

*Copy of letter sent to each of the 4 Flack children
from E Weber*

April 10, 1985

Dear

You will receive soon a book "The Y's Way to a Healthy Back" by Alexander Melleby who worked with Dr. Hans Kraus to establish exercise programs at the YMCAs throughout the United States, Canada, Australia and Japan. Actually, the exercise programs are based on the K-W tests, Kraus-Weber tests, that, in fact, Sonny developed and published with Kraus as co-author inasmuch as he has the full M. D. degree. You will find on pages 147-152 Melleby's account of the Kraus-Weber cooperation which gives somewhat more credit to Kraus than to Sonya. Unfortunately, when Eisenhower's "Council on Youth Fitness and Sports" was convened in Washington, DC, Sonny was invited, but could not go, she had a bad cold--and then, she never was too impressed with things Washington! If she had gone she most likely would have been on the Council, yet she might not have accepted, anyway.

I enclose also reprints of her list of publications, either alone or as co-author; also a brief biographical data sheet she needed for interviews. I thought you might like some of this information.

In fact, when Melleby's book was published, Sonny got an autographed copy from Hans Kraus where he wrote: Dear Sonya: Without you this would not have happened! Thank you again for everything. I still treasure the memory of our Posture Clinic and the days we worked together. As ever, Hans".

When Sonny worked as volunteer at YWCA headquarters on Lexington Avenue, New York, she had as assistant Marjorie Jaffe, who, upon Sonny's retirement from the YWCA asked permission to publish the exercise program she learned from Sonny and requested a preface which Sonny composed and is printed (slightly modified with permission) in the book "Get Your Back in Shape" published 1984 by Simon & Schuster in

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New York.

You can really be proud of your grandmother who initiated, without fanfare, a world wide movement for physical fitness!

Very best wishes for your own fitness and well being.

WEBER, SONYA (Mrs. Ernst)

Born	January 22, 1895, Graz, Austria
Father's name	Theodor W. Escherich
Mother's name	Margarethe W. Pfaundler
Education	Vienna University - B.A. 1924 Graduate work, University Stockholm 1934 D.Sc., Eastern Reserve University
Experience	1925-48 Founder and director, Therapeutic Exercise and Posture Clinic, Babies Hospital and Presbyterian Hospital, Columbia Medical Center 1928 New York State license Physiotherapy 1940-48 Director, Cerebral Palsy Clinic, Columbia University Medical Center 1940-58 Instructor Physical Medicine, Dept. Physical Medicine, Columbia University Medical School 1951-54 Research Assistant, New York University Physical Fitness Research Project since 1958 Advisor and consultant, Central Branch, YWCA for physical fitness and posture
Civic activities	Many years on public speakers committee, New York Cerebral Palsy Association
Special Work	Co-author of the Kraus - Weber Test for Minimum Muscular Strength and Elasticity
Publications	See attached

Publications of Sonya Weber

- 1945 Evaluation of Posture Based on Structure and
Functional Measurements and Tests,
H. Kraus, M.D., Sonya Weber, D.Sc.;
The Physiotherapy Review, Vol. 25, No. 6, Nov.-Dec. 1945.
- 1946 Quantitative Tabulation of Posture,
H. Kraus, M.D., Sonya Weber, D.Sc.;
The Physiotherapy Review, Vol. 26, No. 5, Sept.-Oct. 1946.
- 1947 Fundamental Considerations of Posture Exercises,
H. Kraus, M.D., Sonya Weber, D.Sc.;
The Physiotherapy Review, Vol. 27, No. 6, Nov.-Dec. 1947.
- 1948 Behandlung Nicht Operativer Haltungsfehler,
Sonya Weber, D.Sc.;
Oesterreichische Zeitschrift fuer Kinderheilkunde
(Austrian Pediatric Journal), Vol. 9, No. 3, 1948.
- 1949 Passive and Active Spring Stretch,
Sonya Weber, D.Sc., H. Kraus, M.D.;
The Physical Therapy Review, Vol. 29, No. 9, Sept. 1949.
- 1951 Posture and the Nurse,
Sonya Weber, D.Sc.;
Public Health Nursing Magazine, June 1951.
- 1952 Importancia de la Buena Posture,
Sonya Weber, D.Sc.;
Published in La Revista Interamericana de Hospitales, 1952.
- 1954 How to help your baby to grow strong and straight,
Sonya Weber, D.Sc.;
Published in Parents Magazine, 1954.
- 1954 Same as above with minor changes,
Published in The Baby's Manual, 1954.
- 1959 Role of Exercise in the Prevention of Disease,
H. Kraus, M.D., Willis Nagle, M.D., Sonya Weber, D.Sc.;
American Academy of General Practice, Vol. XX, No. 3, 1959.

1961

Immediate Mobilization of Certain Ligamentous
Injuries of the Knee,
H. Kraus, M.D., Sonya Weber, D.Sc.;
American Academy of General Practice, Vol. XXIV, No. 4, 1961.

1962

Funkční Testy v. Pruběhu Lázenské Léčby,
Krausův - Weberuv Test;
Fysiatrický Věstník, Vol. XL, 1962.

1962

Back Pain and Tension Syndromes in a Sedentary
Profession,
H. Kraus, M.D., Sonya Weber, D.Sc.;
Archives of Environmental Health (American Medical
Association), Vol. 4, No. 2, pp. 408-414, April 1962.