

# EVERY ONE MAY BE GRACEFUL AND SING, SAYS ITALIAN TENOR



The dances and the musical notes with which, according to Signor Romani, the motions harmonize.

## Signor Romani Here to Teach Americans True Relation Between Dancing and Voice Cultivation

Men and women ought to sing as easily as they speak. Every one ought to stand, sit and move with natural grace, and under proper training every one can regain the natural grace which is so characteristic of savage races.

This is the latest variation upon the idea of eurythmics and is to be credited to Signor Giuliano Romani, the Italian tenor whose voice is considered so valuable that he has been exempted from service in the Italian army and sent out of the country that he may not be exposed to the dangers of war. Signor Romani has established a great reputation in Italy as one of the leading favorites in grand opera, being possessed of a remarkably fine, round voice which reaches without effort to F above high C, so that he can sing the part of Arturo in "Il Puritani" as only Rubini did in the early part of the nineteenth century.

He comes to America as the exponent of a new and natural method of developing the voice, which, in theory at least, will appeal to most thinkers as most plausible and scientific.

He has studied the eurythmic methods of Jacques Dalcroze and the other teachers of the development of natural grace by proper dances and exercises, especially in the open air, and has added the crowning touch to the system. It occurred to him that song was the natural accompaniment of dancing and that there must be some reason for this. When a singer stands stock still, as in concert, and sings he must exercise tremendous self-control so as to restrain himself from muscular action and movements of the body. It is natural to utter sounds as we dance or make certain motions. Nature suggests these sounds because our bodies are in precisely the proper positions for giving them the fullest possible utterance.

"If," says Romani, "the science of eurythmics is based upon the simple idea that every natural motion is and cannot be anything other than beautiful, they must be harmonious. Beauty is harmony, beauty is health at its highest and best. All life and the best type of life is simply a complex of muscular and nervous actions and reactions made beautiful by proper coordination. What we call grace is simply the proper adjustment of muscular and mental harmonies. Awkwardness, ugliness and all the mental states that accompany or follow these are the result of the lack of harmony. What is true as to the outward carriage of the body is true in a higher degree of tone production. Perfect tone production is a matter of complete mental coordination applied to the vocal cords and the other muscles of the body. The arch of the mouth has much to do with tone production, but it too is modified largely by proper direction of air currents, added by the tongue. The harsh, hoarse, raspy notes or in singing, is nothing more or less than awkwardness applied to the vocal muscles."

Signor Romani goes still further, asserting that the entire muscular action of the body helps or retards proper tone production. It is not "placed" properly, that is, if the resistance muscularly be not abdominal; it is impossible to sustain the tones well. It has remained for Signor Romani, however, to explain why this is so.

He finds that the entire muscular system may and should help in tone production; that the singer does not use only the lungs and vocal cords, but that even the bones of the human frame aid by the depth of tone. The vibrations of the skeleton vary for each individual, and may be scientifically classified. Just as your entire frame vibrates and tingles when you sing, you may be sure that there is

a reaction upon the tones and that the perfect training of every muscle has much to do with the perfection of singing, especially of natural, bird-like singing.

Signor Romani will shortly open a school in which he will exemplify these methods, taking to some retired spot in the Adirondacks, those choice spots which wish to secure harmony of muscular action together with the higher harmony of vocal expression which we call singing.

Whoever has watched the bird cannot fail to have noted that it sways and changes with its notes, seeming to get peculiar effects from different positions of legs, head and wings. The bird sings a different song altogether as it soars upward from that which it sings when perched upon a twig or hopping on the ground. There can be little doubt that the resonance of the bones has much to do with the tones of the voice, even though they act as sounding boards.

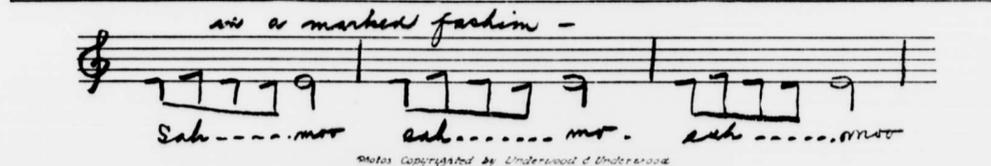
That Signor Romani really has discovered a new principle and one that appeals to common sense seems to be borne out by study of his ideas. It is known that gestures help to make songs alive and it is not merely because of the appeal to the eye. When we leap up in the air we instinctively wobble out, and we do if we are out in the field, or think ourselves unobserved. But singing is more than shouting. We may jump in the air most ungracefully, because we have unlearned the graceful modes of jumping; we may shout most unmusically, because we have traveled so far from the road of natural expression of emotion that we have to go back and learn it all over again. There must be harmony of physical expression by the muscles and through the throat. We want to speak and sing in unison with the outward action of the body, and thus find the real rhythm of sound and motion in one.

