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

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GENEVIEVE STEBBINS

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Trieste

SOCIETY GYMNASTICS

AND

VOICE-CULTURE

ADAPTED FROM THE

DELSARTE SYSTEM

BY

GENEVIEVE STEBBINS

(MRS. J. A. THOMPSON)

28 WEST 23d ST., NEW YORK

EDGAR S. WERNER

1890

TO

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 Delsarte 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 æsthetic law or there will result an over-development 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.*