being always very careful not to talk in an affected or

exaggerated manner.

If the child is quite young, teach it first to pronounce correctly each letter of the alphabet. Many children attempt to speak upon insufficient breath, first expelling nearly all the air from their lungs; they then begin to give utterance to partially formed words and syllables. Such should be taught to carefully inhale before attempting to speak, and never permitted to begin a sentence in a quick or hurried manner. Let the proper time be given to the development of the lungs of children, and much of the tendency that exists at the present day to pulmonary troubles would vanish, and there would be more bright, merry voices, and, consequently, happier hearts in our schools and homes. Teach the child the proper mode of breathing, the correct manner of articulating, and much of the sorrow and distress, the result of stammering, would give way to cheerfulness, and happier lives would be the result. The old proverb, "A stitch in time saves nine," is especially applicable here.

The following is an extract clipped from an article written by Dr. Morrell McKenzie, for the Popular Science Monthly: "It is hardly an exaggeration to say that the training of the voice should begin almost with the cradle. I do not, of course, mean to say that a baby should be taught to squall according to rule, or that the prattle of children should be made a laborious task, but I wish to insist on the importance of surrounding the child, as soon as it begins to lisp, with persons

#### THE MIMIC

"All languages," old Roger Ascham says, "both learned and mother tongues, are begotten and gotten solely by imitation, for as ye used to hear so ye learn to speak; if ye hear no other ye speak not yourself,

and whom ye only hear of them ye only learn."

Quintilian says: "Before all, let the nurses speak properly; the boy will hear them first, and will try to shape his words by imitating them." This applies chiefly to the pronunciation and correct use of words; but much might also be done for the right management of the voice, if every child could grow up among people who speak well.

Have you ever mocked or imitated the habits and

contortions of a stammerer?

Beware, lest you also are made to carry the yoke!

It seems a severe but a just punishment, that those who hold up their fellow men to ridicule because of their infirmities are oftentimes similarly afflicted. A young lady who applied to me for relief not long since broke down and shed tears when she told me she had been punished because she mocked a person who was afflicted in the same manner. Many applications for admission to my Institution have been accompanied by letters that told the same sad and pitiful story: "I acquired the habit by mocking."

Children especially, and, I am sorry to say, many grown persons, having witnessed some peculiar type of stammering or stuttering, which, to them, appears laughable, set about to imitate the poor unfortunate who has

unluckily crossed their path, and to their sorrow many such mimics find that when they wish to discontinue the habit, the monster, with all its horrors, has securely fastened its talons into their flesh, not to be easily shaken off.

Take my advice, then, if you have been habitually mocking the stammerer,—stop it, and stop it at once. The poor unfortunate victim, the target of your jest, has already enough to suffer without bearing the taunts and ridicule of inhuman scoffers.

#### STAMMERING A DISEASE

That stammering with many persons is a disease, is no longer a doubt in the minds of those who have made a careful study of the subject. Dr. Raphael Cohen cites the case of one family where stammering was transmitted through four generations, the malady usually developing between the second and fifth year, the affliction commencing with a repetition of syllables and words—at first seldom, then often, until it broke out in all its uncontrollable force. This type of stammering has previously been considered by others incurable. Eminent physicians and specialists both in this country and abroad, have been utterly unable to afford any relief to the unfortunate stammerer who was unlucky enough to inherit his difficulty.

Notwithstanding the failure hitherto to afford relief to such cases, a careful glance over the many letters we have received will at once convince the reader that the closing of the nineteenth century has revealed to the world, among its many other inventions and discoveries, a means for the curing of stammering and stuttering equally adapted to and effective in each and every case, from the mildest type to the most severe, the contortions of which are oftentimes painful to witness, and disgusting beyond description.

#### STAMMERING THE RESULT OF DISEASE

Stammering with many persons is the result of eruptive disease, such as scarlatina, smallpox, and other kindred disorders; it may be the result of external injuries, sudden fright, or any violent nerve or brain trouble may cause it; in nearly every such case, however, the afflicted individual previously possessed a weak enforcing power of the will over the organs of utterance. Very rarely is stammering caused by any organic defect. In a series of six hundred cases, carefully investigated by Columbat, there was not one case of stammering caused by malformation of the organs.

