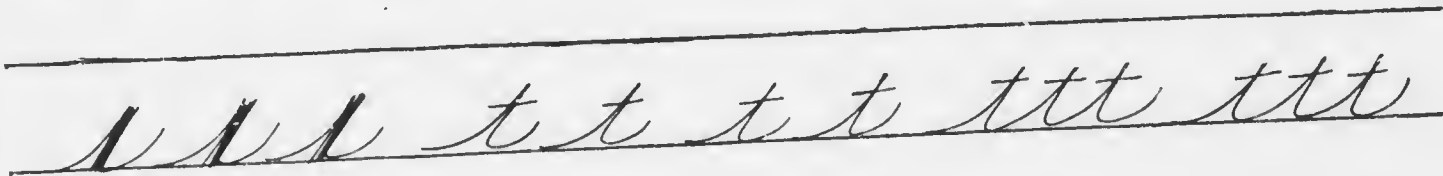
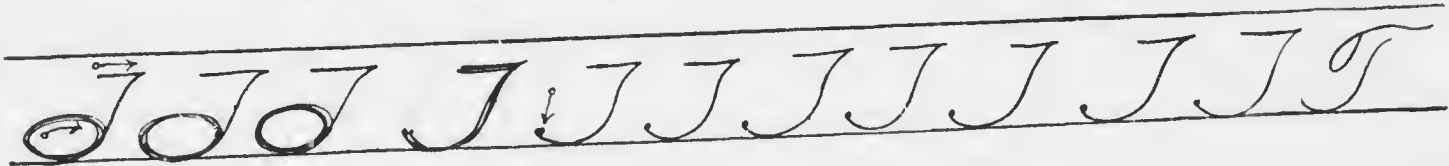


The K starts very much like the H. Finish it downward. Keep your wrist up.



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.

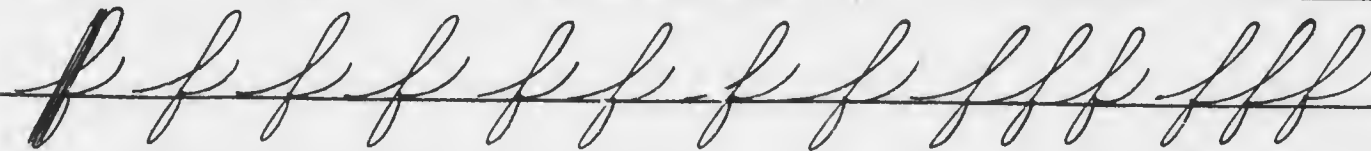


The t is not quite so high as the h. Cross t's carefully. Sit erect.

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.

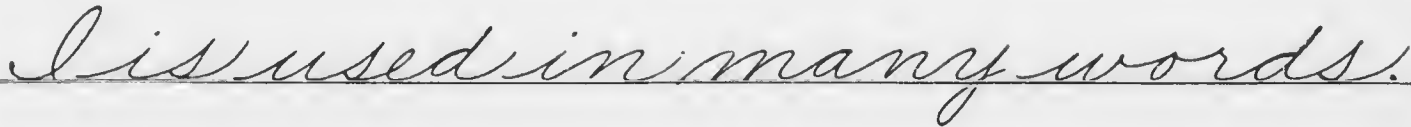
The I is a right-oval letter. It commences with a "flying" stroke and finishes with a dot.



A row of handwriting practice on a four-line grid. It contains two groups of letters. The first group shows three cursive uppercase 'I's. The first 'I' has a small arrow at the top left indicating the start of the 'flying' stroke. The second 'I' has a small arrow at the top left and a small arrow at the bottom right indicating the end of the stroke. The third 'I' is plain. The second group shows three cursive lowercase 'i's. The first 'i' has a small arrow at the top left and a small arrow at the bottom right. The second 'i' is plain. The third 'i' is plain.



