

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

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649707256

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

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**GENEVIEVE STEBBINS**

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



# 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 RECOG-  
NITION OF THE VALUE OF THE LESSONS  
IT CONTAINS

*BY THE AUTHOR*

1. The first part of the text discusses the importance of maintaining accurate records in a business context. It highlights how proper record-keeping can help in decision-making and legal compliance.

2. The second part of the text focuses on the role of technology in modern business operations. It mentions how digital tools can streamline processes and improve efficiency.

3. The third part of the text addresses the challenges of data security and privacy. It emphasizes the need for robust security measures to protect sensitive information.

4. The fourth part of the text discusses the impact of globalization on business. It notes how international trade and communication have expanded market opportunities.

5. The fifth part of the text explores the importance of customer relationship management (CRM). It suggests that understanding customer needs can lead to better service and loyalty.

6. The sixth part of the text talks about the role of innovation in staying competitive. It encourages businesses to invest in research and development.

7. The seventh part of the text discusses the importance of financial management. It highlights how budgeting and financial analysis can help in resource allocation.

8. The eighth part of the text addresses the importance of human resources. It suggests that investing in employee training and development can lead to higher productivity.

## CONTENTS.

---

	Page.
Preface.....	7
LESSON I.	
Introductory.....	9
LESSON II.	
RELAXING EXERCISES.	
Relaxing Exercises for Fingers, Hands, Arms, Feet, Legs, Torso, Head, Eyes, Lower Jaw and Tongue.....	13
LESSON III.	
ENERGIZING EXERCISES.	
Standing Exercises.....	17
LESSON IV.	
Basic Attitudes.....	21
LESSON V.	
Sitting Exercises.....	23
LESSON VI.	
Pivoting, Courtesying, Kneeling.....	25
LESSON VII.	
Walking.....	31
LESSON VIII.	
Arm-Movements.....	33
LESSON IX.	
Arm-Movements Continued.....	35
LESSON X.	
Arm-Movements Continued.....	39
LESSON XI.	
The Torso.....	41



## CONTENTS.

	Page.
LESSON XII.	
The Hand .....	45
LESSON XIII.	
The Wrist, Elbow and Shoulder.....	52
LESSON XIV.	
The Head.....	54
LESSON XV.	
Primary Opposition of Head and Arm .....	58
LESSON XVI.	
Gymnastic Points for Review .....	61
LESSON XVII.	
The Principles of Gesture.....	65
LESSON XVIII.	
VOCAL-CULTURE.	
Respiration.....	72
LESSON XIX.	
Vowel Molding and Consonant Articulation .....	76
LESSON XX.	
Pronunciation.....	83
LESSON XXI.	
Inflection.....	85
LESSON XXII.	
Special Inflections .....	89
LESSON XXIII.	
The Inflective Chart of Gesture .....	91
Practical Application of the Gymnastics .....	93
Order of Drill.....	94
Musical Accompaniments for Exercises.....	97

## 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.