#### THE INFLUENCE OF CHILD STAMMERING

There is no doubt but that stammering obtains a bad influence in children. It is detrimental both to the stammerer himself and also to his young associates with whom he comes in contact. Innumerable illustrations could be made in support of this statement. Children are more likely to mimic than grown persons—in fact, they learn to talk almost wholly by imitation and by observation, and nothing seems to

impress itself more forcibly upon their imagination than the antics of the stammerer. In the large majority of cases we have found that persons addicted to stammering are of an extremely sensitive and nervous disposition. This nervousness is usually accompanied with a weakened constitution, which usually becomes more fragile as the stammerer advances in years If stammering children could be trained for the correction of their defect they would as they advanced in years become as strong and as robust as other persons, but with their affliction constantly in their minds and the effect that stammering has upon the nervous system if neglected, these children, who otherwise would be strong, healthy men and women, become physically unfit for anything more than the ordinary walks of life. Referring again to the effect that association with stammerers may have upon persons who do not suffer from stammering, we know of hundreds of cases of stammering due entirely to child association and mimicry.

Keep your child away from stammering children and especially keep it away from a stammering parent or guardian. There is no doubt that stammering has a deleterious effect upon not only the victim, but also upon other children with whom it comes in contact. The best age at which to treat a child for stammering is as young as it can intelligently understand the necessary exercises and at the same

time realize the necessity for a cure.

### WHEN TO COMMENCE TREATMENT

While the great number of cases we have treated has proved to us and to others that at no stage have we been unable to successfully combat the difficulty, yet persistency in the habit renders it more difficult to bring the organs back to their normal condition. The longer we continue any habit the more difficult it becomes to stop it, and this especially is applicable to the subject in question. For this reason no person should deny himself or herself of the privilege available to recover their speech at as early a date as possible.

#### CLASS EXERCISE

From four to six hours are set aside daily for class exercise, when pupils are expected, unless satisfactory excuse is given, to attend diligently to the work which it is their duty to perform. The exercises are both pleasant and profitable, and are varied to suit the different forms of speech impediment with which we have to deal.

Our treatment is adapted to the indications and directed against the manifestation according to the requirements of each particular case.

We never administer drugs nor medicine of any kind to our pupils nor apply electricity in any form in con-

nection with our treatment.

Much of our success is due to the natural means we employ in overcoming this unnatural difficulty.

The permanency of our cures we attribute to the physical and mental development of the pupil, notice-

able from the beginning of treatment.

These exercises are not only valuable as an auxiliary means, but also open the way and lay the foundation for a lifelong cure. The mental influences become regulated, the will strengthened, and the whole organism apparently transformed into the awakening of a new individuality.

### THE RESULT OF STAMMERING

Separated by his affliction and infirmity from society and companionship, the poor, unfortunate stammerer is driven to the solitude of his own unhappy contempla-

With many stammerers life is an attempt with but little success. In their effort to succeed they are continually kept in a state of fear and anxiety. How many pillows have been saturated with tears, every drop an appeal for free speech? How many hearts have longed for the day to come when humanity would be released from this woeful curse?

This constant strain upon the mind and nerves rapidly consumes vitality. The boy, vigorous as a child, oftentimes finds himself a physical and nervous wreck about the time he should be developing into a magnificent specimen of manhood. The fact that he stammers is never out of his mind; thus he realizes that others have bestowed upon them by nature gifts that he has not, and gradually it becomes second nature for him to

regard himself as an unequal. The ambition which should arouse us all to action in our youth in him is dormant. Sooner or later this vital force that is being gradually undermined perishes, and the victim awakens to find himself prostrated with grief over his sad condition. The mental strain in some cases, the result of stammering, is something awful. Many severe cases develop to such a degree as to cause convulsions. Persons so afflicted oftentimes lose their minds entirely, a fact which statistics prove not infrequently happens.

