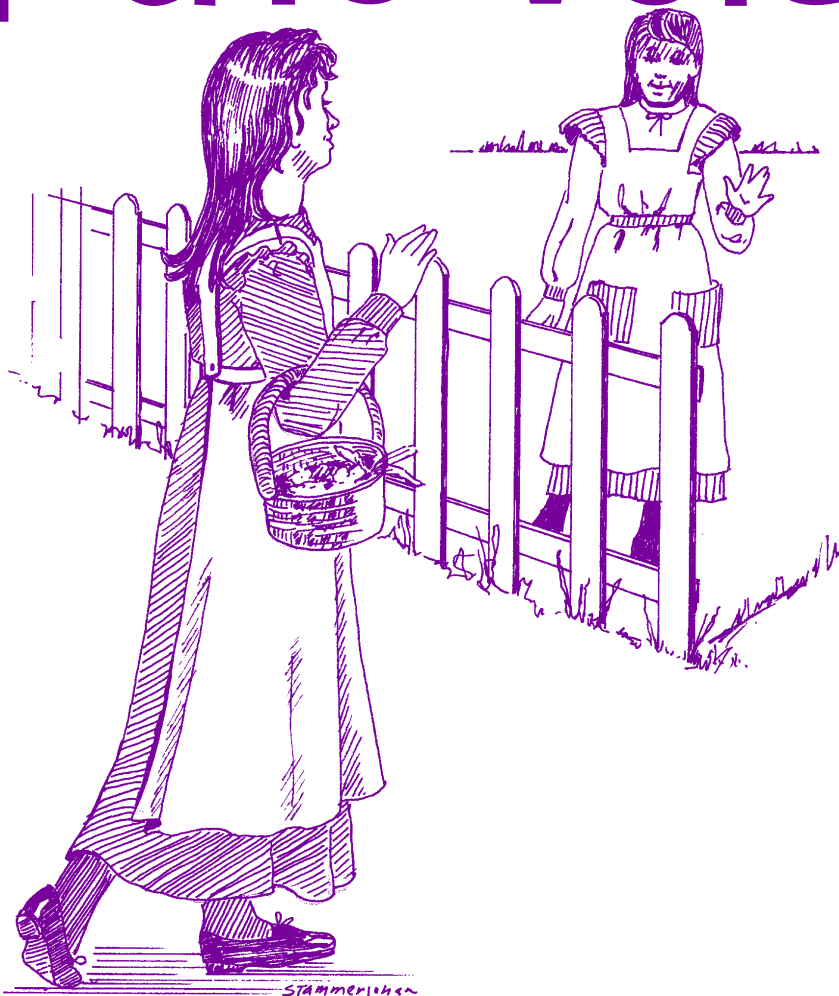


Designing Your
Own School Program **2**

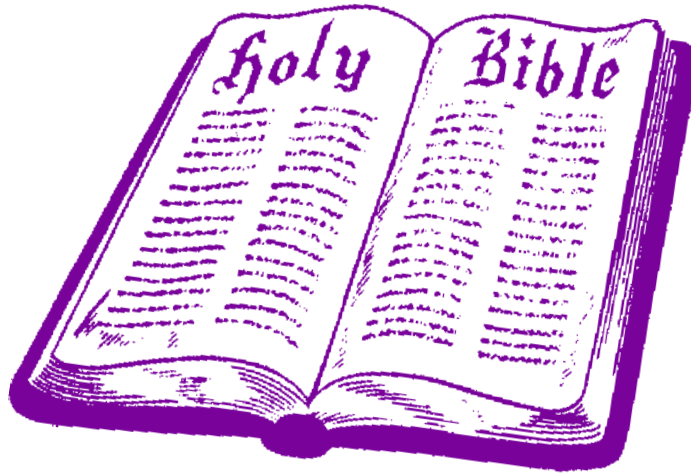
CARE of the Voice



A "True Education" Voice Series

“The voice of the Lord
is full of majesty.”

Psalm 29:4



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Student Section



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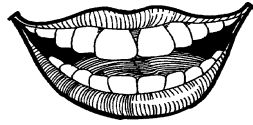
God's Voice

Based upon Psalm 29:4-5.

THE VOICE OF JEHOVAH, THE GOD OF ALL GLORY,
ROLLS OVER THE WATERS, THE THUNDERS AWAKE;
THE VOICE OF JEHOVAH, MAJESTIC AND MIGHTY,
IS HEARD, AND THE CEDARS OF LEBANON BREAK.



