



Direction. Volume 1, No.3

- ◇ The Garlick Report. / Dr David Garlick
- ◇ The Dart Procedures. / Professor Alex Murray
Professor Alex Murray has studied and practised Dart's movements over many years. Here he publishes for the first time a new descriptive manual, with illustrations by Gretchen Sommers, of the evolving Raymond Dart Procedures.
- ◇ Teaching the Procedures. / A. Nicolson/R. Monroe-Simmons/C. Raft
How can the Dart Procedures be used for your benefit? Here three teachers of the Alexander Technique describe how they have adapted their teaching methods to utilize Dart's observations of movement.
- ◇ New Method of Vocal Respiratory Re-education. / F. Matthias Alexander
Here we present the second in a series of three early writings of Alexander on breath. These works precede the publication of his first book and have not been widely circulated
- ◇ Tribute to Raymond Dart. / Professor Phillip Tobias
Professor Tobias is Dart's successor as Dean of medicine at the University of Witwatersrand in Johannesburg. He has been a student and lifelong friend of Dart. Here he describes Dart's contribution to the field of anthropology.
- ◇ Dart and Alexander. / Frances Wheelhouse
Frances Wheelhouse is Dart's biographer. She draws from unpublished material to paint a portrait of Dart's lifelong interest in poise, including Alexander's work, after his second child Galen was born prematurely and suffered motor damage.
- ◇ Voice and the Alexander Technique. / Allan Hough