#### THE UNFORTUNATE

There stands a person whose face is physically drawn out of shape. His mental faculties are warped. He is not a mute, but still he cannot speak. His thoughts are crippled and confused. To all appearances he is a man, but if we knew him well we would find that in many things he is but a child. The persons who understand his peculiarities are few and his sympathizers are equally rare. His strange silence and timid actions lower him in the estimation of his fellow men. The sweet privilege of social enjoyment is unknown to him. Every undertaking he enters into is abandoned through gloomy forebodings of failure. His thoughts, denied the liberty of oral expression, become as stagnant and unreliable as his manner of acting. His countenance bears a piteous but repulsive appearance and is indicative of a long and fierce battle of successive failures. His consolation is the ridicule and cruel impatience of heartless mimics, who ape him

at every opportunity. At last, pressing deeper into his flesh the poisoned arrows of his terrible infirmity, his burden of sorrow crushes him to the earth.

### THE HOPEFUL SIDE OF STAMMERING

While the stammerer has much to be sorrowful over, nevertheless, if he will only look around him and observe the many other ills to which human flesh is heir, he will find much consolation in the fact that there are others who are suffering from greater afflictions than he is.

Is not blindness worse than stammering? To be deprived of the beautiful in nature; to never know the expression of the human countenance; to be an object of dependency and a burden to others, led from place to place as one leads a blind horse with leathern halter, these are the least of the blind man's woes.

What of the hopeless consumptive? Will you willingly exchange your lot for his? You have every confidence and hope of recovery—he, poor unfortunate, has none.

Where is the stammerer who will exchange his life for the life of the mute? Yes, you say, here I am, I will exchange my life for the life of a mute. Then, if this be true, go in silence for the balance of your life. You tell me that the mute is resigned to his infirmity and that in this resignation there is satisfaction and relief. To you this may be true, but to me it would mean an everlasting and never-dying source of remorse and sorrow to know that I was forever speechless to the world. True, the

stammerer often in a sense suffers greater agony than the mute, but he can always harbor a hope for recovery. And what is this life to any of us whether we stammer or not when we have abandoned hope? Hope is the substance on which the soul feeds. Hope for the present. Hope for the future, and hope for the very end. Hope is a never-ending ray of sunshine in the life of every man and woman, and to every stammerer Hope is doubly as dear as to others. The mute can know but little of this joyous thing called hope, but the stammerer is ever hopeful.

What about the cripple? Would you rather stammer than be crippled? Your answer is: I would rather be a cripple than stammer. Yes, but I say, how would you like to stammer and be crippled as well? Here you pause and reply that either one is bad enough. But remember, there are many who suffer both, and how thankful you should be that you have but one to con-

tend with.

There has been a time in the history of this country when stammering could be considered one of the greatest evils and infirmities to which mankind is heir, but at the present time, when modern ideas are supplanting old-time theories, and the stammerer can be entirely relieved of his burden, the old-time poison called stammering has lost much of its former virus and sting.

#### THE CURE

A careful study of the different methods for the cure of stammering and stuttering, and other speech impedi-

ments, as practiced by the most successful of those who have within recent years devoted their time and study to the subject, together with the personal experience of having been a most severe stammerer for more than twenty years, proves to me beyond a doubt that only such systems produce cures and permanent results as are founded on an educational basis, where the pupil is disciplined and put through a systematic training, beginning at the foundation and rebuilding the tissues that have naturally become weakened, through lack of proper use, at the same time strengthening and developing the vocal organs.

Probably no other means of cure in the world has met with such remarkable success in ridding humanity of this awful curse as has THE LEWIS PHONO-METRIC METHOD. Our graduates, representing now nearly every State in the Union, and Province of Canada, many of whom had been lifelong sufferers, bear us out in this assertion with their splendid letters of indorsement.

#### HOME TREATMENT

Many persons have written to me to inquire if I could give them printed or written instructions that would serve the same purpose as their presence at my school, to which questions I have invariably answered, No. While I might possibly give them instructions in a written or printed form, and in a manner from which they might possibly obtain some relief, yet it would prove very unsatisfactory in the end to both pupil and

instructor. Almost daily we receive communications from persons asking for mail treatment, with offers of remuneration. I invariably refuse offers of this kind, always advising the correspondent that it is absolutely necessary to attend my Institution and remain directly under my personal observation, that I may from day to day (for a short period) assist and direct them to a proper use and development of the organs of speech, which have been so long abused.