THE CARE OF THE VOICE



Research

Human Voice

If the **diligent** care were exercised in keeping the voice in tune that is given to a man-made musical instrument, the world would be full of beautiful, melodious tones. The human voice is the most wonderful instrument in the world. The tremulous, subdued tones of a pipe-organ, or the sweet, delicate obbligato on a violin, appeal to the inmost emotions; but the cultivated, human voice, whether it be in song or in the entreaty of a friend, touches the deepest heart of man, and affects his entire life.

God desires His chosen people today, who are to give the loud cry, to have beautifully developed voices which will be able to affect the inmost life of souls by their pathos and power. Let us then learn how to **diligently** care for this talent of voice that is lent to us of God to be used in giving the last message to a dying world.

Diligently CARE
for this talent of voice.

Care

The voice, above all instruments, should receive care and attention. We can lay down, as a broad and general rule, that whatever promotes the continual maintenance of vigorous health serves as a valuable factor in the development of the voice.

The laws of health are important in the development of a strong, clear voice. It can remind us how the state of a person's spiritual health determines the power of his testimony. Because the Jewish nation did not have spiritual health their voice in the world was weak and sickly. But God says to His chosen people today, "*lift up they voice with strength*" and **diligently** prepare the way before Me (Isaiah 40:9).

"...Lift up
thy voice
with strength..."
ISAIAH 40:9



Air

As the voice is the vibrations of air, we should **diligently** insure that there is always an abundance of pure air. Rooms should be thoroughly ventilated night and day. The voice is quickly affected by a stale atmosphere, such as is found in poorly ventilated churches, houses, and convention centers. The air that is laden with the poisonous exhalations of the lungs, carbon dioxide gas, and organic matter, together with the germs that are floating about, affects the vocal organs and also poisons the body. Singing in poorly ventilated rooms will rob the voice of its freshness and purity of tone.

Temperature

It is a bad practice to sing outdoors in the cool, damp air of evening. One should avoid breathing damp air after any prolonged use of the voice. The throat should be well protected, and the air taken in through the nose.

Climate has much to do with one's voice. Sunny Italy has been famous for its noted singers. No doubt the peculiarities of the language, combined with the favorable climate, make the Italian voice sweet and smooth in its tone. It can remind us how God's chosen people need to live in the atmosphere of heaven if we would **diligently** preserve a continual sweetness of voice.



“Sing
unto the Lord;
for He hath done
excellent things:
this is known
in all the earth.”

ISAIAH 12:5

Exercise and Bathing



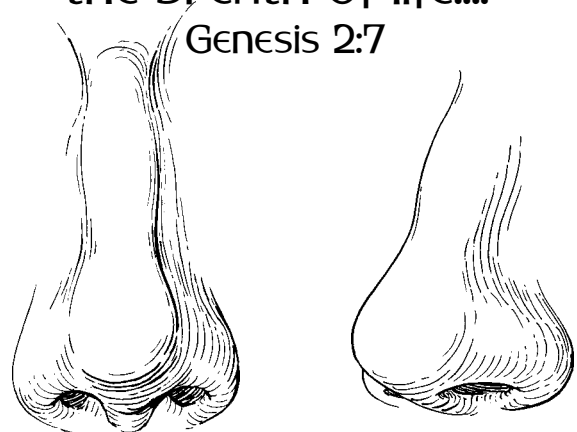
All forms of exercise are good for the voice. Mountain-climbing is especially recommended by some. A cool sponge-bath every morning is excellent, as it relieves the congestion of the membrane of the throat by drawing the blood to the surface of the body. It probably would be well to avoid hot baths or local steam applications before singing, as these produce congestion of the mucous membrane of the pharynx and larynx.

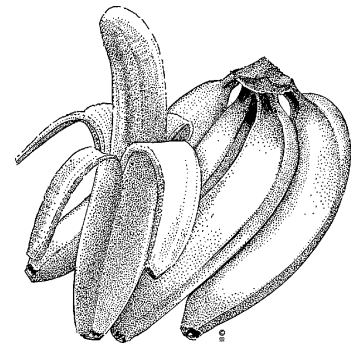
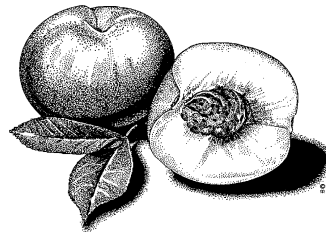
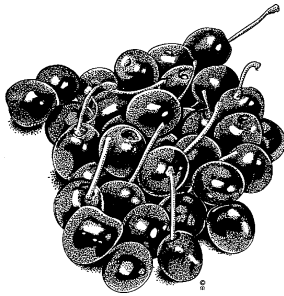
Mouth-Breathing

