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STUTTERING AND LISPING



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# STUTTERING AND LISPING

BY

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## PREFACE

It would be difficult to find a group of people more neglected by medicine and pedagogy than that of stutterers and lispers. The stuttering children that encumber the schools are a source of merriment to their comrades, a torment to themselves, and an irritating distraction to the teacher. As they grow older, the stutterers suffer tortures and setbacks that only dauntlessness or desperation enable them to survive. The lispers that are so numerous in certain schools are a needless retardation to the classes.

In several European countries the state has established special opportunities for treating children with speech defects, but the matter has not received the full attention justified by its importance. In most medical faculties no place is accorded to speech defects; the same is true in schools of pedagogy. This was formerly justified on the ground that a scientific study of speech and its defects did not exist. In the last decade, however, the science of phonetics has extended itself to laboratory work and university teaching; moreover, speech clinics have been established in several of the foremost medical schools. The treatment of these defects thus stands upon an entirely new basis; namely, that of a carefully developed science of normal and pathological speech.

The views here expressed as to the nature of stuttering and lispings, and the methods of treatment proposed are the results of three lines of work. The first is a long experience in experimental psychology in the laboratory of the University of Leipzig and later in my own laboratory at Yale University. The second is an almost equally long specialization in experimental phonetics, beginning at Yale and continued for four years in Germany under a grant from the Carnegie Institution of Washington, D.C.; some of the results involved were first stated in my lectures at the University of Marburg (Germany). Finally, the treatment of thousands of patients in the speech department of the Vanderbilt Clinic and in private practice has developed the methods into forms that produce the maximum result with the minimum expenditure of time.

This book has been prepared to meet the needs of physicians and teachers; both are constantly confronted with the problem of what is to be done with a lispings or a stuttering child. By careful study of the symptoms as described here and by plentiful experience in a speech clinic a physician may expect within a reasonable time to develop the ability to make a correct diagnosis. A correct diagnosis by an expert should always be obtained before treatment is begun. The treatment of lispings proceeds along such clearly marked lines that the general practitioner and the regular teacher will have no difficulty in treating the individual cases that come to him in practice or in class. The results are always gratifying; the parent appreciates the seriousness of the defect, and the cure usually occurs without

great difficulty. The treatment of stuttering is much more difficult; it requires great skill and long experience. There should be at least one physician in each town who is able to help the numerous stutterers who must otherwise be neglected. One teacher in a school or in a group of schools may be trained as a special instructor.

I have to thank Professor H. Gutzmann, of the University of Berlin, for his kindness in specially modeling the plaster cast shown in Fig. 39, and Mr. Walter Robinson for the suggestion illustrated in Figs. 90, 91.

COLLEGE OF PHYSICIANS AND SURGEONS,  
COLUMBIA UNIVERSITY, NEW YORK, 1912.



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# STUTTERING AND LISPING



# STUTTERING AND LISPING

## PART I

### STUTTERING

#### CHAPTER I

25-05-4

#### DESCRIPTION. CAUSE

As "stutterers" we designate individuals showing certain peculiarities of speech. One stut-terer, for example, will make spasmodic contractions of the lips, tongue, etc., whereby a word like "berry" will be pronounced "b-b-b-b-berry." Another will open his mouth wide and produce an "a-a-a-a" before he can say a word. Another will find himself suddenly unable to speak at all at the beginning or in the middle of something he wants to say. Still others are quite unable to speak certain words. One young man could never speak the name of his town and was obliged always to buy his railway ticket to the next town beyond. One lady would find herself at a ticket office suddenly speechless and unable to

tell what ticket she wanted while an impatient crowd of commuters gathered behind her.

Stuttering is a serious detriment to the person's welfare. One refined stuttering girl of sixteen was studying typewriting and stenography, not realizing that no office would tolerate a secretary who could not answer when suddenly spoken to or who could not use the telephone. But what was she to do for a living? Even on the lower level of a shop girl she would be impossible. The examiners of immigrants at New York City often refuse admission to stutterers on the ground that they are liable to be unable to make a living and likely to become public charges. A law student felt that on account of his stuttering he must relinquish his ambitions and confine himself to uncongenial work. At the best, the stutterer's social life is limited and abnormal. He often retires from social intercourse as much as possible and becomes more or less eccentric. One boy grew up in such isolation that his oddities made him appear feeble-minded, although he was not mentally defective. Excessive stuttering has been made the basis of divorce for cruelty.

To most people stutterers seem comical. They



are the butts of innumerable anecdotes in the newspapers and on the stage. The stutterer learns that people regard him as a kind of involuntary clown and that his family and friends are ashamed of him.

Few persons realize how terrible life becomes to a stutterer. A normal person may get a mild idea of it by supposing that every time before he speaks he is obliged to wink one eye or to open his mouth and yawn ; the feeling of embarrassment and shame would soon overpower him. A stutterer is worse off ; every time he tries to speak he is obliged to make a fool of himself in such a way as to make other people want to laugh at him. One religious but stuttering lady finally demanded to be "cured or chloroformed." One boy often threw himself on the floor, begging his mother to tell him how to die. Another boy asked for a letter to his father, telling him to keep the other children from laughing at him. Many stutterers become so sensitive that they imagine everybody is constantly making fun of them. The life of a stutterer is usually so full of sorrow that it can hardly be said to be worth living.

At school the child is tormented by his fellow mates. He is usually a trial to the busy teacher

and a hindrance to the progress of the class. He is often excused from oral recitation, but just as often the teacher constantly corrects him or ridicules him. Sometimes it happens that the child has a cramp that keeps him from starting an answer for a moment, but does not show itself otherwise, such a stutterer prefers to be thought lazy or stupid rather than reveal the true nature of his trouble.

Even at home the stutterer is misunderstood and often tortured from the best motives. He is frequently reprov'd or scolded as an inattentive or bad boy because he "could speak properly if he would only try." Many a parent is often sure that this is so because the child will speak properly when reminded to do so. The truth is that no human being can always think of how he is to speak before he speaks; the stutterer simply cannot stop stuttering of his own accord.

Stuttering is, indeed, a serious disease. It is not as undesirable as mania or cancer, but most people would prefer to have typhoid or pneumonia for the simple reason that with these diseases a person either dies or recovers, whereas stuttering is a lifelong torture.

A very great injustice to the stutterer is the widely spread notion that stuttering is a bad habit which is to be corrected by reproof, scolding and punishment. The treatment is supposed to consist in a kind of schooling, the result depending on the diligence of the pupil. Lack of progress is attributed to inattention or laziness. Parents, friends, and teachers are always alert to test the patient's progress. Of course, all this simply makes the stutterer worse, turns a mild case into a severe one, and drives many a sufferer to despair. Stuttering is a disease; it can be properly treated only on the principles of any other disease. Just as with all other diseases, some cases get well spontaneously and some get well no matter how they are treated; yet so few recover permanently under the treatments in vogue that there is a widespread opinion that stuttering is incurable.

The most frequent cause of stuttering is a nervous shock. Ghosts and other practical jokes, and, with very small children, such terrifying experiences as are found at amusement resorts (scenic railways, fire scenes, etc.) are often the causes of fright from which the child never recovers. Severe falls are just

as often the sources of the mental shock. Surgical operations (for cataract, adenoids, etc.) are occasionally the sources of stuttering. The cause of stuttering in all these cases is evidently the intense fear involved in the shock. In some cases the fear has developed gradually. A boy of twelve relates that at the age of seven, on several occasions in the daylight he thought he heard footsteps of some one following him in the hall, whereas the noise was of his own footsteps; thereafter he began to stutter. He is still afraid to walk in the dark, to be alone or to go to sleep in the dark. A young man of seventeen relates that he began to stutter in reading at seven years because he knew that he would make mistakes before the class and become nervous about it.

Most of the stutterers from shock show a general condition of nervous excitability in which the predominant element is an abnormal state of expectancy toward persons and events. The patient is often on the alert for what is going to happen. He watches other people and replies before they half finish their remarks; or he is timid to such a degree that conversation is painful. The same condition of general over-anxiety I have found in patients who do not stutter.

It is a typical psychoneurosis, that may, perhaps, be appropriately called the "general anxiety neurosis." In addition to the kinds of nervous shock mentioned above, it is possible that the cause of the general anxiety neurosis may lie in shocks of various kinds occurring in infancy and childhood. This "general anxiety neurosis" differs from the anxiety neurosis of Freud in several ways. In the former the anxiety (or fear) is present at all times; it is ready to attach itself to any thought or occurrence for which a fairly valid reason can be found; the patient knows that he is overanxious, but his anxiety always seems fully justified at the moment. In the latter the anxiety attaches itself to one particular thing, for example, the patient cannot cross an open space because he is afraid to do so; although the fear is irresistible, the patient usually realizes fully that it is absurd.

A very frequent cause of stuttering is mental contagion by intentional or unintentional imitation. A boy thinks it fun to mock a stutterer, and ultimately finds that he himself cannot stop stuttering. A stuttering parent nearly always has one or more stuttering children. Even when the parent had stopped stuttering in youth, there are usually

enough traces left in his speech (*e.g.* hard voice) to start the child stuttering. Stuttering has been known to develop in a child from playing with a deaf-mute who talked with difficulty.

Stuttering frequently appears after whooping cough, also after scarlet fever, measles, influenza, intestinal troubles, scrofula, rickets, etc. The cause seems to lie in the condition of exhaustion.

One of my cases showed symptoms of spastic infantile paralysis (spasticity of the legs, weakness and athetosis of the hands, weakness of the muscles of speech) with history of difficult birth. The difficulty in using the muscles of speech may be assigned as the cause of the stuttering.

A neuropathic disposition or a condition of nervous exhaustion is present in nearly all cases of stuttering.

The first suggestion for prophylaxis is that parents and nurses are to avoid stories and scenes that frighten children. Nervous children should receive tonic treatment, especially open-air life. If one child in a family begins to stutter, he should be cured immediately in order to save the others. A stuttering child in school is a danger to his fellows.

The statistics show from 1 to 2 per cent of stutters among school children. A smaller percentage in the lower classes becomes trebled in the higher ones. Marked increases are found at the periods of second dentition and puberty. The relative frequency among boys and girls ranges from 2:1 to 9:1.

## CHAPTER II

### SYMPTOMS, FORMS, NATURE

THE most striking symptoms are cramps or spasms of the muscles connected with speech.

Abdominal cramps are nearly always present. The entire abdomen may suddenly become rigid, or it may make irregular contractions. In one case the wall just over the navel was drawn into a deep cuplike cavity. The diaphragm, as seen by the X-rays, may be suddenly fixed or may move downward in spasms. The spasms sometimes propel the abdominal wall outward in jerks. Often both abdominal muscles and diaphragm will become perfectly rigid and immovable. These contractions produce irregular interruptions or expulsions of the breath instead of the steady current necessary for proper speech, or they give no breath at all and render the patient speechless. One patient of mine often became suddenly speechless in this way for ten to fifteen seconds at a time. A frequent phe-



nomenon is the expulsion of the breath just before speaking. The most frequent case is that of continual irregularities of breathing during actual speech.

Laryngeal cramps are a never-failing symptom of stuttering. The muscles in and around the larynx become tense and fixed. The tone from the larynx is monotonous, hard, and often husky. It is not unusual to find a patient who never has any symptom of stuttering in the presence of the physician except the monotonous laryngeal tone. I have never seen a stutterer without this symptom.

Cramps and spasms of the muscles of enunciation are the ones most apparent to the observer. The lips may be pressed tightly together for a short or a long time when the patient tries to say "p" or "b." In other cases they will open and shut, producing a series of "p"s or "b"s instead of one. The tongue may be pressed so tightly against the palate that the "t" or the "d" is two, three, or ten times too long. All the sounds may be similarly affected.

Less frequent but more striking are the contractions of muscles not ordinarily used in speech. One

patient will twist his head whenever he stutters badly, another will screw up one eye, another will contort his whole body, etc. One patient had "pains that did not hurt" in her legs and arms while speaking. One boy of seven made horrible grimaces and stuck his tongue like a thick stick far out between his lips. One girl of twenty-two would spend one to two minutes in grunting like a pig and whimpering like a dog after which she would say the word or sentence with ease.

All the muscles involved in speech are brought into a condition of over-tension or "hypertonicity" whenever the stutterer begins to speak, although there may be no visible cramps or spasms or any stuttering in the popular sense. Hypertonicity is thus a cardinal system of stuttering.<sup>1</sup> The hypertonicity is psychic (cerebral) and not spinal; it appears only when the person intends to speak; the reflexes are not exaggerated.

The trained ear readily detects the hard tone of the voice which results from laryngeal hypertonicity. The expert can thus tell from the first sound that

<sup>1</sup> Scripture, "Treatment of Hyperphonia," *Medical Record*, March 21, 1908.

the patient makes whether he has started his sentence correctly or has begun with the stuttering tone that will cause him to stumble before he finishes.