#### TIME FOR EVERYTHING

It is equally as hard to effect a cure in a case of stammering unless attention is paid to the little details of treatment as it is to successfully conduct a large

mercantile business without system.

The old proverb, "Take care of the pennies and the dollars will take care of themselves," has been verified a countless number of times, and contains a principle worth while studying. He who pays attention to the minutest details of his business will surely succeed in the end. He who neglects and treats as unworthy of notice the smallest fraction of his duties will ultimately neglect his whole business and end in failure. This also applies to a cure for stammering. Pay attention to every little principle involved in effecting the cure and you cannot but succeed if the method is practical.

If the method you are following be not altogether efficient, you cannot afford to neglect the minutest instruction. On the contrary, you should apply yourself

the more studiously. A poor method poorly applied will give absolutely no results; a good method poorly applied will give some results; a poor method well applied may afford relief; while a good method of treatment well applied will give you an absolute and permanent cure.

Granting the above to be undeniable, we have many things to take into consideration before we can even begin to hope for relief. The main difficulty to contend with in the majority of cases where a cure is looked for is the fact that the stammerer becomes impatient for re-

sults and wants a cure all at once.

Let us for a minute draw a comparison between the man who from education, study, and practice would get cured of stammering, and he who would become proficient in any other study as seriously involving his future life as his freedom of speech. The would-be artist does not acquire his knowledge of colors, his delicate touch, an eye for form and beauty, nor his reputation, all in a day. The would-be physician or surgeon expects many weary years of painstaking labor if he shall acquire for himself reputation and skill. The skilled artisan and the mechanic can only be called such after years of study and labor. He who would establish himself as a lawyer does not expect to reach the goal for which he is striving without much patience and study, and so could be quoted numerous other cases, down through all the different walks of life. The would-be artist begins at the mixing of colors, he studies form, texture of canvas, mounting of pictures, quality of brushes, practices delicacy of touch, and blending of shades. If he

be a landscape artist he probably spends whole summers and autumns in rural districts studying the beauties of nature with all her grandeur of color and originality. He then goes abroad and studies the masters, and finally, after many years of earnest plodding, he is rated an artist in the true sense of the word, and then spends the balance of his life trying to make for himself

a reputation.

Similar illustrations could be made of the would-be physician, the would-be artisan, the would-be lawyer, the would-be musician, and many other would-bes; but the poor, unfortunate "would-be-cured stammerer" wants to become proficient all at once, and, alas, because he does not speedily find that for which he is in search, he sinks into the unhappy solitude of his own unhappy thoughts and thinks he is the most woe-begone and allaround-afflicted mortal in the world. Let him for an instant compare his lot with that of others so afflicted many of whom are in a worse condition than he is hitherto unknown to him. You cannot see the blade of grass grow as it pops its tiny leaf through the moist earth. You cannot see a tree casting forth its leaf. Yet these and other such events follow year in and year out, and are observed gradually as they transpire. The days for miracles have long since passed. Methods for the cure of stammering having for their foundation secrecy and humbuggery, quackery, and misrepresentation, must give way to practical educational methods of treatment, and the sooner the stammerer is brought to realize these facts the better for him and for all other persons concerned.

#### TIME REQUIRED TO EFFECT A CURE

The length of time required to effect a cure depends largely upon the severity of the case and the application of the pupil to duty. The average case has required from three to six or eight weeks' treatment. We do not guarantee the length of time for treatment required to effect a cure in any particular case, as much depends upon the pupil's aptitude for learning and application. An investigation of our testimonials will prove to the reader, however, that many of our pupils who had been lifelong sufferers were never heard to stammer after their first week's instruction, although they remained with us until the completion of their course.

