

press them under the arm-pits, throwing the chest as well forward as possible, shoulders down and back, head erect; thrust the fists down the sides, and return, six times, with the utmost energy. Now, keeping the head, shoulders, and chest still the same, extend the hands forward, palms open and facing, bring both back as far as the bones and muscles of the shoulders will admit, without bending arms at elbows. Now, thrust the body to the right, knees and feet firm, and strike the left side with open palms, vigorously, repeat with body to the left. Now, with arms akimbo, thrust the right foot forward (kicking) with energy, six times; left same. Now, place the clenched fist in the small of the back with great force; throw the whole body backwards, feet and knees firm, filling the lungs to the utmost and uttering, as you go over, the alphabetical element, "a," then long "o," then long "e." If these movements have been made with great energy and precision, the blood is circulating freely, and the whole body is aglow, and you are ready now for vocal exercises.

These should be repeated daily with increasing energy.

The best time for practicing gymnastic exercises is either early in the morning or in the cool of the evening; but never immediately after meals.

As the feet and lower limbs are the foundation, we shall begin by giving their different positions. The student should be careful to keep the body erect.

A good voice depends upon the position, and the practice of Position and Gesture will prove a valuable aid in physical culture, and in acquiring a graceful address. There are two primary positions of the feet in speaking:

*First.*—The body rests on the left foot, right a little advanced, right knee bent.

*Second.*—The body rests on the right foot, the left a little advanced, left knee bent.

There are two other positions which are called secondary. They are assumed in argument, appeal or per-