No mouth-breather can ever expect to have a musical voice. By breathing through the mouth, the mucous membrane becomes dry and is in a state of continual irritation because of the absence of normal secretions and the presence of dust and germs. It is just as impossible to produce good tones with a dry mucous membrane as it is for a boy to whistle with dry lips. Mouth-breathing causes a thickening of the linings of the throat, and produces partial deafness. Genesis 2:7 explains the proper place for air to enter the body.

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life....”

Genesis 2:7

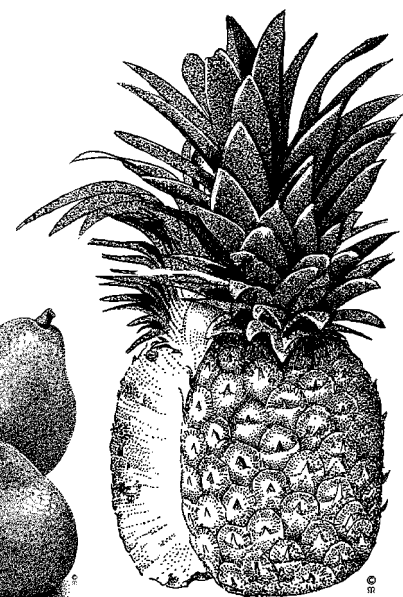
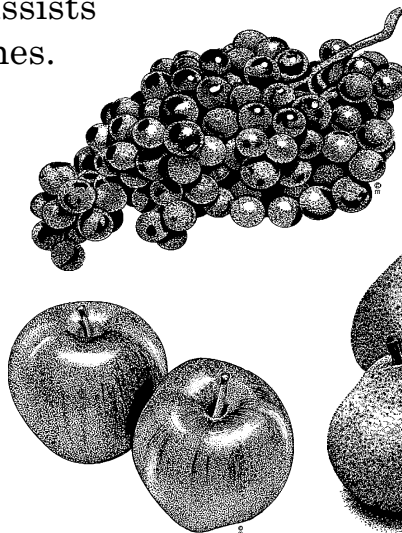
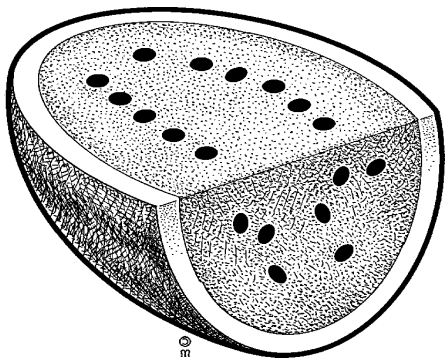




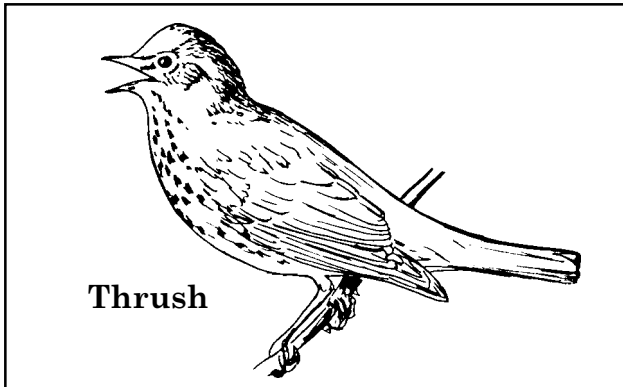
Diet

Attention to diet should have a very important place in the hygiene of the voice. A diet that affords an abundance of ripe fruits is beyond all question the best food for singers. With this can be combined grains and some varieties of nuts; however, the very oily nuts, those that are rich in fat, are not good for the voice or the throat, as the oil causes irritation. The diet should be simple and plain. There should not be many dishes at one meal or bad combinations. The juices of fruits, together with the acids which they contain, have a cleansing effect upon the mucous membrane of the mouth and pharynx, washing off any thick, tenacious accumulation of mucus, leaving a smooth, thinly lubricated surface, which assists greatly in enriching the tones.