#### RESULTS OF TREATMENT

The results of treatment are noticeable on the pupil almost immediately. The depressed, careworn look possessed by many stammerers, the direct result of years of constant worry and battle, gives way to a cheerful expression and buoyant disposition. The improvement physically, in some cases almost from the beginning, is marked. The chest development of some pupils while under treatment has been from three to four inches, the gymnastic exercises being well calculated to build up and strengthen the tissues and muscles that have become weakened through lack of proper exercise and use.

#### TERMS OF TUITION

Our charges in a case of stammering or stuttering depend upon the extent of the difficulty, as some require much more care and attention than others.

It is impossible to determine the type and severity of any case of stammering or stuttering without first obtaining a thorough knowledge of the manifestations and indications surrounding it. To enable us to gain this knowledge we have prepared a sheet of questions known as our "Question Blank," which when properly filled in will give a complete chain, leading up to the diagnosis of the case. We will be pleased to mail one of our "Question Blanks" to any stammerer upon request, and upon the return of which, carefully and properly filled in, we will pronounce the type of stammering and quote terms for treatment. No charge is made for consultation either by correspondence or otherwise.

#### OUR GUARANTEE

We will give a written guarantee of an absolute cure in any case of stammering or stuttering when our instructions are followed, and will willingly refund the money paid us as tuition, providing we do not fulfill our promise. Our instructions are easy to follow, there being nothing embodied in our methods of treatment or instruction but what can be easily performed and carried out by any intelligent person over ten years of age.

#### OUR LOCATION

Centrally located, easy of access for both Americans and Canadians by either rail or water, Detroit, one of the most beautiful cities of the United States, offers superior advantages as a location for an institute for

the cure of stammering.

The Lewis Phono-Metric Institute and School for Stammerers is located at Nos. 37-39-41 Adelaide street, just one-half block east of Woodward avenue. This location could not possibly be surpassed. The Public Reception Hall is a large and commodious room, 30 feet long by 18 feet wide, and has been especially furnished for our pupils. A Private Reception Room, a Reading Room, and also a Pupils' Reclining Room have all been comfortably provided and add largely to the other pleasant surroundings of our Institution. Our Business Offices are located in our Main Building, and are conveniently located for the transaction of business. Special precautionary means have been taken to secure the most sanitary equipment possible, toward which purpose in every room in our Institute we have provided highly polished hardwood floors, with floor rugs instead of carpets. Separate baths and lavatories have also been provided for either sex, thus keeping the apartments of ladies entirely separate and apart from those of the gentlemen of our School.

The grounds and surroundings of our buildings are probably the most beautiful of any private grounds on Adelaide street, which in summer time adds largely to

the enjoyment of the pupils' visit.

The bedrooms occupied by our pupils are carefully and thoroughly cared for by competent service, and thus during his entire visit the pupil is made to feel that his home is our home and that our home is his.

The location of our Institute, its pleasant appointment, and thorough equipment and adaptation for the treatment of stammering, added to the superior advantages of our School Residence as a home for the comfort and accommodation of pupils attending, combine in one Institution advantages unequaled anywhere else on this continent.

#### OUR CARE FOR CHILDREN

While the majority of our patients are adults we, nevertheless, have at all seasons of the year a number of children in attendance, and for this reason have taken special pains to provide comfortably for their wants. Parents can rest assured and satisfied that their children placed in our care will be well and properly cared for. We surround our pupils with wholesome literature and moral influences in every respect, and in fact make the attention which we give to the younger members of our classes one of the important features of our work.

#### **OUR SUCCESS**

The Lewis Phono-Metric Institute and School for Stammerers enjoys a larger regular attendance of pupils than any other institution of its kind anywhere. It covers more than four times as much floor space as any other stammerers' school. It is the only institute for the cure of stammering in the world that boards and

otherwise provides comfortable accommodations for its patrons. It is the only school of its kind so thoroughly equipped for the purpose to which it is adapted.

The only Institution of its kind with a competent

and experienced staff of instructors.

It is an Institution for the cure of stammering that has succeeded from the first, while hundreds of others have utterly failed. It can refer to more pupils cured than any other institution of its kind in America.

It is the only Institution of its kind that will give a

written guarantee of an absolute cure.