Another kind of symptom occurs in the "er," "well," etc., that the stutterer uses to get started. Sometimes this "starter" is an inarticulate but complicated grunt. Sometimes the starter is repeated several times; one young lady would regularly repeat "why" ten to fifteen times before she could get out the first word of what she wanted to say, and even then she sometimes failed and had to begin over again. Often the patient has to make severe contortions of the face or the head or the body before he can begin.

An almost constant symptom is excessive rapidity of speech. In some cases this is to be attributed to the desire of the stutterer to get his words out before he is caught or before any one can interrupt him. In most cases it is the expression of nervous anxiety.

A never failing symptom is the patient's lack of confidence in his ability to speak correctly. In some cases the mere thought "Will I be able to say that word?" is sufficient to make it absolutely impossible for the person to say it. The stutterer

always lives with the fear that his speech may "go back on him." Many a one is always thinking a few words ahead of what he is saying, being on the lookout for some word he thinks he cannot say. When such a word is coming, he avoids it by selecting another that will serve just as well. One patient practically passed his life in always avoiding words; this mental work, being added to that of a normal man, kept him in a condition of nervous prostration.

The fear of being ridiculous is nearly always present. The person does not want to "make a fool of himself." He therefore avoids reciting in school, he refuses invitations to social affairs, he would rather live with his father's employees in a mine than go to college, he shuts himself up with a servant and becomes a queer-mannered hermit, etc.

A condition of mental flurry is usually present. When the patient starts to speak, he becomes partly dazed by his emotion and does not know exactly what he wants to say. This condition may be present even when he does not stutter; in trying to answer a question, for example, he cannot make up his mind just what he wishes to say. Closely connected with this is a habit of hesitating in thought

that sometimes arises. The mental flurry perhaps explains why some stutterers have most trouble whenever they are jocular. In some cases they stutter only when jocular.

With very rare exceptions the stutterer does not stutter when he knows no one can hear what he says. Almost as rare are the cases where he stutters in singing or in whispering.

The embarrassment and sad experiences of the stutterer often lead to an abnormal mental condition. The patient is nervous, shy, easily embarrassed, retiring, odd in his ways, sad, etc. In some cases the change does not go beyond an increased sensitiveness. Many stutterers, especially young women and schoolboys, acquire a permanent facial expression that is typical of the profoundest sadness. The thought of suicide is frequent.

Three forms or stages of stuttering may be distinguished.

The simplest form of stuttering is that of "pure habit." Such a case occurs rather frequently where a younger child unintentionally copies the stuttering of an older one. If the stuttering does not go beyond the stage of pure habit, the younger child

drops his stuttering involuntarily when the older one is removed or cured.

The habit stage is often initiated by shock or exhaustion. The person finds himself making inaccurate movements in speaking, and speaking a word or words indistinctly. On account of the excessive nervous irritability in these conditions, he feels that he cannot permit himself to speak in an improper fashion, so he instinctively tries to correct the inaccurate movements by an extra effort at distinctness. Such an effort produces excessive muscular tension; his consonants, like "p," "b," "f," "d," etc., are too hard and long. This in turn impresses itself on the memory, so that when he again makes the same sounds he naturally makes excessive muscular movements. The excessive tension readily becomes repetition, so that, for example, instead of a long "p" he says "p-p-p," etc. Such was the case with a patient two and a quarter years old who stuttered constantly by reduplicating the consonants, saying, for example, "strawb-b-b-b-berries" and showing monotony of the laryngeal tone and the usual symptoms. After a few days of correction whereby the stuttered words were repeated correctly

with melodious intonation by the father each time after her, she ceased to stutter.

A patient two years old, when seen three weeks after the stuttering began, could be induced to speak only with great difficulty on account of the feeling of shame that was evidently present. When she spoke, it was in an abnormally low tone, with stumbling and repetition of consonants. There was no neuropathic history, but a previous exhausting illness. Being told to sing what she wanted to say, she stopped stuttering and spoke naturally after a few days. In both these cases we may assume that the exhausted nervous system led to inaccurate movements. These produced a feeling of uncertainty and insecurity, which in turn aggravated the inaccuracy and led to excessive cramplike efforts. Every incorrectness of action increased the uncertainty of feeling, and *vice versa*. The parent's correction soon made the child feel that it was doing something reprehensible; this produced not only embarrassment, but also still greater inaccuracy and uncertainty.

The stuttering habit may be initiated by embarrassment. It sometimes occurs that a lisping child becomes so nervous over his defect and over the way

other people treat him that he begins to stutter. The lisping in such cases is usually due to tongue-tie; this is the only case in which stuttering is connected with tongue-tie.

Quite a few cases occur where the stuttering habit is begun at three or four years of age with no history of shock, exhaustion, or imitation. It is possible that the child's awkwardness in using his speech organs leads him into blunders over which he becomes nervous.

The stutterer nearly always goes beyond the habit stage. People laugh at him, mock him, scold him, threaten him with punishments, or whip him. Usually he is obliged to repeat words he stumbles on. He is made to go through reading and speaking exercises. Extra hard words are given him to practice on. Speaking becomes a torture for him. A new element, the "fear of displeasing and of appearing ridiculous," produces the "fright stage." The stuttering is now a distinct psychoneurosis that may have the most far-reaching consequences.

If the question is asked of a patient in the fright stage, "Why do you stutter?" he will answer, "Because I am afraid that I will stutter." Many a one



will say that if he could only forget that he had stuttered, he would never stutter again. When the stutterer wishes to speak, the thought of his previous failures occurs to him and he fears or knows that he will appear ridiculous to those before whom he is speaking. This element disturbs his mental condition. He is seized with a violent emotion that may be described as stage fright before a single person. Embarrassment, shame, fear, etc., express themselves in his face and often disturb his mental actions so that he cannot think clearly. The emotion may make him absolutely speechless, as in the case of many patients who cannot say a word when introduced to strangers. Or it may make him stumble over his words; naturally he stumbles in the way he has learned to stumble, namely, with stuttering cramps.

The disturbance of mental action during the fright stage may produce a kind of intellectual paralysis. One patient was often unable to answer a question, not because he was afraid of stuttering, but because the requirement of answering actually paralyzed his mind so that he could not think of the answer. This habit had become so thoroughly formed in another

patient that any excitement might render him unable to think; on the football field, where the system of signals required him to add numbers, he would, upon hearing the signals "six and four," which had to be added together, have to ask his neighbor how much they amounted to. One stutterer explained the mental paralysis when asked to give his name or any exact information as resulting from the fact that he is overwhelmed by having some one depend on him for information that he alone can give.

A third stage occurs not infrequently. The stutterer is no longer embarrassed by his defect. It is obnoxious to him, and he would like to be rid of it, but the fright has disappeared. This may be termed the "stage of indifference." It is usually found in older patients; they stutter because the habit is firmly fixed and not because they are embarrassed.

In many cases stuttering seems to be associated with a peculiarity of character. This cannot be attributed entirely to the presence of the stuttering. In one case in my experience the child had previously developed a condition of nervousness which had become very extreme on account of lack of training

in self-control. The stuttering habit, engrafted on this, became very violent. In another case the stuttering was associated with slowness of thought ;



FIG. 1. — Recording the movements of breathing by the graphic method.

Two metal cups with rubber tops are fixed over the chest by a band. Expansion over the chest draws air into the cups. They are connected by a rubber tube to a small recording tambour. This is a metal cup with a rubber top which moves a light recording lever. A line drawn by this lever on a smoked surface moved by clockwork gives a record of the breathing movements. The recording arrangements can be attached to the abdomen also.

sometimes the hesitation in speech seemed to be a cloak for hesitation in thought. Several previous attempts at cure had failed to be permanent on account of lack of moral backbone. In another

case the stuttering had appeared in a small boy who had never been taught any self-control. Very often stutterers are shy and bashful to an extent that can hardly be justified by their painful speech experiences.

The stutterer's speech movements may be accurately recorded and studied by the methods of experimental phonetics.

The movements of the chest during speech may be recorded by the apparatus shown in Fig. 1.

The "pneumograph" shown in the figure consists of two metal cups with tops of soft rubber. A tape runs around the body from one rubber top to the other. As the chest expands, the rubber tops are pulled outward. This draws air inward through the tubes which open into the metal cups. As the chest falls, the air passes out again.

The "recording tambour" is a metal cup with a rubber top. It is connected with the pneumograph by a rubber tube. As the air is drawn into or expelled from the pneumograph, it passes out of, or into, the recording tambour and makes the rubber top bulge inward or outward. A lever is arranged to indicate the movements of the rubber top.

The registration occurs on a "recording drum" consisting of a metal cylinder revolved by clockwork.

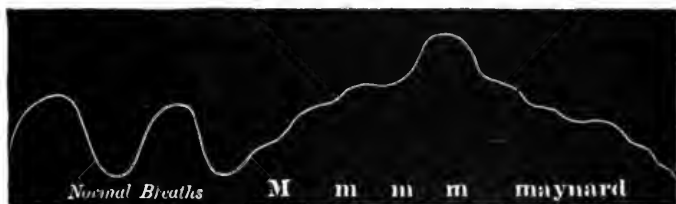


FIG. 2. — Breath record during stuttering.

Around the cylinder a sheet of paper has been



FIG. 3. —Recording the pressure of the lips by the graphic method.

A small rubber bulb is placed between the lips and is attached to the recording tambour.

stretched and smoked over a flame. The point of the lever of the recording tambour is adjusted to



FIG. 4. — Lip record of a stutterer's attempt to say the first letter in the word "Peter."

Instead of a single pressure the stutterer makes repeated contractions.

touch the paper; it draws a white line in the soot. The paper is afterwards removed and the record is



FIG. 5. — Recording the movements of the tongue.

A small rubber bulb is placed in front of or on the tongue and is connected to the recording tambour.

fixed in shellac varnish.

To record the breathing movements the pneumograph is hung over the chest or the abdomen by a tape around the neck. The record reproduced in Fig. 2 is from a woman whose abdomen made violent movements outward during certain consonants. The records show the movements for ordinary breathing and the spasms during the

attempt to say "m."

The cramps of the lips may be recorded by inserting between them a small rubber bulb (Fig. 3) and con-

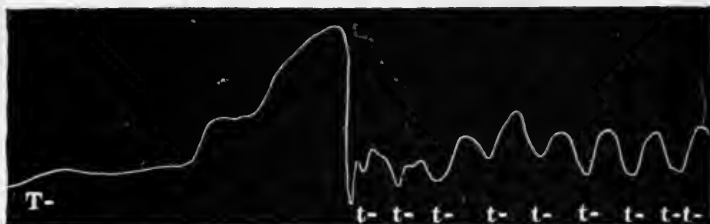


FIG. 6. — Record of a stutterer's cramps of the tongue in attempting to say "Tommy."

necting it to a recording tambour as described above. Pressure of the lips makes the line rise. The record of the movement of the lips in an attempt of a stutterer to say "Peter" is given in Fig. 4. In spite of the long series of convulsive movements the patient could not get beyond the letter "p."

The cramps of the point of the tongue may be recorded by inserting a similar bulb behind the teeth so that the tip of the tongue rests against it (Fig. 5); pressure of the tongue makes the line rise. The result of an effort to say "Tommy" is given in Fig. 6. There is first a violent spasm of the tongue and then a series of smaller ones.

Most interesting records are obtained by a mouth recorder. A funnel of rubber (the top of a large

stomach tube) is held over the mouth ; it is connected to a very small and delicate registering tambour. The entire arrangement is shown in Fig. 7.

A record of the word "papa" in normal speech is shown in Fig. 8. The straight line at the start cor-



FIG. 7. — Recording the mouth current.

The changes in air pressure and the vibrations of the voice pass to a very small recording tambour and are registered on the smoked surface.

responds to the time during which the lips were closed for the "p" — the "occlusion." The sudden rise of the line is the result of the puff of air — the "explosion" — that issued from the mouth as the lips were opened at the end of the "p." The explosion of the



“p” shows two large vibrations. This is due to its suddenness, whereby the recording lever receives something like a sharp blow, and vibrates twice instead of once. The small vibrations that follow are a record of the first vowel, each vibration correspond-



FIG. 8. — Mouth record of “papa” spoken normally.

It begins with a straight line because the lips are closed to produce the letter “p,” and no air can issue from the mouth; this portion of “p” is called the “occlusion.” The sudden rise of the line shows that a sharp puff of air or “explosion” came from the mouth as the lips were opened; the extra wave in this explosion is due to the vibrations of the lever, resulting from the sharp explosion. The small waves record the vibrations of the voice for the vowel “a.” They are suddenly cut short by a descent of the line; this is the result of the closing of the lips for the second “p.” The extra wave results from the suddenness of this closure. The occlusion is followed by an explosion. The word ends with the vibrations of the final vowel.

ing to one vibration of the vocal cords. The vibrations end by a sudden fall of the line as the lips are again closed for the second “p.” The record of the explosion for this “p” is similar to that for the first one. The word closes with the vibrations of the final vowel.

