

The Importance of Proper Voice Culture

“All who profess to be followers of Jesus should feel that a duty rests upon them to preserve their bodies in the best condition of health, that their minds may be clear to comprehend heavenly things.” -- T., V. II, p. 522. {HL 29.6}

“The health of the entire system depends upon the healthy action of the respiratory organs...” -- H. to L., Chap. 6, p. 57. {HL 30.2}

QUESTION: WHAT ARE SOME OF THE RESPIRATORY ORGANS?

ANSWER: RESPIRATORY SYSTEM CONSISTS OF:

Upper respiratory system:

(Nose, nasal cavity, paranasal cavities and pharynx)

Lower respiratory system:

(Larynx, trachea, bronchi and lungs)

“Careful attention and training should be given to the vocal organs. They are strengthened by right use, but become enfeebled if used improperly.” {Ev 667.1}

“It is important for every speaker so to train the vocal organs as to keep them in a healthful condition, that he may speak forth the words of life to the people. Everyone should become intelligent as to the most effective manner of using his God-given ability, and should practice what he learns.” {Ev 667.2}

“The training of the voice has an important place in physical culture, since it tends to expand and strengthen the lungs, and thus to ward off disease...” (1903) {Ev 669.1}

“Instruction in vocal culture should be given in the home. Parents should teach their children to speak so plainly that the listeners can understand every word. They should teach them to read the Bible with clear, distinct utterance in a way that will honor God.” {VSS 183.3}

“Voice culture is a subject that has much to do with the health for students. The youth should be taught how to breathe properly and how to read in such a way that no unnatural strain shall come on the throat and lungs, but that the work shall be shared by the abdominal muscles. Speaking from the throat, letting the sound come from the upper part of the vocal organs, impairs the health of these organs and decreases their efficiency. The abdominal muscles are to do the heaviest part of the labor, the throat being used as a channel...” {CT 297.2}

“The proper use of the vocal organs will bring benefit to the physical health and increase the usefulness and influence. It is through falling into bad habits of speech that people become tedious readers and speakers...By judicious exercise they may expand the chest and strengthen the muscles. By giving heed to proper instruction, by following health principles in regard to the expansion of the lungs and the culture of the voice, our young men and women may become speakers who can be heard; and the exercise necessary for this accomplishment will prolong life.” {CT 247.1}

“As far as possible, let them adopt such habits of life that the physical and mental powers shall be equally taxed. The exercise of the voice in speaking is a healthful exercise.

Teach and live carefully. Hold firmly to the position that all, even our leading men, need to exercise good common sense in the care of their health." --Letter 158, 1909. {MM 264.4}

"The...right use of the voice are greatly neglected...There are many who read or speak in so low or so rapid a manner that they cannot be readily understood. Some have a thick, indistinct utterance; others speak in a high key, in sharp, shrill tones, that are painful to the hearers. Texts, hymns, and the reports and other papers presented before public assemblies are sometimes read in such a way that they are not understood and often so that their force and impressiveness are destroyed." {COL 335.3}

"This is an evil that can and should be corrected." {COL 335.4}

Nehemiah 8:8 – "So they read in the book in the law of God distinctly, and gave the sense, and caused them to understand the reading."

"Let the voices of the followers of Christ be so trained that instead of crowding words together in a thick, indistinct way, their utterance may be clear, forcible, and edifying. Do not let the voice fall after each word, but keep it up so that each sentence will be full and complete..." {CT 246.1}

THINGS THAT ARE HARMFUL TO THE VOCAL ORGANS: (throat and lungs)

1. "Long and violent exercise of the vocal organs has irritated...the throat and lungs." (2T, 672.1)
2. "The position of the body and the manner of holding the head of many while in prayer." (2T 617.2)
3. "Speaking from the throat, letting the words come out from the upper extremity of the vocal organs, all the time fretting and irritating them, is not the best way to preserve health or to increase the efficiency of those organs. You should take a full inspiration and let the action come from the abdominal muscles. Let the lungs be only the channel, but do not depend upon them to do the work. If you let your words come from deep down, exercising the abdominal muscles, you can speak to thousands with just as much ease as you can speak to ten." {2T 616.1} (2T 616.1)

"To ensure correct delivery in reading and speaking, see that the abdominal muscles have full play in breathing, and that the respiratory organs are unrestricted. Let the strain come on the muscles of the abdomen, rather than on those of the throat. Great weariness and serious disease of the throat and lungs may thus be prevented Careful attention should be given to securing distinct articulation, smooth, well-modulated tones, and a not-too-rapid delivery." --Education, p. 199. (1903) {Ev 669.1}

4. "Many who might be useful...are using up their vital force and destroying their lungs and vocal organs by their manner of speaking...hurriedly rattling off what they have to say..." (2T 615.3)

5. "Praying to great length...injures the throat and vocal organs..." (2T 617.2)

"MANY HAVE DIED WHO MIGHT HAVE LIVED HAD THEY BEEN TAUGHT HOW TO USE THE VOICE CORRECTLY. The right use of the abdominal muscles in reading and speaking will prove a remedy for many voice and chest difficulties, and the means of prolonging life." {CT 297.2}

"The voice, this gift of heaven, is a powerful faculty for good..." {4T 604.3}

"The power of speech is a talent that should be diligently cultivated. Of all the gifts we have received from God, none is capable of being a greater blessing than this." {Col 335.2}

“In the judgment, the use made of every talent will be scrutinized. How have we employed the capital lent us of heaven? How have we used our time, our pen...our voice...” (GC 487.2)

WHAT TO DO IF YOU ARE DEFECTIVE IN HOW YOU USE YOUR VOICE AND SPEECH:

“If you are defective in manner, in voice...you need not always remain in this condition. You must continually strive that that you may reach a higher standard...you should individually realize that you are under obligation to improve yourselves by observation, study and by communion with God.” (Fe 214.2)

***By the way, in the world, the famous musicians and singers recognize the importance of proper vocal usage, therefore they get themselves a voice coach to learn how to use the voice/abdominal muscles, to the best of their ability, without causing damage to their vocal chords. Should not God's people be just as concerned regarding the proper training and usage of their voices?

HERE IS A LINK REGARDING COMMON VOICE DISORDERS:

http://www.stjosephsatlanta.org/medical_services/the_evelynn_trammell_voice_and_swallowing_center/Common_Voice_Disorders.html

Blog Links:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/the-importance-of-proper-voice-culture.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/the-importance-of-proper-voice-culture.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/the-importance-of-proper-voice-culture.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/the-importance-of-proper-voice-culture.html>