The success of the Lewis Phono-Metric Institute and School for Stammerers is largely attributable to thoroughness in its methods and uprightness in its business principles.

## SCHOOL RESIDENCE AND HOME FOR PUPILS

The School Residence of the Lewis Phono-Metric Institute, a comfortable, homelike dormitory, has been arranged for the accommodation of pupils attending, and is conveniently situated near the Institute.

Many pupils who attend our school regret the time for their departure, so pleasant has their visit been to

them.

The entire class board together, each of the pupils being provided with a comfortable room and all the accommodations of their own homes at a reasonable price.

Musicales, debates, at homes, etc., given in the parlors, supply evening entertainment for the class, and everything that can be done to make it pleasant for the pupils is carefully looked after.

#### MEETING PUPILS AT THE TRAIN

Persons unaccustomed to city life need have no hesitation about coming to Detroit to attend our Institute, as we make it a special feature of our work, when requested, to meet our pupils at the train upon their arrival in the city. Ladies and children are especially cared for in this respect, the usual means of identification being a small white bowknot, which the pupil wears pinned to the lapel of the coat, and in which way we recognize him at once, immediately he steps from the train.

#### ACCOMMODATION

THE Lewis Phono-Metric Institute is open to receive pupils at all seasons of the year, its doors never having been closed for more than a day's vacation. Parents who desire to be present with their children during treatment, or who wish to send a guardian with them, will be accommodated in our Institution or may board elsewhere, according to their option. As our attendance at all seasons of the year is usually very large it is always well to arrange for accommodation before coming, thus avoiding inconvenience, disappointment, or delay. Our accommodations are first-class in every respect, including hardwood floors, electric light, and hot water heating. Rooms may be engaged separately with private bath or en suite. Our prices for accommodation are as reasonable as one will find elsewhere in the city.

## REFERENCE AND RECOMMENDATION

In an effort to make this book an acceptable volume for the library and the home we have endeavored as far as possible to omit from its contents anything that might be judged as advertising in the usually accepted

meaning of the term.

We will be pleased to send to any person upon request another book containing letters of Recommendation and Reference which speak in the highest terms of the success of our efforts in behalf of the stammerer and the reliability of our treatment. In addition to strong letters of Recommendation from the Mayor of Detroit, our Institution receives also (as is evidenced by our Book of Recommendations and References) the hearty indorsement and support of many well-known Educators, Clergymen, University Professors, Business and Professional men everywhere.

We shall be pleased also to submit by letter to persons who desire it the names and addresses of hundreds of our graduates who are always willing and ready, in consideration of their cure and the great benefit they have derived from our training, to testify to the merits

#### THE ORIGIN AND TREATMENT OF STAMMERING

of our treatment by promptly replying to any inquiries they receive regarding our work. Persons who desire to further investigate the merits of our Institution should write to us at once for our Book of Recommendations and References. Ask also for a list of names and addresses of pupils who have been cured under our instruction.

All business communications pertaining to terms, applications, particulars regarding treatment, etc., should be addressed directly to our office and will receive prompt attention.

## THE LEWIS PHONO-METRIC INSTITUTE AND SCHOOL FOR STAMMERERS,

37-41 Adelaide St., Detroit, Mich.

NOTE: If the names and addresses of persons who stammer are furnished us we shall be pleased to mail them copies of this book without in any way mentioning the source of information.

## THE PRACTICAL TREATMENT OF

## STAMMERING AND STUTTERING

BY

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It contains a new method for the cure of stammering, by George Andrew Lewis, embodying in its text illustrations showing the correct positions of the organs of articulation for the enunciation of difficult sounds and words.

Its theories on the cultivation of the voice are based on years of observation, study and practical experience.

It deals with stammering in every form, and illustrates in a practical manner the means for overcoming word difficulties.

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It tells how to overcome abnormal habits of respiration, and contains a complete series of breathing exercises arranged especially for the correction of stammering and stuttering. It teaches correct vocalization and aims to overcome all difficulties of utterance arising

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It deals with the mental condition in stammering, the source from which all difficulties arise.