A record of the word “papa” spoken by a stutterer (Fig. 9) shows a very long occlusion for the first “p,” followed by a tremendously long blast of air, corre-

sponding to the explosion of the "p." A slow fall of the line after the first vowel shows that the lips were



FIG. 9. — Mouth record of "papa" with blowy "p" 's spoke by a stutterer.

The initial "p" has a v $\acute{e}$ ry long occlusion, followed by a long and strong blast of air. The second "p" is an incomplete occlusion followed by a blast of air. Comparison with Fig. 8 shows clearly how the stutterer's enunciation differed from the normal one.

closed gradually and not suddenly for the second "p." This "p" also has a blowy explosion.

A record of the word "papa" spoken by another stutterer is given in Fig. 10. The record shows that



FIG. 10. — Mouth record of "papa" with an inspiratory "p" spoken by a stutterer.

The sudden descent of the line shows that the stutterer drew in his breath to make the "p" instead of closing his lips. The vowel vibrations follow as usual.

instead of closing his lips and then opening them for the initial "p," he drew in his breath for a moment and then closed his lips, thus making an inspiration

and an occlusion instead of an occlusion and an explosion.

A record of the word "sleepy" spoken normally is shown in Fig. 11. There is a gradual rise of the line as the air issues from the mouth during "s." This falls rather suddenly as the tongue changes from the



FIG. 11. — Mouth record of "sleepy" spoken normally.

The gradual rise of the line registers the rush of air during the second "s." The small waves record the vibrations of the voice during "l" and "ee." The occlusion and the explosion for "p" and also the vibrations for the final vowel are similar to those in Fig. 8.

"s" position to that for the "l." There is a second rise with faint vibrations for the "l"; these persist as the line continues to fall. The rather long "l" includes the vibrations along the horizontal line. Suddenly the line rises for the vibrations of "ee," as the tongue moves from the "l" position to the more open one for "ee." It is interesting to note that the "l" is so much longer than the "ee." The line suddenly falls as the lips are closed for the "p"; it suddenly rises as they are opened with a kind of explosion. The final vowel is quite long.

In a record (Fig. 12) of the word "sleepy" by a stutterer the sinking of the line shows an initial gasp



FIG. 12. — Mouth record of "sleepy" spoken by a stutterer.

There is a gasp before the "s." For the "p" there is no complete closing of the lips and no explosion. The small vibrations during the "p" show that the larynx continued to vibrate instead of stopping.

followed by a rush of air for "s." Thereafter come the small vibrations indicating the semivowel "l"



FIG. 13. — Mouth record of "stutter" spoken normally.

There is first a rush of air for the "s," then a sudden fall as the breath is cut off by the tongue in producing the occlusion of the "t." The sharp rise of the line registers the explosion of the "t." The small vibrations belong to the vowel "u." The closure for the second "t" ("tt") and the explosion are similar to those of the first. The final vibrations belong to the vowel "er."

and the vowel "ee." A normal "p" would be formed by cutting off the breath at the lips for a moment. In Fig. 12, however, there is no straight line for the

“p”; that is, the stutterer’s lips were not completely closed. Naturally there is no sudden rush of air at the end of the “p.” The record of the “p” shows small vibrations, indicating that the larynx continued to vibrate instead of stopping as it should have done.

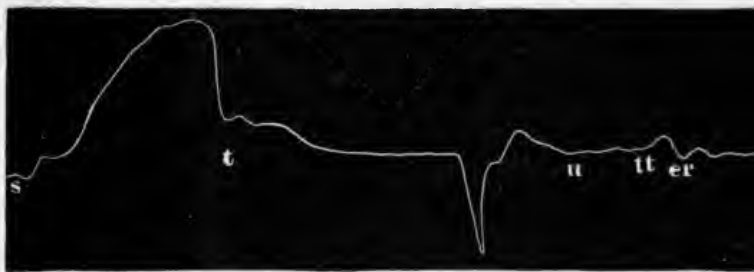


FIG. 14. — Mouth record of “stutter” spoken by a stutterer.

There is an initial gasp followed by a strong “s” and then an immensely prolonged “t.” There is then another gasp. The rest of the word is normal.

A normal record of the word “stutter” is given in Fig. 13. It registers the rush of air for the “s” by the upward rising line. The line suddenly falls as the lips are closed for the “t.” It rises very suddenly as the lips are opened to let out a puff of air, the explosion of the “t.” Then follow the vibrations of the vowel “u.” The line falls as the tongue closes the mouth for the second “t”-sound (indicated by “tt”). The word ends with a series of vibrations for the final vowel which is indicated by “er.”

A mouth record (Fig. 14) of the word "stutter" by a patient shows an initial gasp followed by a strong "s." Then comes an immensely prolonged "t." At the end of the "t" there is another gasp. The rest of the word shows no marked abnormality.

The beginning of a stutterer's attempt to say "Peter Piper's peppers" is given in Fig. 15. A short



FIG. 15.—Mouth record of "Peter Piper's peppers" spoken by a stutterer.

The stutterer makes a gasp and a vowel sound followed by a blowing sound before he can say the first "p." Such sounds are called "starters." The "p" is long and has a violent explosion. The "t" is so short as to be almost lacking. The "starter" is repeated before each word.

gasp is followed by a long vowel that sounds like "u" in "up." Then comes a blowing noise made by the lips; it is the same as the Greek sound "ph" which is similar to the English "f." All this has to be done before he can say the first "p." The "p" is long; it has such a violent explosion that the large vibrations of the recording lever persist for a considerable time. The very short vowel "e" shows no

peculiarities. The "t" was made so abnormally short as to almost entirely disappear. The last vowel (indicated by "er") was much prolonged. The "uf"-sound was repeated before each word; the entire phrase being spoken about as follows: "uf-Peter ufPiper's uf-peppers."

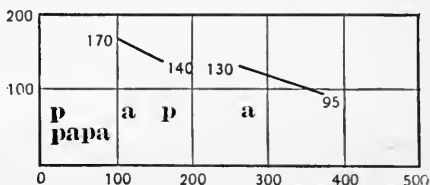


FIG. 16. — Melody plot for "papa" spoken normally (Fig. 8).

The difference between the use of the laryngeal tone by normal speakers and by a stutterer can be

illustrated by comparison of the melody of the voice in the two records shown in Figs. 8 and 9. The length of each vowel vibration is measured under a microscope. The number of vibrations of this length that would occur in one second is calculated. This is the pitch of the laryngeal tone at that instant. The result is marked by a dot on cross-section paper. A line connecting these dots shows the rise and fall of the voice. Such a diagram is termed a "melody

plot." The melody plots for the records in Figs. 8 and 9 are given in Figs. 16 and 17. The monotony of the stutterer's voice is evident.

The view of the nature of stuttering that I have proposed differs essentially from the prevalent theories.

According to Kussmaul the enunciation of each single sound occurs correctly; the trouble is in connecting the consonants with the vowels; this

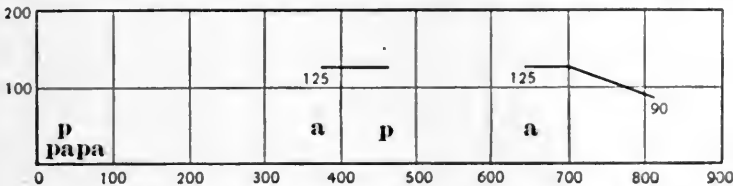


FIG. 17. — Melody plot for "papa" spoken by a stutterer (Fig. 9).

The first vowel maintained a tone of 125 vibrations throughout. The second vowel maintained the same tone for a while and then fell to 90.

occurs because the respiratory, laryngeal, and enunciatory muscles do not act harmoniously. This is contrary to fact. In the case of a stutterer, every sound without exception is made more or less incorrectly. Even when he is speaking with apparent smoothness, the hypertonicity of the muscles (p.12) is present, and the strained, monotonous laryngeal tone is heard. The cramps affect the sounds themselves regardless of how they are followed. A stut-



terer does not stick on "t" because a vowel follows it, but because he feels he cannot say that particular word; for example, he may stick on "stove" but not on "sto" or "stone."

The statement that stuttering consists purely of a wrong form of breathing simply neglects all the other defects in the stutrer's speech. The theory that it consists essentially in an incoördination of breathing and speech movements quite misrepresents the condition; such incoördination appears typically in the speech of a person intoxicated with alcohol, whose speech is different in every detail from that in stuttering.

The theory that stuttering consists in an exaggeration of the consonants in speech merely takes account of the results. Since the stutrer usually has his cramps on initial consonants, these sounds occupy a great deal more time than the following vowels, and also than the following consonants. There are, moreover, cases where the patient stutters on initial vowels, as in "a-a-a-apple." Since in German the initial vowel really begins with a consonant (the glottal catch corresponding to the *spiritus lenis* in Greek), this might be considered as consonant stutter-

ing. But in English the initial vowels begin clearly. Moreover, the cramped laryngeal tone is present in every vowel in every case of stuttering. The lengthening and exaggeration of consonants or vowels are the results of the cramps, and these cramps are the results of other conditions.

Every one of the above theories neglects just the one vital characteristic of the disease, namely, that the defect is due to the fact that the stutterer thinks some other person is listening to him. As long as he is alone, he can speak perfectly. When a stutterer, who has become so accustomed to me that he speaks perfectly in my presence, is placed at the telephone, he will continue to speak perfectly as long as he sees my finger on the switch that cuts it off; the moment it is removed he knows that "central" will hear him and he begins to stutter.

It has been asserted that stuttering consists essentially in the fear of speaking. This is true as an explanation of why the person stutters as badly as he does when once the disease is developed. The fear of speaking is perhaps the most prominent symptom in stuttering just as in stage fright, but an underlying cause for this fear must be sought for.

The assertion has been made that stuttering is related to tics, to compulsive acts, to the phobias, and to writer's cramp. These conditions are not only utterly different from stuttering, but also from each other.

The essential of a tic is a persistently repeated impulse to a special movement that can be suppressed voluntarily for a short time. The tic movement always involves more than one muscle; it is the remainder of a movement that was once purposive, such as sniffing, twisting the head, blinking the eye, etc. The tic, unlike stuttering, does not involve any inaccuracy, uncertainty, or primary embarrassment or fear.

A compulsive act, like that of touching all the posts as one goes along, or that of never stepping on the cracks in the sidewalk, etc., arises from an almost irresistible impulse to do a certain complicated act. Like the tic, the impulse can be repressed for a while; but the impulse is to a definite complicated act, not to a single movement, as in a tic. Unlike stuttering, the compulsive acts are not produced by any fear, and do not show any inaccuracy or uncertainty.

The phobias are characterized by irresistible fears of objects, acts, or places, as the fear of filth, the fear of committing an act of desecration, the fear of crossing open places, etc. The patient with a phobia knows that his fear is absurd. The stutterer's fear is not only reasonable but also thoroughly justified.

Writer's cramp is a fatigue of the nerve centers due to overexertion in writing. It is a dull pain or an actual cramp, quite unconnected with any mental disturbance. The cramp is spastic and not clonic. There is no mental compulsion, as in ties, compulsive ideas, and phobias. There is no embarrassment or fear, as in stuttering. Penmanship stuttering has been observed in one case.<sup>1</sup> The embarrassment and fear were like those of the stutterer; the cramplike repeated movements were not like those of writer's cramp, but were the same as those of oral stuttering.

According to my view, stuttering is a disease marked by the following cardinal symptoms: 1, psychic hypertonicity and spasms of the muscles of speech, 2, anxiety (embarrassment or fear), 3, fixation of these conditions by habit, and 4, the existence of these symptoms only in the presence of other persons.

<sup>1</sup>Scripture, "Penmanship Stuttering," *Jour. Am. Med. Assoc.*, May 8, 1909, Vol. LII, p. 1480.

The enumeration of the symptoms does not suffice to indicate the nature of stuttering. The fact that one child becomes a stutterer through imitation or fright or an exhaustive disease, while another does not, indicates some deeper difference in the mental or nervous constitution.

Analysis of the stutterer's condition of mind always shows a serious disturbance in his attitude toward other people. Most patients are shy and timid; the boldness or indifference in other cases is only a kind of bravado to cover up timidity. Much of this timidity is undoubtedly due to the effects of the stuttering, but its intensity is often out of all proportion to the occasion. It may well be that timidity is the basis on which stuttering arises. If this is true, stuttering would then be a condition in which timidity shows itself by a peculiarity in speech.

Social timidity shows itself in mental symptoms that are approximately the same in stutterers and non-stutterers; there are the same strained feelings toward other people, the same bashfulness, etc. The bodily symptoms are also similar; the muscles of the body are more tense than they should be;

there is often also the flushing of the face, etc. There are even resemblances in speech. The timid person, who is a non-stutterer, speaks with a tense voice, he often stumbles over his words and sometimes can hardly get them out; he often sticks or reduplicates like a stutterer. If this "stuttery," timid speech can be supposed to be developed and firmly fixed in a set of habits, the result would be true stuttering.

