

struggle in deadly contest with each other, they will then be the most friendly and amicable terms.

1. Be conscious of a natural, easy movement of all muscles of the mouth.

2. See to it that the lips act freely and are not drawn against the teeth.

3. Let there be a tendency to direct the under jaw downward, or in other words, open the mouth downwards instead crosswise of the face. Opening the mouth downward gives a natural and pleasing facial appearance, opening the mouth crosswise imparts an expression of mental weakness.

4. Do not run your little words—"it," "is," "an," "and," "for," etc., into the larger ones.

5. Speak at all times at a normal pitch of voice. Never raise your voice in a high key.

6. Appreciate and enjoy the use of each and every word with which you have no difficulty. By increasing your enjoyment your sorrows will depart from you.

7. Keep the body perfectly still when using the voice. Do not move the head, arms nor limbs.

8. Talk no faster than you feel certain that other people can understand all that you are saying.

9. Do not struggle with any word, syllable or sound.

10. In attempting to speak, if the voice does not produce the sound easily, let it alone and go on to the next word. In a little time the result will be satisfactory.

11. Listen to yourself talk. Get familiar with your own voice. Very much of your trouble may be attributed to the