Dalcroze and the other "eurythmists" had to borrow their term from the sphere of sound, for usually and naturally rhythm is applied only to the proper repetition of harmonies and it is only figuratively that we speak of rhythmic motions, or because they are supposed to be the accompaniment of certain musical cadences.

Romani has progressed beyond the theory of this adjustment of voice to action and action to voice production; for he has developed an entire system by which the natural voice may be cultivated, as it should be, in conjunction with the proper movements. His aim is to develop the grace of body as expressed outwardly and inwardly. One cannot rightly proceed without the other. We must not force the voice against the hard, unyielding sounding board of a stiffly held body; nor should we dance only, without expressing our emotions in fitting songs.

It is true historically that the first dances were sacred dances, accompanied by songs. It may still be noted in the song-dance of the Indian. The child, if allowed to develop naturally, sings its own melodies, as it hops, skips and dances, but unfortunately we do not give it the opportunity of developing naturally, either muscularly or vocally.

The Romani method seems to point the way out and to a higher development of all the powers of boys and girls, as well as of men and women. We may have the opportunity now of restoring that pristine, natural grace to the body and to the voice which will go far toward making all life a song. Singing is nothing but singing, and all the faults of our speaking voices may be corrected by this method. The nasal twang, the drawl, the slurring of vowels and consonants, may cease under proper guidance and tuition. Signor Romani can prove his method in this first school which he



Signor Giuliano Romani.

is about to open he will doubtless have scores of imitators, for the idea is likely to appeal to many as just and correct. The United States will need a large number of teachers to carry on this work upon the scale needed by the great multitude, for how many (or few) of us speak, sing, dance or walk with that natural rhythm and grace which should be ours? His school will become the normal school, where teachers may acquire the method and be able to carry the message to all ends of the country, wherever the need is felt for a fuller development of the harmonious and the true.

The result of his experiments will be watched carefully both here and abroad, for while there was no opportunity for him to develop his school abroad during the war, there is little doubt that he will be able to spread his gospel throughout Europe when peace comes again, as must some day be the case. The United States will have the credit of being the first place in which the Higher Eurythmics was tested.

**Walk and Stay Young**

"YES," I fully agree with Dr. William Brady when he says that walking is the best preventive of growing old too early," declared Dr. Louis B. Wetzmiller, physical director of the Young Men's Christian Association, who is said to have made more fat men lean and more lean men fat than any other physical trainer in this country.

"When I say walking, of course I mean doing it in a fair way, the regular heel and toe movement in good form. This walking to and from the office that so many men boast about is totally without value as an exercise. "These men saunter down town in the morning and saunter back in the afternoon. All the good they get out of it is from being in the open air. And the way so many of them do it! Head down, abdomen stuck out, and the corners of the mouth drooping! They call that walking! They can't understand why doing that twice each day, doesn't

Illustrating his theory of the relation between rhythm of motion and rhythm of sound.

## His Science of Eurythmics Based on Theory That All Natural Motions Are Beautiful and Harmonious

"Two of our men who are very fond of walking usually spend their summers together on a long hike. One year each man took a golf stick and they played on every golf course between New York and the Maine camp to which they walked. Another summer they went for a hike through the White Mountains. For this fall I believe they are planning to tramp through the mountains of Pennsylvania."

"The best shoe for walking should not be too heavy. It must have a flexible shank like this." Here Dr. Wetzmiller slipped off his own low cut shoe and holding it between his thumb and finger made the low arch of the heel. "When properly worn, bending the foot. If a man can't bend the foot, he cannot if the shank of the shoe is not flexible, he will walk flat footed."

"The heel should be medium low and broad, for the broader the surface the less the jar. While the shoe should fit it should be broad enough to allow the whole pad of the foot to stretch out on the sole, thus permitting complete freedom of action. The side of the shoe should not be too thick nor too heavy, but should extend beyond the side of the shoe to protect the foot from stones or other roughness in the road."