The fact that stuttering arises only in some cases of timidity and not in others indicates that there is some other element in the disease. The following observations may perhaps suggest what it is. In several cases there has been a determined effort to get rid of the trouble and perfect good faith on the part of the patient, yet I have had the feeling that at the bottom of his soul the patient really did not wish to be cured. This reminds one of some forms of hysteria, psychasthenia, and neurasthenia, where the disease is really produced by the patient in order to obtain some end, although he is absolutely unconscious of this self-production. It may be suggested that stuttering is a defect which tends to exclude the person from the society of his fellows.

and that persons who already have this unconscious tendency instinctively seize upon such a means of encouraging it.

The same mental condition as that underlying stuttering is found in many cases of neurasthenia and psychasthenia where quite other symptoms (headache, tremor, anxiety, etc.) appear instead of the speech trouble. It is often a cause of wonder why some neurotic patients are not stutterers. If we assume that the impulse to segregation from society will use the most likely and effective means for its purpose, we understand why it naturally seizes upon the speech function. We also understand that it will more readily disturb the speech when the mechanism of normal speech is less firmly fixed, as after exhausting diseases, fright, or injury by imitation. When the normal speech mechanism is strong, the psychasthenic impulse must find some other outlet.

Stuttering is therefore a diseased state of mind which arises from excessive timidity and shows itself in speech peculiarities that tend toward a condition of segregation which will enable the person to avoid occasions where he will suffer on account of timidity.

## CHAPTER III

### DIAGNOSIS

THE mere repetition of a word or of an initial syllable is often termed stuttering. Such repetitions occur to every one at times, especially in embarrassing situations. One stutterer said that every boy in the class stuttered when reciting Latin. Various other conditions, such as hysteria, multiple ties, injuries to the brain, etc., may produce repetitions in speech. Such repetitions do not have the same cause or the same systematic regularity as the repetitions due to stuttering in the habit stage; the muscular movements do not have the cramplike stiffness peculiar to stuttering. The symptoms are not the result of embarrassment and fear, as are those due to stuttering in the fright stage. It is quite important to distinguish between the disease called stuttering — namely, the disease whose characteristics have been described in the preceding chapters — and the repetitions often called stuttering which



are found in various other diseases. These repetitions might be called "pseudo-stuttering."

"Organic lisping" is an inaccurate form of speech produced by abnormal conditions of the speech organs. It may be illustrated by the case of the boy who says "sh" for "s" on account of a very high palate. Tongue-tie may cause the child to use "th" for "s." The lisp disappears when the organic defect is corrected. There is no resemblance between the sounds of organic lisping and those of stuttering; in the former the sounds are incorrect because they are incorrectly made, in the latter because they are made with too much force. Tongue-tie never produces stuttering directly. I have had a small boy with tongue-tie who both lisped and stuttered. Upon cutting the tongue band he ceased to lisp immediately, and stopped the stuttering after three days. The tongue-tie caused the lisp, and the embarrassment over the lisp caused the stuttering. A full account of organic lisping is given in Part II.

"Negligent lisping" is a term that may be applied to those errors of speech that are due to defective perception and execution of sounds. Thus "w" is used for "r" because the child does not clearly per-

ceive the difference and because he does not take the trouble to produce the more difficult muscular adjustments required for the "r." Most frequently the tongue is pressed a trifle too hard against the palate so that it closes up the small passages required for "s" and "th," thereby turning both of these sounds into "t" and producing "tun," "toap," etc., for "sun," "soap," etc., or "tick" for "thick." Often "t" is used for "k," as "tandy" for "candy." The defective sounds remain constant, whereas they change in stuttering. The lisper's "s" is always defective, whereas the stutterer may have trouble on initial "s" but not on final "s." Negligent lispings occur in normal or phlegmatic or mentally dull children, whereas the stutterer is always nervous; some lispers, however, become much embarrassed by their defects, and some even become stutterers on account of embarrassment. Negligent lispings are treated in detail in Part II.

"Stammering" is a term sometimes applied to the speech defects indicated by the German word "Stammeln"; these are the same as those just described under the term "negligent lispings." Often the term "stammering" is applied in a confused

way to a case of stuttering where the patient sticks in his speech rather than reduplicates his consonants. Most often the term is used as identical with "stuttering." It is better to eliminate the word "stammer" in order to avoid confusion.

"Neurotic lisping" is a disease described here for the first time. The person may speak with general indistinctness, appearing to mumble the words, or the incorrectness may be confined to special sounds. One girl of thirteen lisped over all the consonants. She was an excessively nervous child, and she spoke with incredible rapidity. As she was gradually quieted down, the lisping decreased. It became evident that the excessive nervous tension, combined with self-consciousness, produced a tense condition of the vocal organs allied to that of stuttering. She could not produce the smooth and delicately adjusted movements of normal speech because her muscles were overtense. Another girl of twelve was afflicted with partial deafness, which had made it hard for her to learn to speak. Being a sensitive child, the correction of the parents and the embarrassment and fear before them had caused nervousness. She spoke improperly because she over-innervated

the speech muscles. Neurotic lispings occasionally occurs in stutterers. The lispings may sometimes appear in only a few sounds, the others being distinct. One case of this kind lisped only on "s"; the cause was a fright that had left the person excessively nervous. The overtension of the speech muscles, the nervous condition of mind, and the similarity of causation in some cases point to a close relation of nervous lispings to stuttering; they might perhaps justify the term "spastic stuttering." Neurotic lispings may be distinguished from stuttering proper by the fact that the overtension of the muscles is a constant one; the mental excitement seems also to be a steady condition, not varying as in stuttering. Further details are given in Part II.

Bad cases of "cluttering" (hasty mumbled speech) are often confused with stuttering. Although the clutterer speaks with excessive rapidity and slurs over the details of his words, and although he breathes improperly and sometimes sticks in the middle of a sentence, yet the defects are the result of over-excitement and eagerness rather than of anxiety and fear, as in the case of the stutterer. The clutterer speaks better the more he is concerned about his

speech, the stutterer the less he worries about it (see Part II).

“Tic speech” or “choreatic stuttering,” or the speech of the “post-choreatic neurosis” (if the terms may be permitted) is characterized by a system of spasmodic movements of constant character that break up the speech in a way somewhat like ordinary stuttering. The trouble originates in an attack of acute chorea. After this has passed, the patient may retain various spasmodic movements which are no longer due to the cause of the original disease, but are really “tics” derived from the choreatic movements. Such cases are frequently diagnosed as “chorea,” whereas they are really “multiple tics.” The patient with this form of speech usually has various other spasmodic movements of the head, arms, etc. The speech itself does not show the regularity of stuttering. The stutterer will stick constantly for a while on certain consonants; his trouble is nearly always in getting started. The tic-speaker usually begins smoothly and catches and jerks at any moment; there is no regularity or system in the sounds he stumbles over. The mental attitude of the stutterer is characterized by anxiety and fear; the

tic-speaker does not hesitate to speak at any time, and is usually unabashed by his defect.

The speech defects of "hysteria" have often been confused with stuttering. In one case the patient upon being asked a question would hesitate a moment, turn her eyes to one side, and make a movement of the head as if she had just waked up to the question, and then answer with a slight difficulty at the start. The symptom was absolutely constant. Corneal and pharyngeal reflexes were lacking; she was readily hypnotized; all of these pointed to hysteria. Another patient could not say words beginning with "w" because a word beginning with that letter had once shocked his feelings. Sometimes the patient stumbles over all words relating to certain topics. Such patients do not show the cramplike action of the stutterer, and do not have trouble all through their speech; the laryngeal tone is not monotonous; the mental attitude is quite different. They are cases of hysteria, or of "hysterical pseudo-stuttering," and not of true stuttering.

The diagnosis of "hysterical mutism" has been made in cases where the stutterer's fright made him speechless in the doctor's presence. Older persons

that complain simply of inability to speak when meeting strangers will be found, on close observation, to stutter more or less perceptibly.

“Hysterical aphonia” results in a whispered or faint tone of the voice that is present continuously in a sentence; there are no cramps in the mouth or face. The stutterer never has the whispered or the faint voice; he nearly always has some cramps in the mouth or face. He may become speechless for a short time, but this does not occur with the hysterical patient.

In the “spastic speech” of cases of infantile cerebral palsy, the characteristic is over-innervation of all the muscles used to express the idea. In speaking a word the patient contracts not only the muscles of breathing, of the larynx, and of the organs of enunciation, as many a stutterer would, but also makes strong contractions of all the facial muscles. The overcontractions are those that would be needed to overcome heaviness of movement, and are often not well coördinated, whereas the stutterer’s overcontractions are those that express embarrassment and are perfectly coördinated for the purpose. In spastic speech there is none of the stutterer’s fear.

The over-exertion is continued throughout the sentence. The syllables are equal in length, and are laboriously enunciated.

A record of the word "papa" made by a patient with "cerebral birth palsy" is shown in Fig. 18.

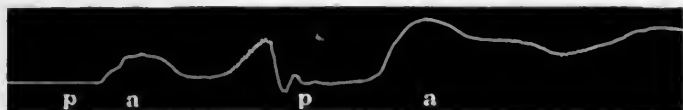


FIG. 18. — Mouth record of "papa" in a case of spastic speech.

The occlusion (straight line) for the "p" is followed by a blowy explosion (upward curve). The vowel vibrations are blown upward. All the sounds are longer than those of the normal record (Fig. 8).

The explosion for each of the "p"s is of the blowing kind, more like those of the stutterer's record (Fig. 9) than those of the normal record (Fig. 8). The vowels are also blown, as shown by the position of the line with the fine vibrations. All the sounds are lengthened, particularly the last vowel.

In "motor aphasia" the patient cannot find the words or sounds to express what he wants to say. There is usually a history of trauma or apoplexy. Stuttering nearly always begins in childhood; aphasia is usually connected with old age or injury. The excessive nervousness of the aphasic person sometimes resembles that of the stutterer; it has partly



the same origin in anxiety to get out the words and in fear of being ridiculous. There is no excessive muscular tension or cramp of the speech muscles. The laryngeal tone is normal, and not monotonous. Words or parts of words or letters



FIG. 19. — Mouth record of "papa" in a case of motor aphasia.

The syllable "pa" is spoken gently. A long pause follows. The word is then spoken correctly.

may be repeated (pseudo-stuttering), but the cramps of the stutterer do not occur.

One aphasic repeated a word or a phrase over and over before he could go on; for example, "Doctor — doctor — doctor Brown told me to come here. I bring — I bring — I bring what you told me — I bring — bring — bring, yes, bring, bring, I bring, etc.;" or "I say to my — to my — to my — I say that to my niece, I have my girl, I have my girl, etc." This is pseudo-stuttering. A stutterer does not repeat a word, but only sounds or syllables; he would have said "D-d-doctor," "I b-b-bring," etc.

A record of "papa" by this patient is reproduced in Fig. 19. The first syllable is spoken normally;

there are no cramps. Then follows a pause, after which the word is spoken correctly. This should be compared with a record of the same word by a stut-terer in Fig. 9. Sometimes the patient will repeat the first syllable a dozen times with pauses between. He says that he is for a while unable to recollect what the second syllable is.

This aphasic syllable or word repetition is utterly different in its cause and its symptoms from true stuttering. Kussmaul calls it "aphatic stuttering." It is simply one of the phenomena of aphasia.

In its early stages "multiple sclerosis" sometimes produces a kind of pseudo-stuttering; the later stages are characterized by a scanning speech in which each syllable is brought out with a distinct effort. The characteristic anxiety of the stut-terer is absent.

In "hereditary ataxia" (Friedreich's) the speech is slowed, clumsy, and often scanning. There may be hesitation, but there is no true stuttering and no stut-terer's fear.

In "progressive bulbar paralysis" the injury to the nuclei in the pons and bulb produces weak action of the muscles of lips, tongue, pharynx, and

larynx. The sounds of speech become mumbled and indistinct. The blurred pronunciation can hardly be confused with stuttering. The weakness of the laryngeal muscles produces hoarseness, dullness, monotony, lowering of pitch, and finally loss of voice. There is no fear of speaking as in stuttering.

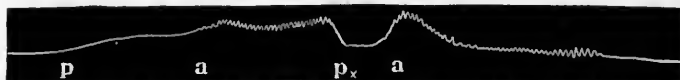


FIG. 20. — Mouth record of "papa" in a case of bulbar paralysis.

For "p" the line rises steadily; this shows that the lips were not closed completely. The strong vibrations for the vowels correspond to the bellowy character of the voice. For the second "p" the lips were closed, but the larynx continued to vibrate. The limits between the sounds are much blurred.

A record of "papa" spoken in a case of progressive bulbar paralysis is reproduced in Fig: 20. Instead of an occlusion and an explosion for the initial "p" there is a steady rise of the line, showing that the lips were not closed completely at any moment. For the second "p" there is also only a slight narrowing of the lips instead of a closure; the larynx does not stop vibrating for a moment as it should.

