

the back of the palate is soft and pendulous, forming a tongue-like projection called the **uvula**. This little organ has very important uses in the production of voice. It is always moving, elevated or depressed as we speak, and **can be elevated at will after a little practice**. When it is very much depressed and the larynx raised, the breath passes into the nose and the voice becomes disagreeably nasal, losing all purity of tone. Hence the importance of controlling its action, as the conditions of pure tone require the elevation of the uvula, the depression of the larynx, and the enlargement to the fullest extent of the pharynx.

6. The **tongue, teeth and lips** are all essential organs of speech. The deep and rich tones of the orotund voice depend upon the depression and proper action of the tongue; the fulness and clearness of consonant sounds—that is, **correct articulation—is due to a vigorous action of the teeth combining with the tongue**; and while protruding or indolent action of the lips is ungraceful, their right management completes the finished and graceful execution of speech.

7. The inhalation of breath is a most important function of vocal exercise. Frequent breathing exercises, when executed with vigour, so as to fill the lungs to their utmost capacity, open and bring into action the remote cells which lie almost inactive during the process of common conversation, and thus have a most beneficial effect on the general health.

8. Again, the proper action of the diaphragm and the abdominal muscles contributes chiefly to secure vigour and power and purity of voice. The diaphragm expels the air by relaxing and curving upwards, and thus, aided by the abdominal muscles, drives out the voice with the utmost force, while the bony structure around the upper organ is kept steady and easy. On the other hand, when we inhale, the lungs fall, the diaphragm is contracted, and the curve becomes flattened and depressed.