Fruits not only cleanse the mouth and pharynx, but likewise the stomach; the acids of fruits destroy germs in the digestive tract, and increase the activity of both, thus keeping the bowels in a good condition. This is very important. One who is constipated is sure to have trouble with the pharynx. The vocal cords are likely to become congested, and the person is more subject to frequent colds. A very close relation exists between the different portions of the digestive tract. Congestion of the lower end of the tract is sure to aggravate the mucous membrane of the throat and larynx.



Observation and science show, without a doubt, that meat is not a good diet for singers. The best diet is fruits, grains, and nuts. Nearly all carnivorous birds croak, scream, and cry, and do not sing. On the other hand, the sweet singers among birds live almost entirely upon grains and fruits.



Now, perhaps, you can understand a new reason why God's chosen people today are counseled to eat the original diet of man, as given in the book of Genesis. It is necessary in order for them to have a melodious voice that will charm those to whom they are presenting the gospel. "The teachings of Christ were impressive and solemn; His voice was melodious. And should not we, as well as Christ, study to have melody in our voices?"*

"THE voice of the Lord
is full of majesty."
Psalm 29:4

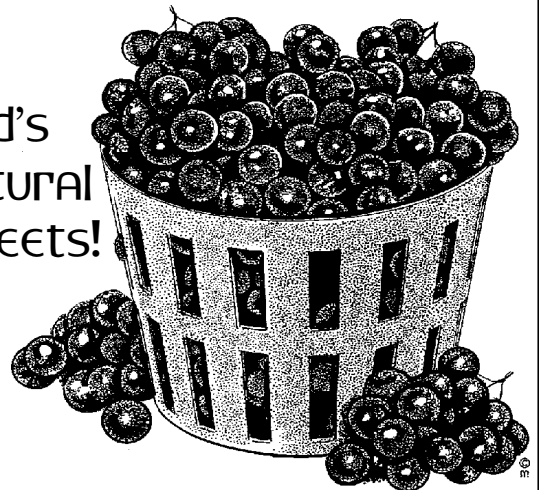
*2 Testimonies 617

Abstemiousness

The "alcohol voice" and the "smoker's voice" are well known to physicians. Alcohol irritates the lining membrane of the mouth and throat, and produces congestion; in time, these surfaces become hardened. Smoking causes a muscular relaxation and lessening of vigor; and both will produce a hoarseness, doubtless due to continual irritation of the vocal cords. The voice becomes gruff and harsh. It has lost its sweet resonance. The use of vinegar and pickles is also injurious, causing the vocal cords to become hard and thickened.

If one desires to keep the voice soft, flexible, and sweet, he should **diligently** avoid all condiments, candies, pastries, fried foods, fatty or oily foods, eating between meals, and late suppers. One should have an abundance of refreshing sleep.

Eat
God's
NATURAL
SWEETS!



Various Cautions



No difficult singing should be done immediately after eating a full meal; however, many singers take a light meal one or two hours before going on the stage.

The voice should be **diligently** exercised every day, or one soon loses all that he has gained by care and practice.

If one catches a cold, and is troubled with hoarseness, the voice should not be used either in singing or speaking; for the inflammation that already exists will only be aggravated, and the irritation thereby increased. The hoarseness should be relieved before the voice is used; otherwise, serious injury may result.*

*Adapted from F.M. Rossiter, M.D.

Childhood's Song

A little girl with golden hair
Went singing through the wood;
"I long for heaven, for God is there,
And He is kind and good.

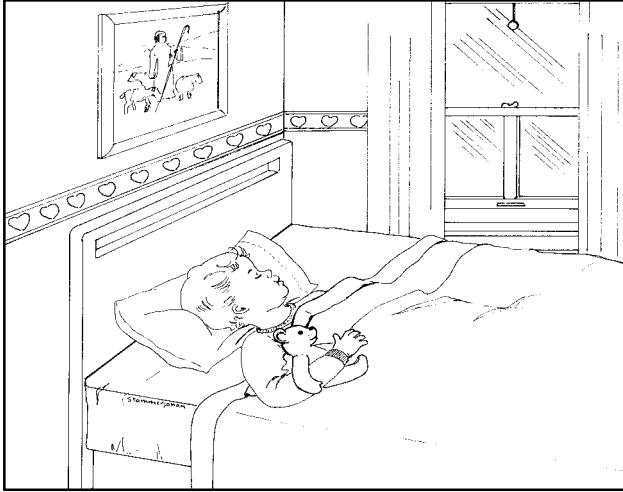
He doth my daily wants supply,
And guards me with His love;
O had I wings I'd quickly fly
To that bright land above."

The little lambs went frisking by;
The happy child passed on;
Angels rejoiced above the sky
To hear her artless song.