In "pseudo-bulbar paralysis" the speech is imperfectly enunciated; it may be nasalized; it may become an unintelligible mumble; it may even closely resemble stuttering (pseudo-stuttering). The

weakness of the muscles shows itself not only in speech, but also in every movement; *e.g.* panting, whistling, singing, sticking out the tongue, etc. Similar disturbances occur in swallowing and coughing. The eye muscles and the extremities are usually affected. It is characteristic that, although the voluntary control of these muscles is injured, yet they act perfectly in response to emotional, automatic, and reflex stimuli; for example, although the patient cannot move his lips or the facial muscles when talking, yet he laughs and cries and expresses his emotions in an exaggerated manner. In his speech the muscular action is too weak, in contrast to the too strong action in stuttering. There is no anxiety, as in stuttering.

In the speech of "general paralysis" the sounds are often slurred over, there are no cramps in enunciation, and single sounds are not repeated. Mistakes occur readily in the combination of the parts of a word. For example, the paralytic patient will say "artrillery" or "rartrillery," but it will be said without cramps. A stutterer would say "a-a-a-artillery" or "art-t-tillery." The paralytic can often speak the word correctly by trying very hard; the stutterer

speaks better as he speaks gently. The paretic "syllable repetition" is quite different from true stuttering; the paralytic will say "hippo-po-po-potamus," the stutterer would never say anything like this, though he might say "hip-pop-p-potamus."

The diagnosis of "insanity" with commitment to an asylum occurred in the case of a very bad stutterer. When excited, he would go through the most extreme contortions and gesticulations in the effort to get out a word, and would finally run up and down the room in wild exasperation at his inability to speak.

## CHAPTER IV

### THERAPY

THE prospect of a permanent cure of stuttering is good, provided the patient is willing and able to keep up the treatment for a sufficiently long time. The length of the treatment is variable. With very young children the cure often succeeds in one, two, or a few more treatments. Somewhat older children require three or four weeks or even months of daily treatment. Older persons are sometimes cured rapidly, but they are often very difficult to manage. When the patient receives treatment only during visits to the physician two or three times a week, a permanent cure may require six months or a year. When there is weakness of character, a permanent cure can be effected only by remedying the underlying defect at the same time.

The first step in the cure of stuttering is to look after the patient's bodily and mental health. Most stutterers are anemic, all are nervous. Fresh air

and exercise, proper hygiene of meals, sleep, and moral habits, regulation of school or office work, cod-liver oil, iron, arsenic, etc., are indicated. The treatment of the stuttering is often useless unless the patient is treated for his nervousness; the two troubles aggravate each other, and they should be treated simultaneously. Nose and throat should be in good condition; turbinates, polyps, septum, adenoids and tonsils should be treated if necessary.

At the outset it is usually necessary to explain to the parents how the stutterer is to be regarded at home, or to the patient himself how he is to regulate his life. The home attitude during the fright stage should be such that the stutterer should be encouraged to forget himself. His attempts at new ways of speaking should not be commented upon. Mistakes and relapses should not be noticed. The patient should never be blamed. With rare exceptions the attempt of a parent to correct or help the stutterer is an added irritation and a direct hindrance.

The treatment of stuttering is based on the following principles.

The "principle of a new method of speaking" is founded on two facts: first, that the stutterer speaks

in an abnormal voice, which we may call the "stutter voice"; and, second, that he does not stutter

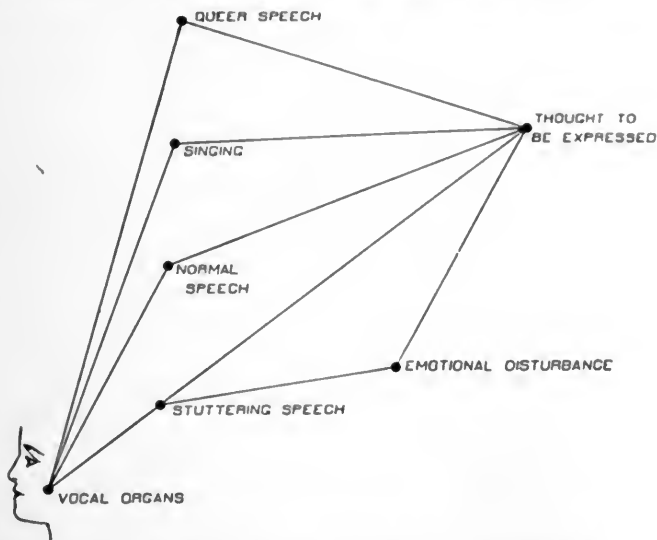


FIG. 21. — Scheme to illustrate the mechanism of stuttering.

When the stutterer attempts to express a thought in his usual voice, he is obliged by the emotions connected with speaking to cramp his vocal muscles. If he expresses his thought by singing, by queer modes of speech, or in any other way unusual for him, he has no difficulty. The normal way of speaking differs so much from the stutterer's voice that it is just as unusual to him as the queerest voice can be. He cannot stutter in a normal voice.

when he expresses his ideas in any other voice, such as the singing voice.

The scheme shown in Fig. 21 expresses these two facts. When the stutterer tries to express a thought in the presence of another person, the action of his speech



is interfered with by the emotional condition (embarrassment or fear) that is aroused at the same time. He therefore speaks in his stutter voice. If he tries to express the thought in any other way than the usual one, the emotional disturbance does not arise. This explains the familiar fact that a stutterer never has any trouble when he sings what he wants to say.

Since the patient does not stutter if he speaks in any unusual way, he can be taught to speak in some kind of an odd voice. The stutterer can at any time speak without stuttering if he will use an abnormally low voice, or an abnormally high one, or if he will drawl the vowels or slur the consonants, or if he will speak in a choppy staccato voice, and so on. These are the methods of the "stammer schools" and "stutter curers." They are objectionable because they leave the patient with a queer voice. He is likely to have it told him that the "cure is worse than the disease." He usually gives up the queer voice after a while and becomes a stutterer again because the queer voice itself produces embarrassment and he naturally feels like discarding it.

The essential point is that the stutterer feels his manner of speech to be different from his stuttering

voice. One patient could never dictate to his stenographer. I found that he could not distinguish one note from another in music. I told him to sing what he wanted to dictate. He did so without the slightest hesitation or difficulty, in what he supposed to be a singing voice; it did not differ, however, from his stuttering voice, except in being slightly easier and more natural. As long as he thought he was singing, he did not stutter, although he did not sing. The cure was a failure because he refused "to make a fool of himself by singing to his stenographer." To have enlightened him concerning the fact that he did not sing would have destroyed the belief that he was singing and would have made him a stutterer again. There was no way out of the dilemma.

There is another way of speaking which is unusual to the stutterer, namely, the way in which the normal person speaks. When he speaks in this way, he does not and cannot stutter. The therapeutic procedure on this principle will therefore be to teach him to speak normally. Each of the abnormalities that appear in his speech has to be determined and corrected. The result is perfectly normal speech.

This is the only method of cure that should be permitted.

The "principle of relaxation" is used to aid in overcoming the emotional condition of the stutterer. It is pointed out to him that he speaks in a hard, strained voice. He is taught to speak softly, melodiously, and pleasantly. It is quite effective to get him to go through various exercises while lying down and trying to doze; a hypnoid or a hypnotic doze aids in relaxation.

The "principle of habit formation" implies that the new way of speaking is to be drilled into the patient till it becomes a habit. The greatest difficulty lies in the fact that speech is so automatic that we practically never think before we speak. The training requires the patient at first to think how he is to speak each time before he actually speaks. The first steps require him to repeat sentences, poems, etc., after the instructor. This is continued till proper habits are formed. The final result must be a purely automatic system of speech habits. If the treatment falls short of complete automatism in the new form of speech, the patient will probably drop the habit and become a stutterer again.

The "principle of spontaneity" is requisite because, when the patient has learned to repeat perfectly, he will still be unable to do so when he speaks of his own accord. A gradually increasing amount of spontaneous speech is introduced into the treatment. A good method is for the instructor to speak declarative sentences and questions alternately; each declarative sentence is repeated by the patient, but each question is answered. He is urged to speak the answers in the same tone and manner as the questions. Gradually longer answers and then free conversations are introduced. The patient should finally talk freely and perfectly. Another method is to give the patient something to read. At first the instructor reads with him; soon the instructor drops out for an ever increasing number of words until the patient can read alone.

The "principle of increasing embarrassment" arises from the fact that, even when the patient has learned to speak perfectly in the presence of the physician or the instructor, he is unable to do so under other circumstances. The patient is taught to speak properly before a few other persons or before a class. Still more difficulty is introduced by

making introductions, speaking over the telephone, buying in stores, reciting in school, etc. For the introduction exercise the stutterer practices at first privately and then with gradually increasing numbers of strangers. The other problems are met by exercises to develop confidence.

The "principle of equilibration" responds to the fact that some patients are abnormally lively and expressive while others are retiring and depressed.

The former type is quite the usual one among small boys. They are characterized by excessive volubility; their speech runs in a stream, they reply before you have finished your remark, they continually insert remarks in the conversation of others, they often talk and act in a way that is "fresh" or even impertinent. It often happens that the patient stutters only when he gets into such a flippant mood, or when he thinks of something funny. This is the mood expressed in the jokey style of talk of the mining camp, of the swaggering tough, and to a lesser degree of college boys. The very essential of the cure lies in repressing such patients. It is explained to them not only that their manner is improper and offensive, but also that their stuttering

is due to their lack of self-control. They are required to keep silent when others speak, to silently count four before speaking, to speak in time to a metronome, to speak no unnecessary word, etc.

The other type of stutterer is ashamed to speak, or is dejected and depressed. Such are many of the older boys and the young men and women. They need to be encouraged. It is explained to them that there is a chance for them to escape from their bondage and that life may become bright and happy. Moreover, they are not to take their defect so seriously; others have the same trouble. It is useful to accompany such patients to stores, to their homes, etc.; a helpful word is inserted when needed. It is pointed out to them how much their speech improves from week to week. When a patient has serious trouble on certain occasions, for example, buying in a certain store, it is often stimulating to bet him that he will have the same trouble next time.

The "principle of correct thinking" indicates that the abnormal habits of thought, which a stutterer always acquires to a greater or less degree, are to be corrected by appropriate exercises.

A frequent abnormality is that of getting into a

daze at each effort to think. The patient finds that he cannot decide promptly. It was typical of one patient that upon being asked "Which kind of dog do you like best?" he hesitated, and grunted, and finally said, "I really cannot say which I like best." He was cured by being obliged to give some kind of decision quickly, regardless of whether it was correct or not. The trouble was due to the mental flurry or daze that had become a habit. Another patient, when leaving a house, found himself unable to say "Good-by" because some friends were waiting for him. The trouble arose from a conflict between the motive to hurry after the friends and the motive of not offending the host; this produced a mental daze that left the patient speechless.

The school exercises of another patient were learned in such a hazy fashion that he had a feeling of uncertainty when reciting; this made him stutter violently. The habit of hazy knowledge may extend to every topic in life; the patient must be trained to know perfectly and surely what he does know, and to recognize exactly what he does not know.

The "principle of correct enunciation" responds to the fact that some stutterers enunciate indistinctly

or incorrectly. This may be due to confused and incorrect notions concerning sounds ; such a condition is a form of "negligent lispings" (Part II, Chap. I). It is sometimes due to a general excess of muscular effort ; this is a form of "neurotic lispings" (Part II, Chap. IV). The exercises for general indistinctness (p. 157) are to be employed.

An important principle is "belief in the success of the treatment." When the belief is strong, the patient makes his readjustments more eagerly and is bolder in using them in speaking to others ; the consequent success encourages him and gives him confidence. This in turn leads to still further success. With a patient who is consciously or unconsciously doubtful of the outcome, the treatment becomes laborious. With such patients and with all who have become doubtful through failures or relapses, a careful psychanalysis (see below) may be needed to remove the doubt.

A thorough "correction of character" has to be frequently carried out in order to produce a complete and permanent cure of the stuttering. Whenever possible, the patient should have his entire life studied and regulated by the physician.



Defects of intellect and morality have to be treated by the appropriate methods. The neglect to reform a person's character frequently results in failure of the cure to be permanent.

The "principle of subconscious readjustment" recognizes the fact that only a very small portion of our mental life is conscious. From earliest infancy our characters have been developed by our surroundings and by the experiences we have passed through. Our past has been mainly forgotten, but its results are present in our traits of character. The last one to have any idea of his character is the person himself. The cause of the stutterer's trouble is entirely unknown to him. It is purely mental but it is subconscious, and a cure is often possible only by a careful study of the patient's subconsciousness. This can be done only by the group of methods known as "psychoanalysis" (Freud). Some of these methods are briefly described below.

The usual conditions under which the cure is to be achieved include, in the first place, individual treatment at the physician's office.

