SOCIETY GYMNASTICS AND VOICE -CULTURE. ADAPTED FROM THE DELSARTE SYSTEM

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Society Gymnastics and Voice - Culture. Adapted from the Delsarte System by $\,$ Genevieve Stebbins

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GENEVIEVE STEBBINS

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SOCIETY GYMNASTICS

AND

VOICE-CULTURE

ADAPTED FROM THE

DELSARTE SYSTEM

BY
GENEVIEVE STEBBINS
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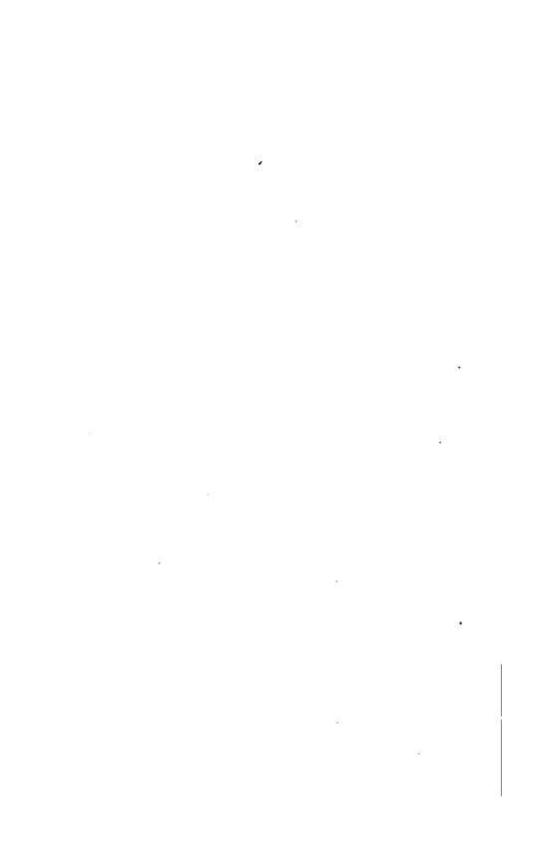
MRS. SYLVANUS REED

THIS LITTLE BOOK IS AFFECTIONATELY DEDICATED

IN GRATEFUL ACKNOWLEDGMENT OF HER PROMPT RECOGNITION OF THE VALUE OF THE LESSONS

IT CONTAINS

BY THE AUTHOR



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PREFACE.

This little book comes to you, dear friends, as a message, and it says, Look within, think of your own bodies as but servants for the ego within; train them to be attentive, obedient, alert to the slightest desire of that inner monitor. Study that flesh-bound volume—yourself, for surely if you can find nothing within to repay you, you will gain nothing without. Form an idea of what you wish to be, then aspire toward it. Realize that outer poise is but a correspondence of inner poise—the only perfect state, mental, moral and physical poise.

The terms used in astronomical science—centrifugal, centripetal and centered motion are translated in Deisarte phraseology into excentric, concentric and normal, for the laws of great are the laws of little.

The public is cautioned against those teachers who christen any form of light calisthenics with Delsarte's name; there are very few as yet competent to teach his system.

Mere athletics will not give symmetry and grace; they must be guided by sesthetic law or there will result an overdevelopment of some one part at the expense of the whole,

If mere physical work were all that is necessary, our mechanics would be models of bearing, and washerwomen would have the presence of duchesses. Ordinary physical culture develops action in the embryonic straight line, while the Delsarte training develops in lines of changing curve, and

has been arranged after a close study of the antique, as shown in Greek marbles.

The exercises for the arms and hands will greatly help the musician in freeing the channels of communication; they do more for the arm and wrist than the most delicate fencing.

The great Delsarte principle of action is: Strength at the centre, freedom at the surface.

Neither gymnastic apparatus nor change of dress is required.

The system is in harmony with the most advanced science, and with the principles of art. Art is the picture of the outer expression of an impression.

Every impression causes a nervous discharge which may affect the ganglionic system, or the brain, or may be outwardly expressed.

This gymnastic system will cure nervousness by training the body to habitual poise, and the mind to calm.

> GENEVIEVE STEBBINS THOMPSON, 140 Nassau Street, New York.