

Great advantage may be derived from vocal exercises.

With Physical Drill quantity of singing, not quality, is the object.

The word *Recover* means to bring the foot back when on the lunge; or if the foot has been carried to the rear, to bring it up as in the preceding position—*i e.*, the feet together.

*The Direction of Circles.*—To perform a forward side circle, when the arm is at the third position force it directly forward and allow it to make a complete circle, revolving on the axis of the shoulder.

To perform a backward side circle, force the arm directly backwards, and allow it to make a complete circle in the opposite direction to the forward circle.

To perform an outward front circle, force the arm directly outwards, and allow it to pass in front of the body up to the third position.

To perform an inward front circle, force the arm directly inwards down and close in front of the body, passing outwards up to the third position in the opposite direction to the outward circle.