My method is to give the patient a thorough mental and bodily examination. The general anam-

nesis covers the history of the present illness, its presumable cause, heredity (stuttering, nervousness, asthma), past diseases, education, habits (tea, coffee, alcohol, tobacco, drugs, sleep, food, work, sex), appetite, digestion. The general status includes the size, height, weight, general condition (nourishment, anemia, exhaustion), general intellectual appearance, urinary analysis (albumen, sugar, indican), circulation (heart). Special examination of the organs used in speech includes the nose (septum, turbinates), throat (adenoids, tonsils), larynx (carrhal conditions), chest (diameter expanded, retracted, capacity by spirometer). The special anamnesis can be obtained only gradually as the patient's friendship is gained. It should furnish all sources of nervous strain in his life. He is asked to give a most careful account of his relations to the other members of his family, to his schoolmates or his friends, to chance acquaintances, to the community, and to mankind. On each of these topics he is to compare his attitude to that of other persons. The object is to relieve him of all feeling of strain by making him realize that all human beings are built on the same principles as he is, and that they are not stran-

gers before whom he should have any feeling of fear or distance. Since the patient stutters least before persons who have the most sympathy with him and notice his trouble least, he is brought to feel that the whole world is much more friendly than he supposed.

Without waiting to get a detailed special anamnesis, work may be begun with exercises, and, in some cases, with psychoanalysis.

The exercises are prescribed at each sitting as the various faults show themselves. If the patient speaks too fast, one or more slowness exercises are ordered; if too stiffly, melody and flexibility are indicated; if the breathing is incorrect or the tone is husky, the appropriate exercises are noted, etc. An attendant, who has been listening to the physician's criticisms and explanations, then carries out the exercises with the patient.

Psychoanalysis is begun by association tests and the analysis of dreams, as described below. This immediately brings physician and patient into the closest personal relations; the latter will discuss matters that he would not mention otherwise; the special anamnesis is obtained rapidly. Moreover,

it brings to his mind many important events of the past and calls his attention to many conditions in the present otherwise overlooked. Finally, it is used for a study of the patient's subconscious condition. The distinction between the conscious and the subconscious elements of his mental life are explained. As he learns to realize the points in which his mind works differently from what it should, he involuntarily proceeds to a gradual correction.

The physician should gain the patient's friendship and devotion. His ability to develop the patient's confidence is one of the chief factors of the cure. The patient should be willing to devote a large amount of time to the exercises with the attendant. Office treatment has the advantage that it does not remove the patient from his business or school and also that it enables a cure to be gradually worked out in the environment in which the patient must live.

The final success or failure of the treatment depends largely on the patient's determination to persist until the cure is complete. Sometimes a patient will spend many months with only gradual improvement; finally the resistances and ancient

habits suddenly break down and the patient is cured rapidly. He should make up his mind that at any cost he will continue treatment until he speaks perfectly. When he does speak perfectly, he should not drop the treatment. He should return at steadily increasing intervals for examination and for any needed revision. When he reaches a six-months interval, he should make a permanent arrangement to return at such an interval; this is not too much to ask, even a dentist makes that demand. It is true that some cases get well in a few treatments, and that most cases do not have relapses; but no one can tell beforehand how any one case will turn out.

Another form of treatment is that at an institution. The patient lives with the physician and attendants in a special house. He suddenly breaks off all connection with his past life and enters upon a novel series of experiences in strange surroundings where people constantly supervise his speech. His entire manner of life — bodily and mental — is subject to regulation. This form is very effective when it can be carried out. The separation from the family is often absolutely necessary for a cure.

Treatment by classwork has a great advantage in the feeling of solidarity it awakens and in the inspiration of being cured together with others. It is used in the office and institutional forms of treatment by holding daily classes for the various exercises. The interest and enthusiasm that can be awakened by the various exercises, by the telephoning, by the ticket selling, by the impromptu vaudeville, by the debates, etc., are most beneficial.

In the speech clinic the treatment must be mainly in small groups or classes. So far as possible, the physician should attend to the patients individually also.

In connection with the public schools a careful examination should be made by a competent physician of every child who does not speak perfectly. Stuttering must be carefully distinguished from the other nervous defects. In all cases of defective enunciation (Part II) there should be tests of intellectual development also. Many of the stutterers and some of the lispers can be treated in special classes conducted by trained experts under direction of the specialist. Whether these classes are held during school hours, after school hours, or in vacation is a

matter that must depend on local conditions. Quite a number of the stutterers and lispers must receive special individual treatment. The other speech defects can be treated only on directions from the specialist.

## CHAPTER V

### METHODS OF TREATMENT

THE object of the treatment is to give the stutrer a normal voice and a normal state of mind. The following methods of treatment are those that will be found most efficacious :—

#### *Training in Melody and Flexibility*

The tone of the voice, which rises and falls as we speak, is produced by the vibrations of the vocal cords in the larynx; it may properly be termed the "laryngeal tone."

The stutrer cramps the muscles of the larynx so that he speaks in a monotone. The cure consists in putting melody and flexibility into his laryngeal tone.

By "melody" we mean the rise and fall of pitch for successive syllables. Melody may be indicated by notes on a staff or by the rise and fall of a line. The tones on which the words "How do you do?"



may be sung are indicated by the notes in Fig. 22 or by the line in Fig. 23. In speech each syllable has a rise and fall in pitch, as indicated in Fig. 24.



FIG. 22. — Notes indicating how the phrase "How do you do?" is to be sung.

The speech of the stutterer is monotonous and stiff, having neither melody nor flexibility (Fig. 25).

A record of the word "papa" as actually sung is reproduced in Fig. 26; its melody plot is given in

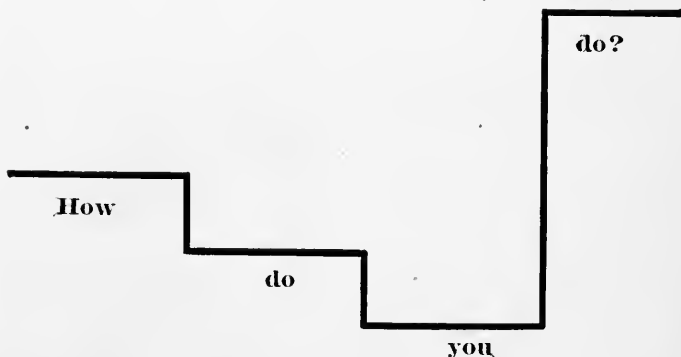


FIG. 23. — Line indicating how the phrase "How do you do?" is to be sung according to the notes in Fig. 22.

Fig. 27. Comparison of Fig. 27 with Figs. 16 and 17 show vividly the differences in melody among the three forms of expression.

The pitch of the laryngeal tone is determined by

the degree of tension of the vocal cords. To vary the pitch constantly, as in Fig. 27, the cords must change their adjustment at every instant; that is, the laryngeal muscles must be freely and delicately

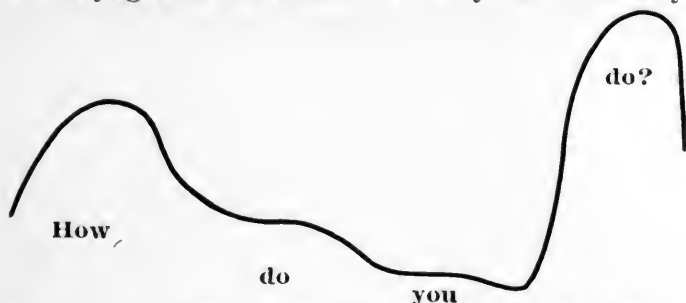


FIG. 24. — Line indicating how the normal voice should rise and fall in speaking the phrase "How do you do?" with a melody similar to that indicated in Fig. 23.

poised and must act readily and accurately. The stutterer, however, cramps them up so that they can

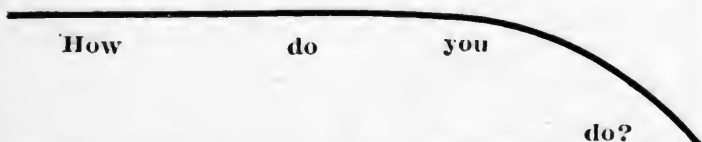


FIG. 25. — Line indicating the monotony of the stutterer's voice in speaking the phrase "How do you do?"

move only with difficulty. He sticks to one tone as much as possible. His action resembles that of a child who cramps a pencil tightly in his hand; he can draw a straight line with a ruler to guide him, but he cannot write or draw gracefully.

The laryngeal cramp may be broken up by the "melody cure." The stutterer is first taught to sing a song or a phrase while accompanied by the



FIG. 26. — Mouth record showing the word "papa" as actually sung. The vibrations of each vowel are of the same length throughout.

piano or another voice. His voice will rise and fall, as indicated in Fig. 23, and he will have no stiffness or cramps. Then he must speak the word on the

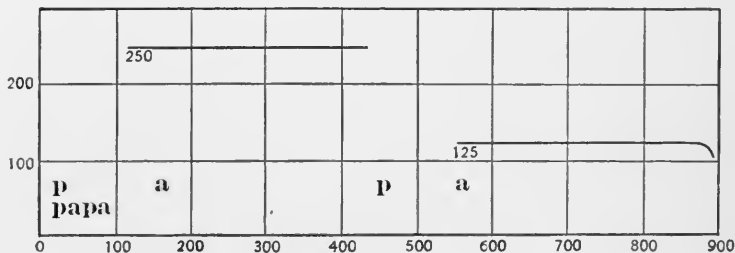


FIG. 27. — Melody plot to Fig. 26.

same notes, first with and then without musical accompaniment. This gives him the idea that he must put melody in place of monotony.

The patient now learns to make his voice "flexible." The instructor pronounces various words in such a way that the laryngeal tone passes over an octave in the first important vowel; this may be

called the "octave twist." Fig. 28 indicates the method in musical notation. In Fig. 29 the general



FIG. 28. — Octave twist in musical notation.

change is shown by a line.

In going over the octave in this way the voice passes from the chest register to the head register. For these registers the laryngeal adjustments are quite different. The stut-terer always speaks in the chest register. If he leaves this register, he must relax the muscles, that is, he must drop the cramp and start a new adjustment. An analogy may be found in raising a weight by the arms from below the waist to over the head. One set of muscles pulls it up to the shoulder, but an entirely different set must



FIG. 29. — Octave twist indicated by a line.

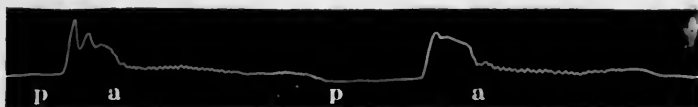


FIG. 30. — Mouth record of "papa" spoken with the octave twist.

The waves of the first vowel become shorter and shorter; this indicates that the voice rises steadily.

be used to get it up any farther. The stut-terer will try to raise his voice while keeping to the chest register; he will usually stop at the fifth (*c* to *g*) in-

stead of going over the whole octave ( $c$  to  $c'$ ). As long as he does this, the exercises do him no good whatever; he must be persistently trained until the full octave becomes easy.

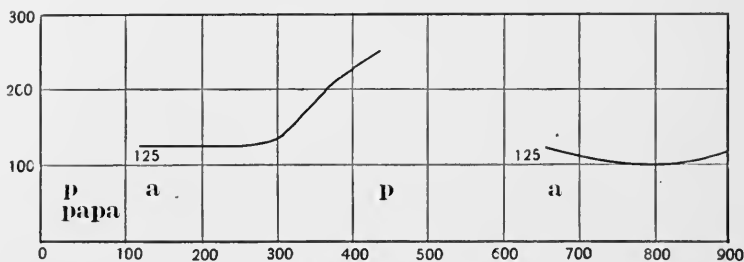


FIG. 31. — Melody plot to Fig. 30.

The voice rises through an octave in the first vowel.

A record of the word “papa” spoken with the octave twist is shown in Fig. 30. The waves of the first vowel become shorter and shorter. The melody



FIG. 32. — Mouth record of “papa” spoken with an unsuccessful attempt at the octave twist.

Although the vowel waves become shorter in the first vowel, they do not become as short as in Fig. 30.

plot (Fig. 31) shows that the voice rose through an exact octave. The word spoken in this way was much longer than when spoken normally. This is usually so at the beginning of the treatment, but as

the patient becomes more skillful no more time is required when the octave twist is used.

The common fault of the beginner who sticks to the chest register and fails to rise a full octave is shown in Fig. 32. Although the waves of the first vowel become shorter, it is very evident that they did not

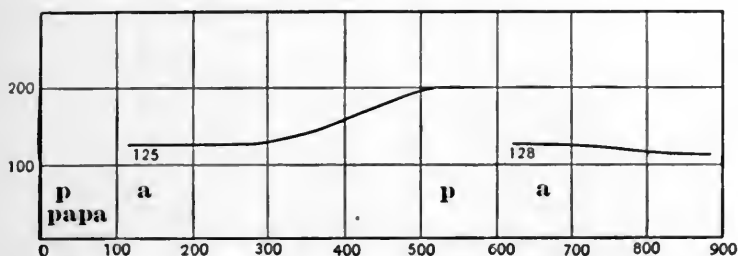


FIG. 33. — Melody plot to Fig. 32.