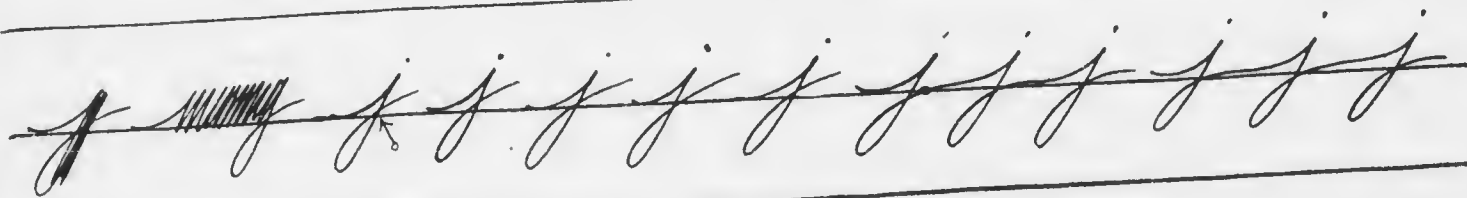
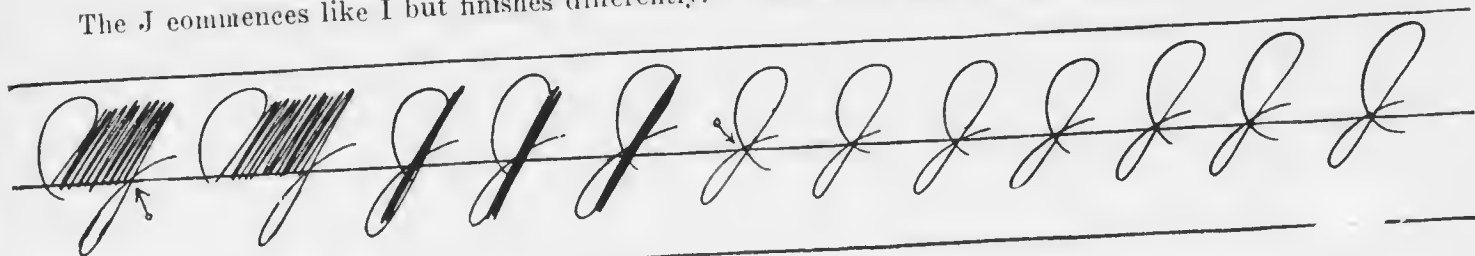
A row of handwriting practice on a four-line grid. It contains a series of cursive lowercase 'i's. The first 'i' is followed by a series of 'i's that are connected together, forming a continuous wave-like pattern.



A row of handwriting practice on a four-line grid. It contains a single cursive sentence: "I is used in many words." The letters are connected together in a fluid, flowing style.

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.

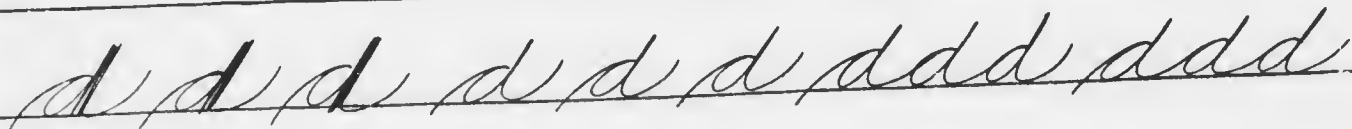
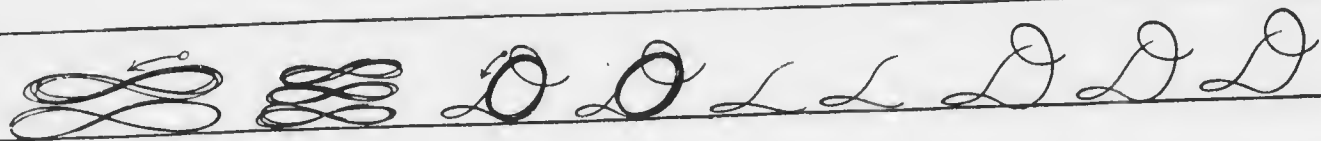
S S S S S S S S S S G G G G G

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.

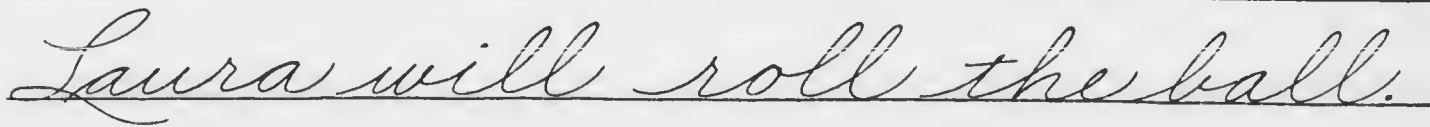
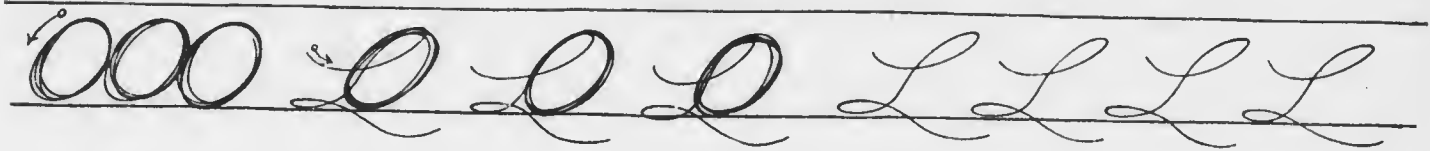
The D contains two double curves. It finishes like O.



