

# The “Pillsbury”

## Attention and Action at the Keyboard

“Ten years later I repeated the experiment by writing a book that did not require much collection of new data and keeping a record of the time as I wrote. In this instance the typewriter was provided with an electric contact that would record the end of each line and respiration was recorded during the period of actual writing. At the beginning and at the end, a record was made of blood pressure and of the attention waves. Other tests of steadiness were made that there might be as complete a picture as possible of the mental and physical changes during two hours of continuous hard work.”

Walter Pillsbury, Autobiography, 1930

- I. At the chime, look at the names of folks in the Zoom session.
- II. Choose one, and then slowly, attentively, with full awareness of your respiration, heartbeat, and the flow of keyboard sensations, *type that name...*
- III. At the final chime, the exercise is finished.