The voice fails to reach an octave on the first vowel.

become short enough. The melody plot is given in Fig. 33.

The melodization of the voice goes on day after day until the stutterer can do it perfectly. Usually all the other kinds of stiffness and cramps disappear together with the laryngeal stiffness, because the stutterer has learned to speak with a new voice, that is, to use a new set of habits free from the stuttering impulse. The object of the melodization and the octave twist is relaxation of the muscles

of speech. When this has been accomplished perfectly and permanently, the person may speak in any way he pleases.

### *Correcting the Vocal Quality*

The stutterer's voice usually sounds hoarse and breathy. This is due to improper action of the laryngeal muscles whereby the vocal lips are not brought closely together. Perfect closure is shown in Fig. 34; one condition for the breathy tone is shown in Fig. 35.

This "stutterer's hoarseness" can be readily corrected by exercises in which the patient sings and speaks "ah" with the glottal catch (*coup*



FIG. 34.—Perfect closure of the glottis.

The vocal cords close tightly together in producing a clear tone.

*de glotte*) at beginning and end of the sound. The breath is held back by closing the glottis; the vowel begins suddenly with strong vibrations; it is ended by snapping the glottis shut again. Figs. 36 and 37 give records of a normal English vowel and a vowel marked off by glottal catches; they were



FIG. 35.—Glottis during a breathy tone.

The cords do not come together completely and the tone sounds husky or breathy.

made by the apparatus shown in Fig. 7. Such a vowel begins like an initial vowel in German. It is usually not difficult to teach this to the patient. In a similar way the patient learns also to speak



FIG. 36. — Vowel curve with normal beginning and ending.  
The voice starts to vibrate gently and ends in the same way.

vowels. Other exercises include staccato singing and staccato speaking of words and sentences.

It is a rather common fault of the stutterer to let the laryngeal tone (tone of the voice) cease before he ends the last word, whereby the end of the word is



FIG. 37. — Vowel curve with glottal catch at beginning and ending.  
The vocal cords close tightly together and then open with a sudden snap as the vowel begins. The vowel is ended in the same way.

spoken in a hoarse whisper. This is corrected by having him snap his glottis shut as he ends the word.

Almost invariably stuttering children and women use a voice that is abnormally low. A child of ten will sometimes speak on a pitch that belongs to an adult. For correction a child practices singing



songs of appropriate pitch ; then he sings sentences to melodies he has learned ; then he half sings, half speaks them on the correct tones, and finally he simply speaks them likewise.

The stutterer's voice is usually very poor in quality ; it sounds thick, as though the throat were stuffed with cotton ; there is none of the sharp resonance that characterizes a good singing or speaking voice. The method of correction is much the same as for a student of vocal music. The patient is trained in singing scales, arpeggios, and songs in sharply resonant tones. The resonant tone is then carried over into speech.

The bad quality of the stutterer's voice is due to improper action of the various muscles involved in speaking. Some of these muscles are not sufficiently tense, while others are violently contracted. There seem to be constant relations according to the law that a lack of contraction of one set is accompanied by excessive contraction of a certain other set ; thus, the usual failure to raise the velum (soft palate) sufficiently is always accompanied by strong contractions of the jaw muscles, a condition which is not only unnecessary, but also distinctly pernicious.

Another common defect is underaction of the palatopharyngei (rear arch of palate) with overaction of the palatoglossi (front arch). Very frequently there is overaction of the mylohyoid and geniohyoid whereby the larynx is pulled forward away from the backbone. Correction of such defective action of the muscles used in speech requires special exercises (Part III).

### *Correcting the Breathing*

Stutterers generally have cramps of the breathing muscles, or they breathe in hurried gasps, or they blow out almost all their breath before speaking, etc. Usually it is sufficient to train the stutterer to take a breath before each sentence and not to let any of it out before he speaks. Exercises in reciting the alphabet several times in one breath, trying to say as much as possible of a poem likewise, etc., are useful. Passive and active exercises may include the usual special calisthenic movements; *e.g.* chest lifting with expansion, upward arm stretching with resistance, standing-breathing with arms front upwards and side downwards, broad standing neck front sidewise bending, same with trunk twisting, etc. These and gymnastic exercises (chest weights, running, and the like) aid

in giving command of the breathing organs and produce a feeling of confidence in them. The abnormality in breathing usually disappears when the stutterer speaks with the octave twist (p. 78).

### *Developing Slowness*

Almost without exception stutterers talk too rapidly. They do not realize this fact, and they often refuse to believe that they talk as fast as another person who imitates them. They have two different measures of rapidity, one for themselves, the other for other persons. The correction of the fault is most difficult; it can be accomplished only by frequently repeated exercises and continual reminders. Many stutterers are cured in a relatively short time of everything but excessive rapidity; owing to its persistence they repeatedly relapse. Others seem able to speak slowly only with the utmost difficulty; in such cases a cure of the stuttering is often impossible as long as the excessive rapidity is not overcome.

Exercises in slowness are given by having the patient read and repeat poems and sentences in time to a metronome beating 54 times a minute. Conversation is carried on likewise. Later the conversation is carried on just as slowly, but without the metronome.

Speaking with the metronome usually makes the voice hard, unless special attention is given to softness. Some kind of pendulum, such as a weight on a string, may be used instead of the metronome.

Quite useful is persistent drill in speaking with lengthened vowels, for example, "The su-u-u-u-un is se-e-e-etting." The voice must be kept soft and melodious.

A stutterer often thinks he gains slowness by putting pauses between words, whereas each single word is spoken as quickly as before. This produces jerky speech.

#### *Training in Proper Thinking*

A common trouble is the inability to say a certain word that the patient wants to use. He may be unable to read the names of a list because he may stick at any one. Or he is constantly looking ahead in his conversation for words he may not be able to say, and he spends much of his mental energy in substituting other words for them.

Exercises are instituted wherein the patient gives the names of objects pointed to. This he does first by singing them and then by speaking them melodiously.

The most common defect is the inability to go directly to the point to be brought out in speech. A series of graded exercises is to be used. A word is called out, to which the person is to respond with the first thing he thinks of. For example, when the instructor says "rose," he may answer "flower." This "simple association of ideas" is to be made as quickly as possible. Measuring the "association time" with a stop watch in fifths of a second is an effective stimulus. In a somewhat more difficult exercise the patient is required to make such associations in a series, starting from a given word and making as many as possible in ten seconds. For example, on hearing the word "shoe" the patient may associate "lace-black-mourning-death-skeleton-medicine-doctor-cravat-etc." Somewhat greater difficulty is involved when all the associations must be connected with the given word. Considerable more difficulty is introduced by requiring each association to refer to the preceding one in the relation of (a) part to whole or (b) whole to part. For example, to "room" the association might be "floor" (b), "board" (b), "house" (a), "city" (a), "street" (b), "sidewalk" (b), "stones" (b), "hills" (a), etc.

The indefinite or dazed condition of mind of the stutterer applies specially to his notions of words. It is frequently accompanied by inability to spell correctly; in such a case exercises in spelling are to be used.

Some stutterers develop the habit of frequently breaking off a sentence and repeating it with a changed construction. In such cases this may not be due to the desire to avoid certain words, but to a hesitating habit of mind. The patient should be required to stick to his original sentences. Exercises in conversation carried on entirely in short declarative sentences can be readily devised.

### *Correcting Enunciation*

The excessive muscular tension of the stutterer is to be combated by training him to keep his muscles relaxed. To correct individual sounds he repeats words with that sound, first with the sound omitted and then with the sound much weakened. If the stutterer is troubled by initial "b," he reads or repeats words beginning with "b" but omitting that letter, for example, "-utter" instead of "butter"; then he pronounces the same word with a very faint

“b,” thus, “butter.” This can be done for all sounds with which he has trouble. Words may be found in a dictionary or in the lists in Part III.

The stutterer often places his tongue or lips incorrectly while stuttering. He may learn the correct positions for any sounds that trouble him and may



FIG. 38. — Mouth record of the stutterer's correction of the inspiratory “p” in Fig. 10.

A correct occlusion is followed by a fairly successful attempt at an explosion.

try to get these positions. On the principle of a new method of speaking (p. 57) this is often effective.

For many stutterers it is of great benefit to study the positions of the vocal organs for the vowel sounds, as shown in the Plates at the end of this volume. The stutterer's incorrect enunciation, however, usually does not arise from the placing of the organs, but from abnormal use of them.

The incorrectness in use can be accurately and strikingly shown by the graphic method. The record of a stutterer's inspiratory “p” is given in Fig. 10. After the nature of the defect had been explained to

him, he tried to correct his mistake; with the eighth attempt he was able to change the inspiratory "p" into an explosive one, as shown in Fig. 38. The result was not a very good "p," but the essential fault had been overcome.

### *Developing Confidence*

The most serious disturbance in the stutterer's emotional condition is lack of confidence in his ability to speak when he wants to. The following procedure is serviceable when confidence in the voice is utterly gone; it can be abbreviated as may be necessary.

A tone is produced on a piano, organ, or some other musical instrument. The instructor sings "ah" at the same time. The patient then sings it with the instructor while the piano sounds. This is repeated until the patient declares confidently that he is sure he can at any time sing a tone with the instructor and the piano. Then the patient is to sing the tone without the instructor. If he hesitates, the instructor sings also. This is repeated until he declares that he can at any time sing a tone with the piano. Thereafter two, three, and more tones are used in the same way; a declaration of confidence



is made at each step. Often it is convenient to begin at once with the arpeggio *c-e-g-c'* instead of single tones. The preceding steps are generally unnecessary, as it is usually possible to begin at once either with singing or with repeating sentences.

Children are usually ready to sing without hesitation or diffidence, and it is often best to begin the treatment with simple songs, because the child knows that it never stutters when it sings. If the child is at all diffident, the instructor sings a line of it first alone; then the instructor and the patient sing it together; then, if necessary, both start together, but the instructor drops out while the patient keeps on; finally the patient sings the line alone. In this way he learns to sing various songs with the fullest confidence. Other words are now substituted for those of the first line of the song. Sentences like "This is a very fine day," "My name is Jack Robinson," etc., are sung to the notes of the piano. Then the instructor sings a question and the patient sings the answer; for example, "What is your name?" "My name is Jack Robinson." The patient becomes fully convinced that he can sing anything he wants to say.

Having gained so much confidence the patient is now to learn that he can always speak properly in a singsong tone. With most older patients the preceding practice in singing may be omitted and the singsong may be started at once. The best form of singsong is a frequently repeated "octave twist" (p. 57). The patient reads or repeats with the instructor a sentence or a poem whereby the voice is made to go over the octave several times; for example, in the lines "A wee little boy has opened a store" the octave twist would be used in "wee," "boy," "o" of "opened," and "store." Then he repeats such material after the instructor, and finally says it alone. He practices till he is quite confident that he can do this perfectly.

The instructor reads a series of sentences and questions (as in a traveler's manual) in a like way. Whenever a statement occurs, the patient repeats it. When a question occurs, he answers it spontaneously, striving to keep the flexible intonation. The most careful watch is kept on the octave twist. Some patients persist in raising the voice only a fifth (*c* to *g*) instead of an octave (*c* to *c'*) when repeating a sentence. In answering questions all patients at

once drop back to the stiff stutterer's tone, and fail at first to get the octave twist. The patient's answer should be used as a sentence for repetition whenever it does not have the proper intonation. By gradually developing the melodious speaking during answers to questions, the patient ultimately finds that he can always speak independently with the octave twist. It is pointed out to him that it is impossible to stutter and to use the octave twist at the same time; the instructor tells him, and he will agree, that he need never stutter again if he can only remember to use the octave twist always. Of course, it is impossible for any one to always think of this before he speaks; therefore this way of speaking must be persistently drilled till it becomes automatic. It is also true that, even though he forms the habit while at work in the office, he will at once drop it as soon as he becomes worried by the presence of another person; further development is thus necessary, as follows:—

When the patient has gained confidence in this work with the instructor, another person is brought in to listen to him. This should be done in such a way as not to embarrass him. If the patient is a child,

he should first be praised for his progress, and then asked if he would not like to let his mother or sister see how well he is doing; the other person should be instructed beforehand to praise the patient's success. With older people it is well to begin with the presence of the doctor's assistant or with some one whom he feels not to be a critic. It may be necessary to go over the whole routine again in order to develop confidence before a third person. When this is accomplished, still more people are brought in. It is often very inspiring for the patient to go through these exercises in company with other stutterers. Strangers are gradually added to the group.

If the patient stutters when reading, a similar method is pursued. He first reads in unison with the instructor. The latter stops for a few words at a time, leaving the patient to read independently. Gradually the stops are longer, until the patient can read alone perfectly. He is to learn in a similar way in the presence of a third person, etc.

Further steps in developing confidence in spontaneous speech are taken by assigning topics concerning which the patient must say a few words.

For example, he is to make a few remarks about the furniture in the room, the weather this morning, the fine time he had last summer, the best way to reach his home, etc. For a somewhat more difficult exercise the instructor relates or reads an anecdote, a short story, a newspaper item, etc., and the patient is then required to give the gist in his own words. As a variation he may first read the material, and then tell about it. He may be required to give short accounts of what he has learned in school.

