

SPECIFIC PRINCIPLES.

Throughout this entire volume your attention has been continually directed towards the one all-important principle upon which your freedom must be centred—calmness of spirit. Without this you cannot possibly succeed. As well might you endeavour to hold back the ocean's tide by the uplifted hand as get your freedom of speech without the exercise of self-control. The specific principles given below have but one function, viz., the counteraction of a wrong tendency of the muscles of the speaking apparatus. These muscles through constant habit have become set in their action. The object then is to encourage a right direction of action in the use of these muscles in the delivery of the language every time you speak.

These specific principles will be found as important as they are few in number. Practice them constantly until you are free. Although it may be quite easy for you to speak at times, yet you have no license to neglect the faithful prosecution of these specific principles. The practice of them will have the effect of giving you a natural, easy manner in speaking. The more faithfully and constantly you adhere to them, the sooner will you obtain relief. Spasmodic application will produce temporary results only. Be continually conscious that you are subjecting yourself to these simple but fundamental rules, and in a short time you will begin to notice that wrong tendencies have diminished and will eventually leave you. Sounds, syllables and words, which once troubled you, will have no more error for you; where now your speaking muscles fight and