

**SOCIETY GYMNASTICS
AND VOICE-CULTURE,
ADAPTED FROM THE
DELSARTE SYSTEM**

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Society Gymnastics and Voice-Culture, Adapted from the Delsarte System by Genevieve Stebbins

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GENEVIEVE STEBBINS

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AND

VOICE-CULTURE

ADAPTED FROM THE

DELSARTE SYSTEM

BY

GENEVIEVE STEBBINS

(Mrs. J. A. THOMPSON)

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TO

MRS. SYLVANUS REED

THIS LITTLE BOOK IS AFFECTIONATELY DEDICATED
IN GRATEFUL ACKNOWLEDGMENT OF HER PROMPT RECOG-
NITION OF THE VALUE OF THE LESSONS
IT CONTAINS

BY THE AUTHOR

CONTENTS.

	Page.
Preface.....	7
LESSON I.	
Introductory.....	9
LESSON II.	
RELAXING EXERCISES.	
Relaxing Exercises for Fingers, Hands, Arms, Feet, Legs, Torso, Head, Eyelids, Lower Jaw and Tongue.....	13
LESSON III.	
ENERGIZING EXERCISES.	
Standing Exercises.....	17
LESSON IV.	
Basic Attitudes.....	21
LESSON V.	
Sitting Exercises.....	25
LESSON VI.	
Pivoting, Courtesying, Kneeling.....	28
LESSON VII.	
Walking.....	31
LESSON VIII.	
Arm-Movements.....	33
LESSON IX.	
Arm-Movements Continued.....	35
LESSON X.	
Arm-Movements Continued.....	39
LESSON XI.	
The Torso.....	41

	Page.
LESSON XII.	
The Hand	45
LESSON XIII.	
The Wrist, Elbow and Shoulder.....	52
LESSON XIV.	
The Head.....	54
LESSON XV.	
Primary Opposition of Head and Arm	58
LESSON XVI.	
Gymnastic Points for Review	61
LESSON XVII.	
The Principles of Gesture.....	66
LESSON XVIII.	
VOCAL-CULTURE.	
Respiration.....	73
LESSON XIX.	
Vowel Molding and Consonant Articulation	76
LESSON XX.	
Pronunciation.....	83
LESSON XXI.	
Inflection.....	86
LESSON XXII.	
Special Inflections	89
LESSON XXIII.	
The Inflective Chart of Gesture	91
Practical Application of the Gymnastics	93
Order of Drill.....	94
Musical Accompaniments for Exercises.....	97

PREFACE.

This little book comes to you, dear friends, as a message, and it says, Look within, think of your own bodies as but servants for the ego within; train them to be attentive, obedient, alert to the slightest desire of that inner monitor. Study that flesh-bound volume—yourself, for surely if you can find nothing within to repay you, you will gain nothing without. Form an idea of what you wish to be, then aspire toward it. Realize that outer poise is but a correspondence of inner poise—the only perfect state, mental, moral and physical poise.

The terms used in astronomical science—**centrifugal**, **centripetal** and **centered** motion are translated in Delsarte phraseology into **excentric**, **concentric** and **normal**, for the laws of great are the laws of little.

The public is cautioned against those teachers who christen any form of light calisthenics with Delsarte's name; there are very few as yet competent to teach his system.

Mere athletics will not give symmetry and grace; they must be guided by æsthetic law or there will result an over-development of some one part at the expense of the whole.

If mere physical work were all that is necessary, our mechanics would be models of bearing, and washerwomen would have the presence of duchesses. Ordinary physical culture develops action in the embryonic **straight line**, while the Delsarte training develops in lines of **changing curve**, and