It contains a valuable record and table of statistics showing the source and extent of stammering and stuttering in innumerable cases.

It discusses child stammering and offers many valuable suggestions to parents for overcoming tendencies of this character manifested in their children.

It tells how to diagnose a case of stammering or stuttering.

It is valuable to any interested in vocal culture, as well as to stammerers and stutterers.

It contains many helpful exercises and choice selections for practice.

Numbers have testified that the study of this book, with the practice of the principles

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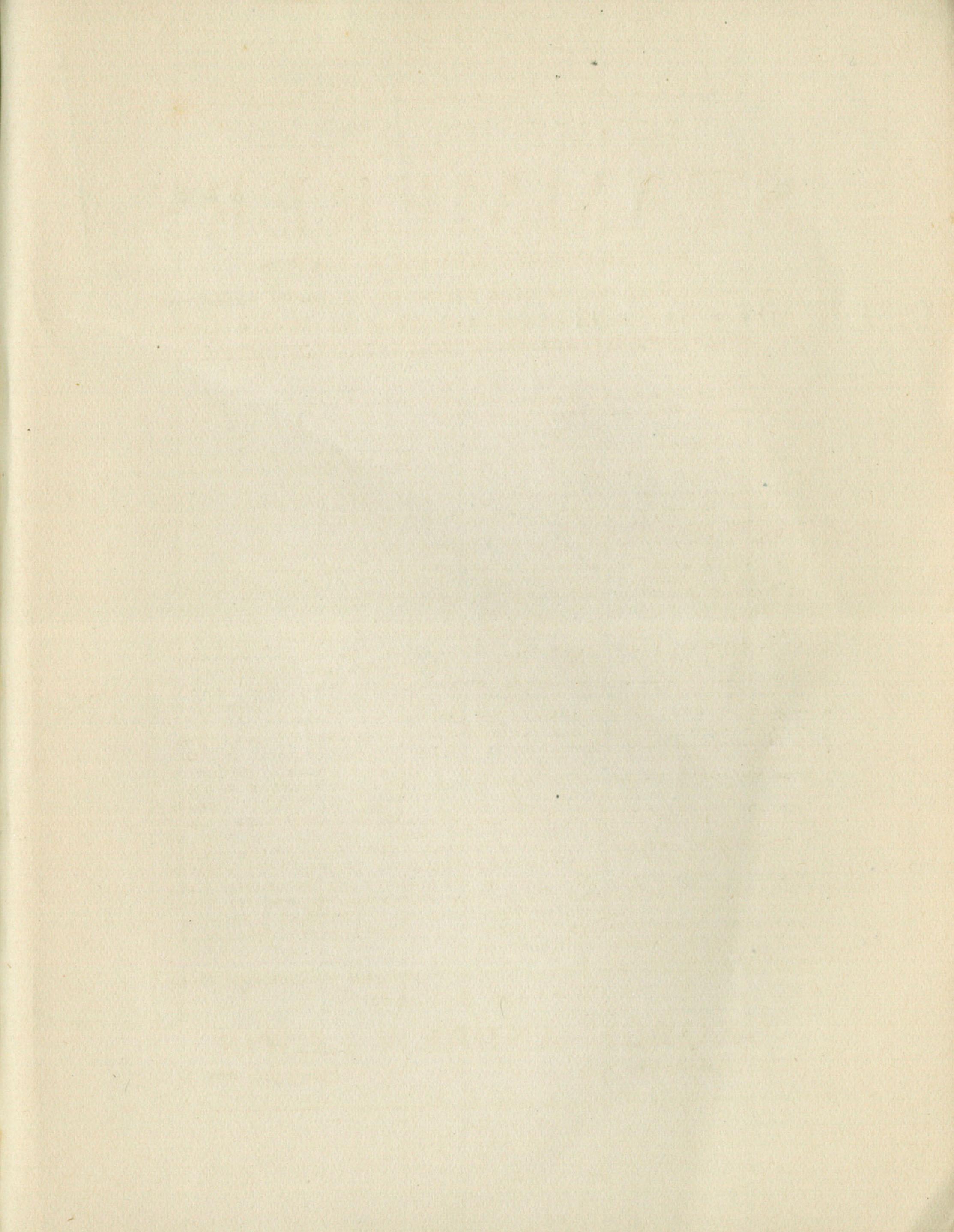
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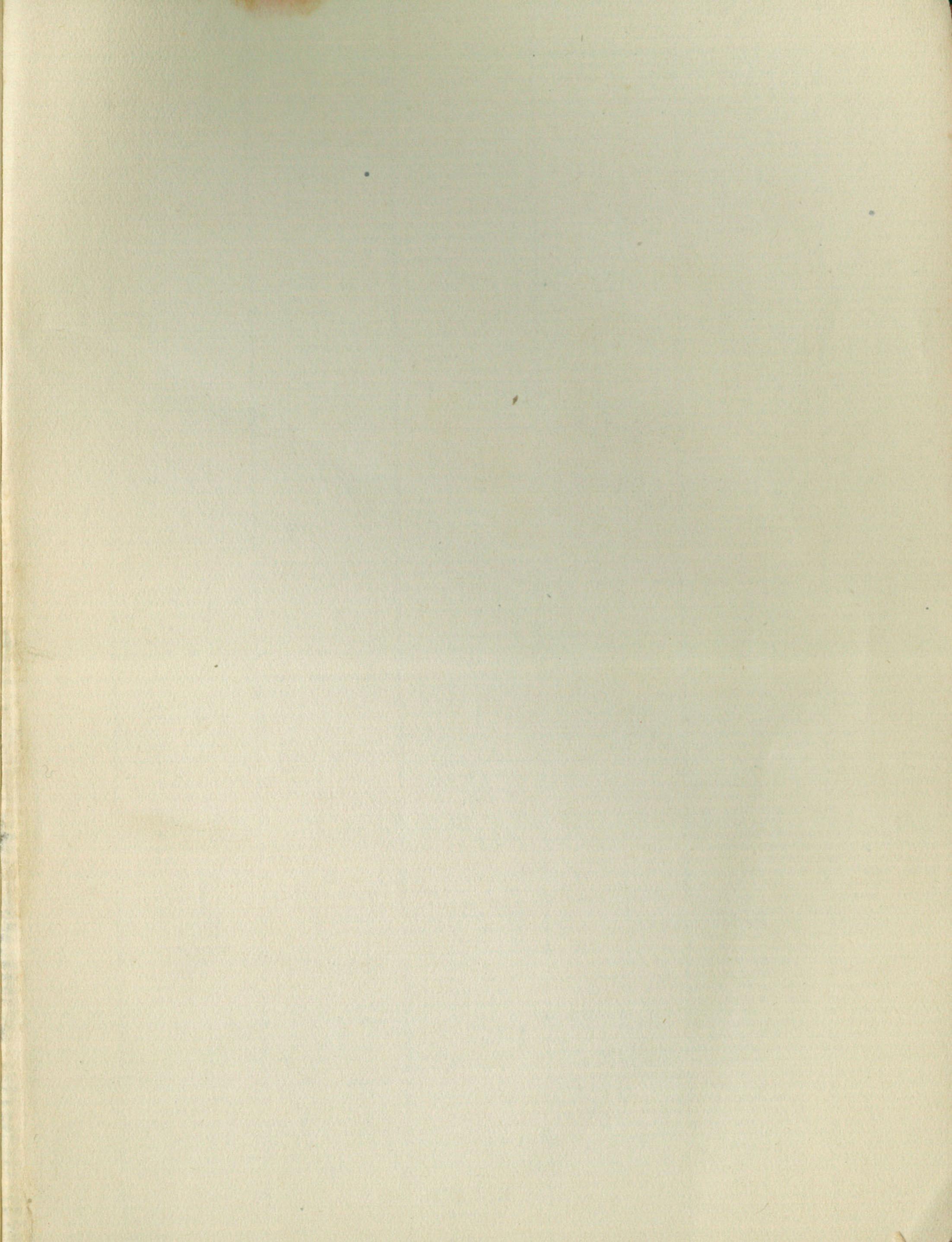
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