Will you love God in act and thought,
And raise to heaven your song?
For know, dear child, that time is short,
Eternity is long.



Remind



1. When someone speaks in a melodious, kind voice remember how you want your voice to sound.
2. If you have ever lent someone something consider how God has lent you your voice. Do you use it as a talent?
3. Remember to open your window each night when you go to bed for fresh air.
4. A brisk walk before song service on Sabbath morning can aid you in singing praises to God.
5. As you eat fruit at breakfast think of ways your voice will be benefited by it.
6. Remember another reason to have family worship before breakfast is so your singing voice is at its best!

Reinforce

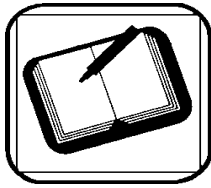
1. Make arrangements to visit a church that has a pipe organ and hear the organist practice.
2. Memorize the Bible verse in Isaiah 40:9.
3. Do more research on why people breathe out of their mouths.
4. Go for a nature walk and listen to the sound different birds make to determine if they are carnivorous birds or fruits, grains, and nuts birds.
5. Hand out tracts about smoking to people who smoke. This will help their voice if they decide to quite.
6. Make a list for one week of what you eat. Did you help your voice or hinder it?
7. Read the story, "Unchecked Growth."



Review

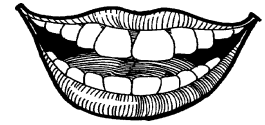
1. The ___ ___ ___ of ___ ___ ___ ___ ___ are important in the development of a strong, clear voice.
2. God says to His chosen people today, "*Lift up thy voice with ___ ___ ___ ___ ___ ___ ___ ___*." (Isaiah 40:9)
3. Voice is ___ ___ ___ ___ ___ ___ ___ ___ ___ of air.
4. How will singing in a poorly ventilated room affect the voice.
5. A person should avoid breathing ___ ___ ___ ___ air after any prolonged use of the voice.
6. Explain how a cool morning sponge-bath helps the voice.
7. Mouth-breathing makes the mucous membranes ___ ___ ___ .
8. Circle the foods which are especially good for singers.

nuts fruit milk fish eggs
9. What effect does fruit have on the mucous membranes of the mouth, pharynx, and stomach?
10. Explain the relationship between the diet of different kinds of birds and their voices.
11. What substance irritates the lining membranes of the mouth and throat causing them to become congested and then hardened?
12. What substance leads to a harsh, gruff voice?
13. Do vinegar and pickles make the vocal cords thick and hard?
14. Is it proper to talk if the voice is hoarse?



Mark Your Bible

Voice



1. Does God have a voice?

Psalm 29:4 – *“The voice of the Lord is full of majesty.”*

2. Why did God give man a voice?

Psalm 105:1-2 – *“O give thanks unto the Lord; call upon his name: make known his deeds among the people. Sing unto him, sing psalms unto him: talk ye of all his wondrous works.”*

3. How did Jesus, our example, use His voice?

Luke 4:22 – *“And all bare him witness, and wondered at the gracious words which proceeded out of his mouth.”*

4. Why was His voice so powerful in its effect?

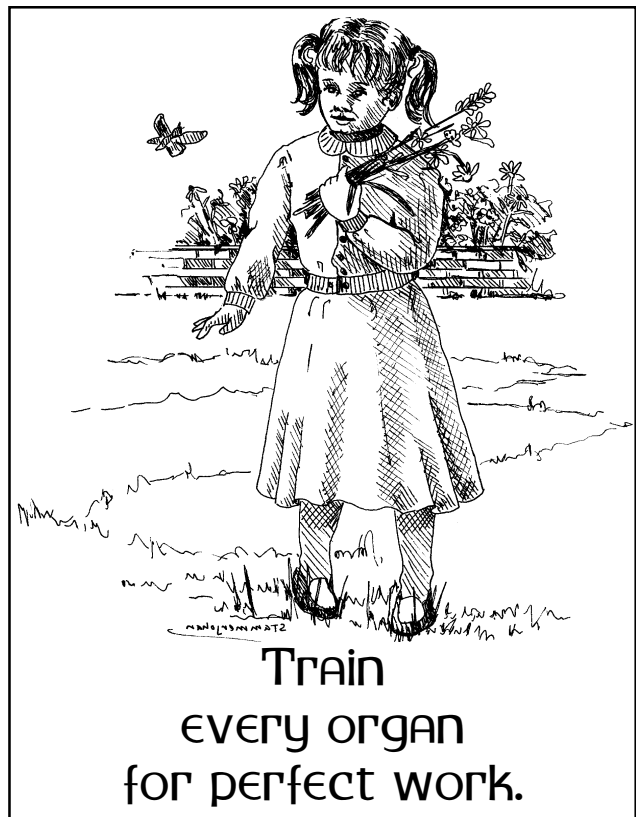
Psalm 45:2 – *“Thou art fairer than the children of men; grace is poured into thy lips; therefore God hath blessed thee for ever.”*

