

breath while standing on tip-toe, and exhale while gradually resuming the original position. In each case regulate the count as in the preceding exercises.

Exercise IV. Stand erect, arms hanging loosely at the sides. Inhale slowly, rising on the toes, clenching the fists with gradually increased intensity, and raising them to the armpits. Expel the breath suddenly, dropping back to the original position.

Chest and Lungs.—Gymnastic exercises, such as develop the chest and lungs are of great importance, since they regulate the breathing capacity.

Exercise I. Stand erect, arms hanging loosely at the sides. Raise the arms slowly to the vertical position over the head, making the hands meet with palms outward, the thumb of the left hand over the right, rising on the toes at the same time; then let the arms fall apart slowly to their original position while coming down on the heels.

Exercise II. Stand erect as in the preceding. Bring the arms slowly forward until the hands meet on a level with the mouth, bending forward slightly and rising on the toes; then throw back the arms in a circular movement, allowing them to fall to their original position, coming down on the heels at the same time.

Exercise III. Raise the hands above the head; bring down the elbows to the sides; shoot out the hands in front; bring in the elbows to the sides; shoot down the hands towards the floor; bring up the elbows to the sides. Repeat. This exercise may be practised with hands clenched.

Throat and Neck.—Exercises of the throat and neck develop and keep flexible the vocal cords, which are of prime importance in producing pure tones.

Exercise I. Stand erect. Look at the ceiling; allow the head to drop backward as far as possible; then bring the head slowly forward until the chin rests on the chest. Repeat.

Exercise II. Stand erect. Twist the head slowly to the left, without moving the shoulders, until the chin is parallel to the left shoulder; then slowly twist the head to the right, without moving the shoulders, until the chin is parallel to the right shoulder. Repeat.

Exercise III. Press the head to the left until the left ear rests almost on the left shoulder, raising the right arm above the head at the same time. Practise this exercise, pressing the head to the right and raising the left arm. Repeat.