Do your best day by day.

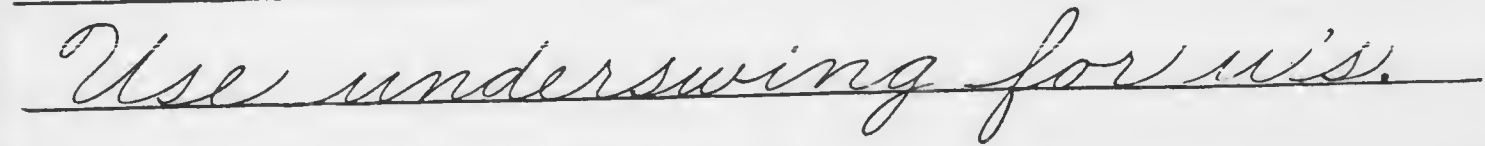
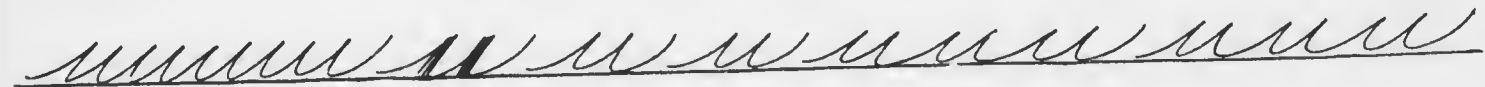
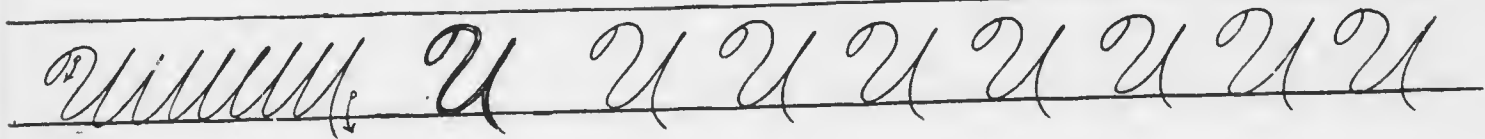
The d is one-half space high. It is made up of a and an extra stroke.

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.

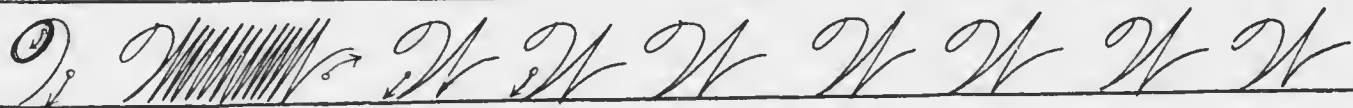
v v v v v v v v v v

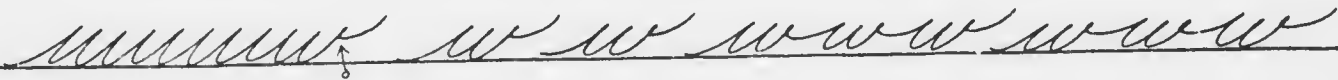
vvvvvvvvvvvvvvvvvvvv

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.

9. 



We wish to write well.

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

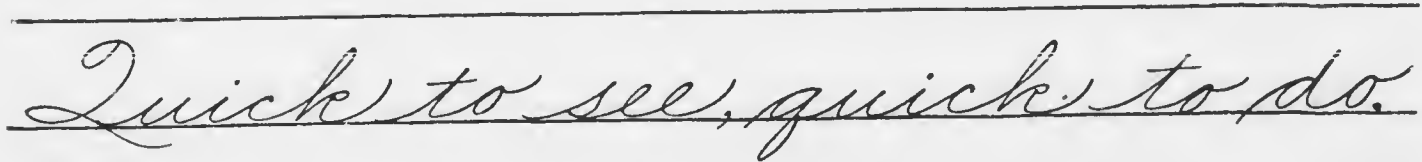
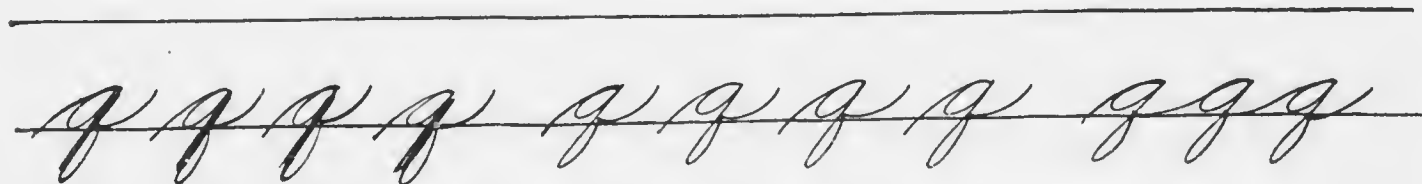
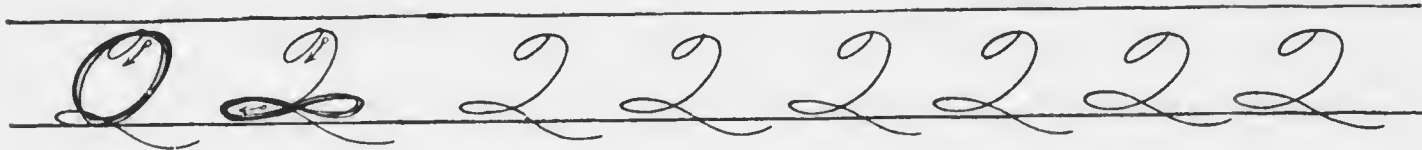
o o o o o o o o o o
o o o o o o o o o o