5. What causes a person to use their voice?

Job 32:18, 20 – *“For I am full of a matter; the spirit within me constraineth me...I will speak, that I may be refreshed: I will open my lips and answer.”*

6. Can our speech be inspired?

Matthew 10:20 – *“For it is not ye that speak, but the Spirit of your Father which speaketh in you.”*

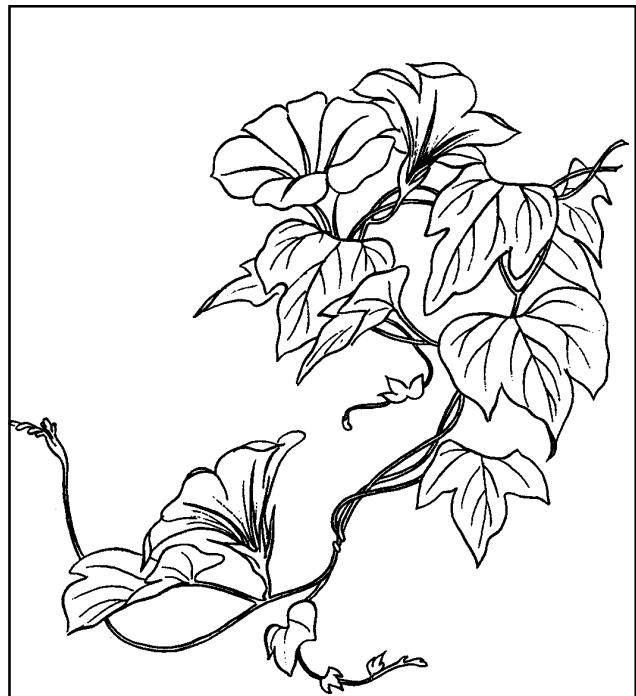


UnChecked Growth

“I saw, years ago,” said an old man to a little boy, “a little packet of something that I thought was rubbish lying about in a drawer; and without thinking what I was doing, I scattered it upon the grass-plot before my window. It happened to be the seed of a common plant, and before long it sprang up and burst into blossom. I thought little of it at the time; but I soon found it began to spread itself all over the garden, till it seemed likely to choke everything else. I got persons to help me root it up; yet all our **diligent** efforts for some time seemed unavailing; and it was not till after we had worked for several years that the ground was quite cleared of it. A little of the plant would perhaps have been an ornament; but its overgrowth became a trouble, as it seemed likely to injure every shrub that was near it.

“What is the meaning of this story?” asked the boy, thinking there was some deeper truth in the words than at first sight appeared.

“I mean this,” the teacher answered: “There are some habits we allow ourselves to get into, such as regarding everything from a satirical or a humorous point of view, that threaten to render useless all our more serious thoughts and higher aspirations. Remember, either satire or humor may become a deadly enemy to good if it is allowed to spread unchecked.”



Morning
glory

“Remember, either satire or humor may become a deadly enemy to good if it is allowed to spread unchecked.”

“THOU ART FAIRER THAN THE CHILDREN OF MEN;
GRACE IS POURED INTO THY LIPS;
THEREFORE GOD HATH BLESSED
THEE FOR EVER.”

Psalm 45:2



Each booklet in the series,
“Designing Your Own School Program,”
is planned for a family to study together
for their homeschool curriculum;
yet versatile enough to be used
in the conventional classroom.

Learn the principles
of the subject matter from the Scriptures;
discover more academic information;
then apply it to your daily life.

Other titles in the voice series are available
in the following subjects:

- 1 – WHAT is the Voice?
- 2 – CARE of the Voice
- 3 – VOICE Culture
- 4 – THE Principle of BREATHING
- 5 – MUSCLES and BREATHING
- 6 – THE VOCAL Cords
- 7 – CORRECT Bodily Alignment
- 8 – RESONATING CHAMBER, RESONANCE
- 9 – GROWING VOICE
- 10 – VOICE in COMMUNICATION



Mark 4:29