

Who was her father?	Alas ! for the rarity
Who was her mother?	Of Christian charity
Had she a sister?	Under the sun !
Had she a brother?	Oh ! it was pitiful !
Or was there a dearer one	Near a whole city full
Still, and a nearer one	Home she had none.
Yet, than all other?	

11. Avoid the sound of 'ch' for 't' in: fortune, fortunate, future, futurity, nature, natural, picture, feature, etc.

King Robert's self in features, form and height.

For this man so vile and bent of stature  
Rasped harshly against his dainty nature.

One more unfortunate  
Weary of breath,  
Rashly importunate  
Gone to her death.

## B

### PHYSICAL EXERCISES

*(These exercises form a course by themselves and should not be introduced into the regular reading lesson.)*

**Breathing.**—The proper management of the breath is of the greatest importance in speaking and reading. Inhalation and exhalation should be gradual and natural, not spasmodic. The reader should never allow his supply of breath to be wholly exhausted but should replenish it at regular intervals. Inhalation should be through the nostrils not the mouth. This prevents gasping and promotes and preserves a healthy condition of the vocal organs. It is not necessary to keep the mouth closed in order that the breath be inhaled through the nostrils. Inhalation may be effected when the mouth is open by allowing the tip of the tongue to touch the upper palate. All breathing exercises should be deep commencing with the abdomen, and should expand the chest to the fullest capacity.

*Exercise I.* Stand erect in a well ventilated room. Inhale slowly from the abdomen while counting five, hold the breath while counting five, and exhale while counting five.

Repeat this exercise gradually increasing the count by one until the maximum of ten or fifteen is reached.

*Exercise II.* Practise the preceding exercise in the open air while walking, taking five steps while inhaling, holding the breath, and exhaling respectively. The count may be increased as in the preceding.

*Exercise III.* Stand erect, arms akimbo, fingers pressing the abdominal muscles in front, thumbs on the dorsal muscles on each side of the spine. Rise slowly on the toes while inhaling, hold the