o o o o o o o o o o

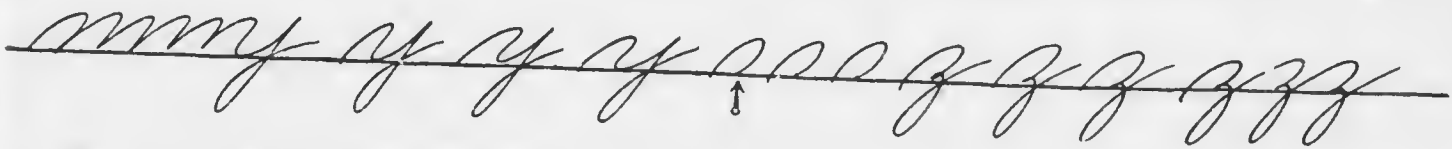
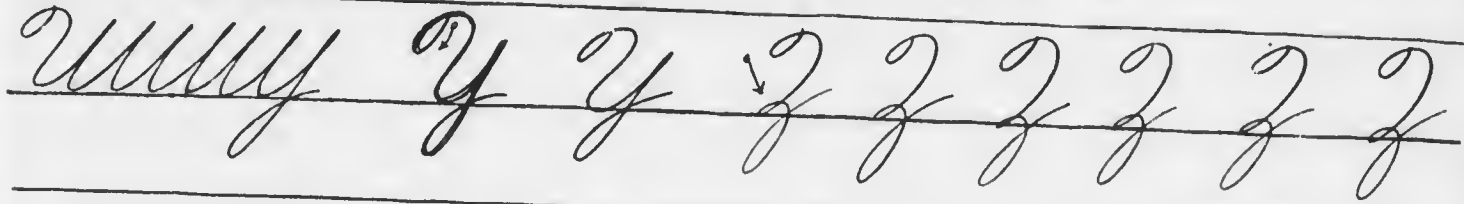
o o o o o o o o o o

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.

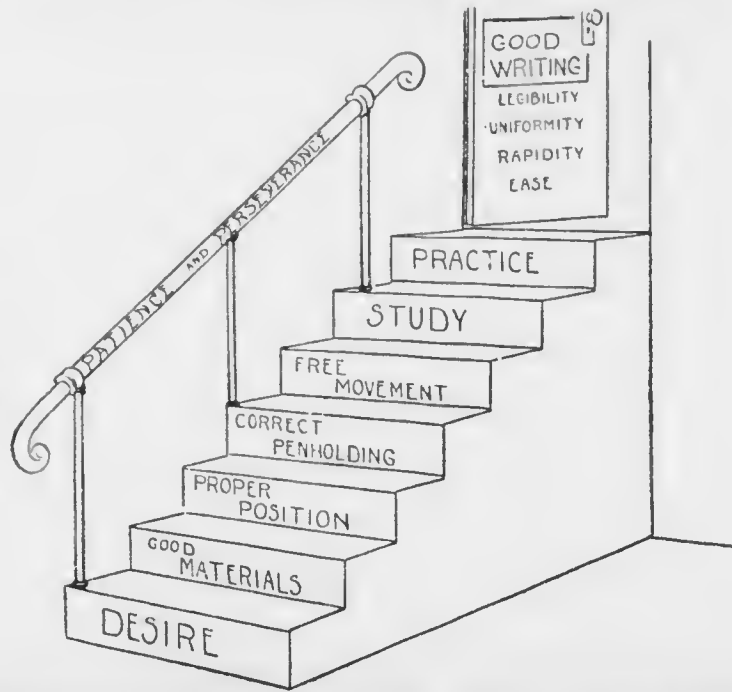
Your parents will be proud of you if you learn to write well. So will your teacher. I shall be very proud of you also.

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

There is no
elevator to
good writing.



Climb
the
stairs.