"I am speaking of shoes for women as well as for men. Women might as well wear a lot of mud by walking if they would. If they would remember that they are going only in one direction—straight ahead—and holding their feet straight, place them one as nearly in front of the other as possible, they would be more willing to walk. Very many of them do pace their feet sideways and for that reason walk as if they were flat footed."

"A rather heavy stocking of lisle or cotton is the best to wear for walking. Let it fit snugly, but not tightly. Silk stockings are too thin or at least cheap ones are. The object of both the shoe and the stocking in walking is to keep the feet comfortable and afford it as much protection as possible while giving it free action."

"There is no breathing action so beneficial as that practised in walking. Standing before a window and taking deep breaths may wash out the lungs, but what is needed from a health standpoint is to wash out both the lungs and the tissues. That is what walking properly done accomplishes. It is the best all round exercise and is the surest preventive measure for growing old prematurely."

"For reduction one should walk just as for exercise, but oftener, faster and further. And one should not begin too violently. I reduced one man 110 pounds between June and February. That of course was a special case, but it is not uncommon for us to reduce a man from forty to sixty pounds in that length of time. In reducing I should say a pound a day was a good average. This should be done by an hour a day of exercise."

"Having an uncomfortably stout body isn't the worst of it. As a rule a fat body means a fat mind. Theatrical people realize this. Besides walking to lose their youthful figures they are anxious to keep their minds fresh and on the alert. They have to. Up here we have had first and last most of the Broadway stars—I mean the men. Many actors and singers come here to keep themselves in trim. As a rule they know the secret of getting and keeping the desired physical attitude."

"There is one thing which a walker must not forget. He must keep in practice. Walking is one of the sports in which a man cannot afford to knock off training. On the other hand he can readily pick up what he has lost provided he goes about it gradually and with system. A man who is out of training should not attempt

to take a hike that would have a tendency to him an ordinary stroll when he was trained for it. Often when I am out in the summer I take my fishing rod and lunch and trot twenty miles to a fishing place I know about. It is for several hours, then trot home again. This leaves me fresh enough to enjoy my dinner and any little thing that comes up. I mean I don't feel tired. I couldn't do this unless I was in condition."

"Do I think that a normal, well heart trouble can strengthen that a man can walk? I do. The trouble with the majority of people with heart trouble is that they take the announcement from their doctor as a death sentence and sit down weeping to die. Instead of sitting down and waiting for their heart to give out they should get up and exercise. I think it entirely possible for a man with heart trouble to go into the woods and walk by jumping to walk a half mile a day gradually to push up to twenty miles each day and a cure."

## Mileposts in Suffrage

The women of Waycross, Ga., expect to get municipal suffrage this fall. Municipal suffrage for women being one of the amendments to the city charter which passed the Legislature a few days ago. Substantial citizens of Waycross are strongly in favor of woman suffrage and believe it will be of great benefit to their town. If this charter is ratified it will be the first victory for suffrage in Georgia, as the granting of municipal votes to the women of Waycross was the first in Florida, otherwise both States are non-suffrage.

For the first time the names of women appear on a jury panel in the State of Kansas. The jury panel of the September term of the Wyandotte county, Kansas, District Court contains the names of women eligible to sit in the jury box. A list of women was placed in the hands of the Judges by the tax assessor.

Eleven of Michigan's thirteen Congressmen have declared themselves for suffrage.

The Kentucky Methodist Episcopal Conference in session at Covington has just voted to endorse woman suffrage. This endorsement is said to have passed without debate and to have been unanimous.

Mrs. Estelle Lindsey, Los Angeles woman member of the City Council, has been devoting her attention to passing an ordinance requiring every hotel and apartment house to be signed with the name of its owner. Mrs. Lindsey is working for this ordinance because she believes it will be of the greatest assistance in the enforcement of the anti-vice law.

Russian colleges have just been opened to women. The Council of Ministers have approved the plan of the Minister of Education to throw open the doors of certain universities to women. In the future women will be admitted to the law, science and medical schools. Though this is said to be caused by a shortage of men, it is expected to be a permanent gain for women.

The women of Tacoma, Wash., are going to have a woman's building. It is to be a community center for the various activities in which women's organizations are engaged. Its relation to these organizations is to be pretty much the same as that of the Chamber of Commerce to Tacoma's commercial interests. An association has been organized to finance the undertaking and to get funds by selling bricks of silver polish.

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