

SUMMARY OF SUPPORTING STATEMENTS OVER 80 YEARS

Chronological appraisal of F.M.Alexander's work.

1898. Dr.A.Kenny, medical.

" Have much pleasure in stating that certain patients of mine, with throat ailments, have been markedly benefited by lessons in breathing and voice production given by Mr.F.M.Alexander. "

1908. Sir Henry Irving, British actor.

" I cannot exaggerate the value of his method. He has simply made a new man of me."

1908. Sir Alfred Fripp, London, Surgeon -in- Ordinary to the King.

" I have certainly been much impressed with the good results I have seen accomplished by Mr.Alexander's methods."

Both 1908 quotations are taken from the Dr.Leeper Report on Physical Culture in the United Kingdom and the Continent of Europe. Presented to the Victorian Teachers and Schools Registration Board in 1909. Dr.Leeper's concluding remarks in the Report state;

" That what is known as the Alexander Method of the Re-education of the respiratory organs is deserving of the Board's special attention."

1923. John Dewey, American philosopher and educationist.

" The Alexander method is not one of remedy; it is one of constructive education. Its proper field of application is with the young, with the growing generation, in order that they may come to possess as early as possible in life a correct standard of sensory appreciation and self-judgment. When once a reasonably adequate part of a new generation has become properly co-ordinated, we shall have assurance for the first time that men and women in the future will be able to stand on their own feet, equipped with satisfactory psycho-physical equilibrium, to meet with readiness, confidence and happiness instead of with fear, confusion and discontent, the buffetings and contingencies of their surroundings."

1926. Dr.Peter Macdonald, medical.

"Alexander's work should be incorporated in the education of our young, if only as a matter of preventive medicine."

1930's. George Bernard Shaw, playwright.

"Alexander established not only the beginnings of a far reaching science of the apparently involuntary movements we call reflexes, but a technique of correction and self-control which forms a substantial addition to our slender resources in personal education.

1932. John Dewey, American philosopher and educationist.

" The Alexander method contains in my judgement the promise and potentiality of the new direction that is needed in all education."

1937. Letter to the British Medical Journal, signed by 19 doctors

"F.M.Alexander has something of value to communicate to the medical profession. We have observed the beneficial changes in use and functioning which have been brought about by the employment of Alexander's technique in the patients we have sent to him for help - even in cases of so-called 'chronic disease' - whilst those of us who have been his pupils have personally experienced equally beneficial results."

1942. Professor G.E.Coghill, American biologist.
 "Mr.Alexander has demonstrated the very important psychological principle that the proprioceptive system can be brought under conscious control, and can be educated to carry to the motor centres the stimulus which is responsible for the muscular activity which brings about the manner of working (USE) of the mechanism. Mr.Alexander re-conditions and re-educates the reflex mechanisms, and brings their habits into normal relation with the functions of the organism as a whole. I regard his methods as thoroughly scientific and educationally sound."

1946. Sir Charles Sherrington, physiologist.
 "Mr.Alexander has done a service to the subject (the physiology of posture and movement) by insistingly treating each act as involving the whole integrated individual, the whole psycho- physical man. To take a step is an affair, not of this or that limb solely, but of the total neuro-muscular activity of the moment - not least of the head and neck."

1950's. In 1950 the first Alexander teacher to teach in Australia after Alexander had left here in 1904 began work in Melbourne.

1952. D.F.O'Brien, F.R.C.S.

"The theory of the technique of Kinaesthesia, evolved by F.M.Alexander, appealed to me as being very sound and quite scientific. In order to find out whether it was as effective in actual practice as it appeared in theory I had a course of instruction from Mr.Alan Murray. The claims that the Technique would bring about an improved use of one's body as a whole with resulting improvement in one's general well being have been more than justified during the course of instruction."

1953. Percy Cerutti, Australian athletics coach.

"Alexander is a 'must' for all competing athletes.You his teacher Alan Murray) have taught me a lot of interesting material about the correct use of the body which I have handed on in my training with marked results eliminating bad use."

1973. Professor Nikolas Tinbergen, Nobel Prize for Medicine, 1973.

"This story (Alexander's original research) of perceptiveness, of intelligence and of persistence shown by a man without medical training is one of the true epics of medical research and practice."

1988. Royal National Orthopaedic Hospital, Middlesex, England.

A Multidisciplinary Pain Management Program for patients with chronic pain, a series of activities including the Alexander Technique was provided for patients. The conclusion states,
 "In particular, the Alexander Technique is considered to have more impact on the problem (chronic pain) than medical intervention, and has consistently been rated the most useful component of the program."

Following the death of Alexander in London, the Times, 27/10/1955 published an article by rheumatologist Dr.Wilfred Barlow, who said
 "Among the many varied accounts of his work and his personality, we must remember him as a painstaking scientist, a pioneer in scientific method in the elusive field of human behaviour."

 The overwhelming support by musicians for the Alexander Technique is shown in the attached references for the Trinity College Alexander School. Only in recent times, with the increase in numbers of qualified Alexander teachers, have more people had access to Alexander lessons and now the wider community is demanding there be even more teachers available to give lessons.

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