

VOICE PRODUCTION.

CHEST BREATHING.

Chest breathing is the most common fault in respiration. This unnatural and restricted form of breathing causes a rising and sinking of the chest. The sternum presses upon the trachea, and the tone of voice is thereby necessarily injured. When breathing is confined to the chest, the voice lacks in volume, force and power; the chest contracts, and the proper space for the lungs is diminished. The lungs will gradually congest, and their capacity for containing air will become very limited; the voice will lose its depth, and its tendency will be to run up on high and harsh tones. Those who hope to acquire the ability to give expression to the sentiment when reading, and to speak fluently with ease, must, by a persistent effort, cultivate the ability to breathe deeply, and bring under complete control all the organs of respiration. Deep breathing opens up and expands the lungs, and protects them from pulmonary diseases. A French author