Still further confidence is developed by requiring the patient to stand up and deliver speeches, either those that have been memorized, or spontaneous ones on topics that are suggested. This is best accomplished with a group of stutterers. The group is said to represent, for example, a dinner at which each guest has to respond to a toast. Again, the group is a party of tourists on an automobile; one of the patients is the chauffeur; they all make remarks on the events of the journey. Again, the group is in a restaurant; one of the patients is the waiter, the others are guests, etc. Entire scenes are acted out, whereby spontaneous speech is constantly required. The inspiration of such a class is a potent factor in developing confidence.

More difficult situations are approached by imitating them first in the office. A table with objects represents a store. The patient buys and sells in the presence of people. When he can do this perfectly, the instructor goes with him to stores and helps in the buying. In like manner a ticket booth is arranged. For classroom work a class is organized and lessons in arithmetic, geometry, Latin, etc., are assigned, as may be appropriate. The patients are called up to recite, to demonstrate at the board, etc. Later the class is transferred to an actual classroom; still later outside instructors are brought in, older patients are appointed instructors, etc.

The special difficulty in telephoning is met by practicing at first on a private line between two rooms. The person at the other end represents "central" and the people called up. The stutterer should also practice the part of "central" in order that the real central may not appear so strange. When the patient no longer gets excited, the main line telephone is given to him, but the switch is held down so that there is no connection. Some one near by speaks as if he were "central." When the patient feels quite confident at such "dry telephoning,"

the switch is released and an actual call is sent. The instructor keeps close to the transmitter, so that at the slightest hesitation he finishes what the patient wants to say.

The outside situations are in general to be met by an attempt to get the patient's mind directed to the interest of the thing and not the manner of presenting it. For school it is desirable to go over the exercises with him beforehand, explaining and illustrating them in such a way that he becomes fascinated with the subject.

The appointment of stutterers as teachers of other stutterers in the office or in the clinic is very efficacious in developing confidence.

A very difficult abnormality of feeling that occurs in many stutterers is the mental cramp that occurs when they are suddenly called upon. The cramp of expectation in a mild degree is perfectly normal; for example, while waiting for cards or for dice to be shown, a normal person usually feels a slight flurry and holds his breath for a moment. With the stutterer this goes so far that at a knock on the door he will be struck absolutely speechless and be unable to call out. To meet with such a condition

games with dice, counters, etc., may be practiced; thereafter exercises are instituted in suddenly answering knocks, and in other situations that the patient describes as troublesome.

Confidence is also developed by increasing the loudness and carrying power of the patient's voice. He learns to speak in a full, resonant tone. Then he is removed to a distant room and forced to speak more loudly. The loud, resonant voice cannot be produced unless the speaker has a feeling of self-confidence; the cultivation of the voice thus develops the feeling directly. Moreover, a decisive, commanding voice causes those who hear it to attend in a more respectful way than they do to a hesitating, timid voice; this in turn produces more self-confidence in the speaker.

### *Readjustment to Environment*

A very obstinate abnormality of feeling is the stutterer's altered appreciation of the relation of himself to his environment. It arises not only because he knows that he is abnormal in his speech, but also because the abnormality makes other people treat him differently. His feelings toward



other people are therefore very different from those of normal persons. This leads to an abnormal kind of life.

With some patients this condition has to be attended to from the start, because they make no progress and cannot be cured except as the abnormality is mitigated. My method is as follows: I first attempt to establish intimate personal relations in the ordinary ways of acquaintanceship, so that the patient feels me to be his personal friend. As various incidents occur or as topics arise in conversation, we discuss the rules of conduct of the average man, and we condemn extremes. For example, a patient fears to go to a post office window because he stuttered when he was there before and he feels that the clerk expects him to stutter and will be impatient. It is pointed out that many hundreds of people have been to that window since he was last there, and that it is most improbable that the clerk would remember him. Again, the business of the clerk is to wait on all customers politely and patiently; he is trained to allow for the peculiarities of customers, some of which are more trying than stuttering. Again, he is not allowed by his em-

ployers to show the slightest impatience or discourtesy. Again, the postal clerk is in the service of the government of which the stutterer is a member; he is therefore the stutterer's employee. In this way the stutterer is brought to a correct understanding of the relations between himself and the clerk. The other situations in life are met similarly.

### *Readjusting the Subconscious*

Recent psychological work has shown that the instincts and desires with which we are born are gradually modified and suppressed until they have become to a considerable extent unconscious. Moreover, our minds are trained to think along certain grooves and not to permit thoughts along other ones. Such a "censorship" makes it quite impossible, for example, for certain thoughts of love to arise in a European or an American girl that would be only the most natural thoughts for the negress in Africa. The person knows nothing about this "censorship"; it has been drilled into the mind until it governs without being realized. The difference in censorship permits certain thoughts to be perfectly natural in the one case and keeps

them entirely absent in the other. Yet, although absent from consciousness, the original natural forces persist with undiminished energy. When properly directed they produce the normal successful individuals; when improperly, they produce the group of diseases known as neurasthenia, psychasthenia, hysteria, some forms of insanity, etc. Our thoughts and emotions are controlled largely by the suppressed natural instincts. In a stutterer some of these instincts have gone wrong, and it is necessary to readjust them.

A minute analysis of the patient's mind, including the subconscious, is often necessary to a cure. The methods of psychoanalysis furnish an outline of the patient's subconscious life. These methods may be applied to the stutterer in somewhat the following way:—

The patient is alone with the physician. The latter explains that the mind is an extremely complicated organ whose ways of action have to be learned by the most careful study. Since stuttering is accompanied by a somewhat incorrect action of the mind, it is necessary for the stutterer to carefully analyze his mental condition. The physician will

train him to do this. The training may take a long time.

We judge other persons and interpret their actions on the basis of our own ideas; our notions of other people are "egomorphic." The physician therefore asks the patient to note down from time to time any thoughts or criticisms that may occur to him concerning the physician personally. The patient may reply, for example, that just a moment ago he had said to himself that in spite of his age and calmness he couldn't help thinking that the doctor was really shy and bashful. It is pointed out to him that, utterly regardless of whether his judgment was correct or not, such a thought would probably not have occurred to a man of fearless disposition; the patient had sought out in the physician some signs of his own trouble. Of course this was not done consciously; the thought was merely the result of many past experiences and habits which he had forgotten, but whose traces remained to make up his character. The patient is warned not to try to produce the thoughts concerning the physician, but to note only what comes unpremeditatedly. The next day perhaps he says, with many apologies, that

the thought had occurred to him that the doctor was not always perfectly frank and honest with him; the reply is, "It is *you* who are not perfectly open and honest in your dealings; *you* have a tendency to get out of embarrassing situations even at the cost of some truth. Let your thoughts wander as they will, and see if you do not recollect a number of cases where you have acted in this way." These spontaneous revelations of traits of character strike the patient with great force and automatically start a readjustment.

During the day the restraints of life do not let our personalities come freely into play; we automatically suppress most of our thoughts and emotions and permit only a certain narrowly limited group to develop. Moreover, the "censorship" of the unconscious does not permit the suppressed instincts and desires to become known to us. In sleep, however, the censorship is somewhat relaxed, and our innermost ideas and feelings come forward in dreams. A study of the patient's dreams is, therefore, a most important source of information. The patient receives instructions to have paper and pencil beside the bed and to wake up and write

down immediately one dream each night. The account is read off by him to the physician. The interpretation of some parts is immediately clear. When more information on any point is desired, the patient allows his mind to wander through a series of associations starting from the part of the dream involved; usually the explanation is forthcoming during such "running associations."

The following analysis of a patient's dream will illustrate the method. The record of the dream was: —

"I buy a ticket to some place, a single ticket because I am not coming back. At a certain station on the way I get off. I go to the manager's office, where I find two men at work over papers. I stand at attention, heels together in the German fashion. The man has an American military cap of dark blue. I say to myself, 'Shall I give a military salute or take off my hat?' When the manager turns around, I ask for the return of my money because I have found a patient on the train. The manager, who has now become a younger man, says 'Yes, but it will be dear; it will cost one fare plus a hemorrhage, plus an infaret.' I reply,

‘Never mind, the expense is nothing to me.’ The assistant reckons out what I am to get, and says it will be about fifty per cent.”

The patient had originally been in doubt whether he should stop for treatment in this town or go to a physician farther off. Stopping at the nearer place, he had a few days before seen the doctor and his assistant (manager and clerk) at a scientific meeting. The doctor had told him he could not begin treatment till next week (he stands at attention waiting). The patient holds the doctor in great respect (the dream clothes him in a military costume, and makes him manager of the station). The doctor is, however, a personal friend; the two feelings are present at the same time and the patient doesn't quite know how to act (shall I give a formal military salute or take off my hat in a friendly manner?). The patient naturally expects the doctor to do him enough good to compensate him for what he loses by not going to the other place (I ask for return of my money for the part of the journey not taken). It is characteristic of dreams that the personalities are often changed. The patient now represents himself as a doctor who has found a patient on the train.

Instead of remaining the inferior (the patient), he for a moment gratifies himself by feeling that he is the superior (the doctor), who is about to treat a patient. The dream now notes that the doctor is younger than the patient (manager is now younger). The patient had been somewhat worried over the probable expense, and feared what the dream declares (it will cost you dear). On the previous evening the patient had discussed the matter with a friend, and had remarked that the journey was not entirely for the sake of the treatment (one fare), but also to learn the method; he had also complained that the treatment cost him part of the time he wished to give to some anatomical work (hemorrhage plus infarct). He had finally concluded that he was ready to pay any price if he could be cured (never mind, the expense is nothing to me). The fifty per cent seems to refer to the fact that the treatment was taking about half the time from some other work.

The further interpretation was made in connection with the rest of the treatment. A vitally important defect of the patient's character was an inability to properly and promptly understand his relations to other persons; the uncertainty as to



how he should approach another person expressed itself in the dream as the doubt concerning how he should greet the doctor. Another defect was a constant conflict between a naturally spendthrift nature and an acquired but annoying and ill-judged penuriousness; the whole dream consisted of questions of expense. This dream, as well as many others, expressed the patient's thoroughly egocentric view of the events of life. These defects of character were the sources of the patient's trouble, yet he had never suspected the existence of any one of them. As they were revealed by psychoanalysis, a correction took place automatically.

The fundamental principles in interpreting dreams are (1) that the material of the dream is taken mainly from recent events, (2) that every dream expresses the fulfillment of a wish that has remained unfulfilled, and (3) that the language of the dream in adults is usually symbolical and not direct.

In children the language is not symbolical, and the dream shows itself at once as the expression of a wish. My niece, twelve years of age, had received some chickens which rather disappointed her on account of their smallness; the next morning she related a

dream of having a lot of fine, large Cochin-Chinas. Her dream had fulfilled her unsatisfied wish of the day before. In adults the language of the dream is sometimes also direct. It is not unusual for my patients to report that they dream of losing the paper given them to record dreams on, of seeing me tell them not to record dreams, etc. Upon being told that these are really wishes, they confess that the task of recording dreams is irksome to them.

Nearly always, however, the language of the dream is symbolic, and the patient sees no meaning in it. Many of the dreams of stutterers, however, have a common type.

One stutterer dreamed repeatedly that he was a great social success at parties, that he was a friend of the King of England, etc. Another one thought that he and a friend, playing with great exhilaration, had won a football game against an entire college eleven, whereby he had made brilliant runs and kicks that had brought applause from the grand stand. In all such dreams the stutterer represents himself as possessing an excess of coolness and self-confidence; that is, he puts himself into possession of just the qualities he lacks. It is also typical of stutterers'

dreams that they refer to their relations to other persons.

The method of "running associations" referred to above is intended to give the subconscious an opportunity to present its material. Why should my niece, in the dream related above, have thought of Cochinchinas? She was induced to talk about chickens; before long she came out with the memory of a former home where she had seen such chickens. The stutterer who won the football game was asked to let his thoughts wander freely. He gave the associations: "football game — crowd — class — Medical School — professor — Roosevelt — campaign," all of which referred to incidents where he had had difficulty in speaking. The friend who played with him was indistinctly seen; when asked what he thought of when the word "friend" was spoken, he replied, "doctor." The meaning of the dream was at once clear. With his friend the doctor to help his speech he was able to face a formidable crowd or a difficult situation and achieve success and applause. The wish that realized itself in the dream was that with the doctor's help he might get over his stuttering and be able to conduct himself

in his speech so brilliantly that he could successfully face his class and all other situations that might present themselves.

As the peculiarities and deformities of character of the stutterer present themselves spontaneously in the dreams and in the discussions, he learns to see them himself and gradually to correct them. This is usually more efficacious than any attempt of the physician to directly point out the defects. The psychanalysis need not go so far as in the treatment of hysteria; it has, moreover, the distinct advantage that every such revelation of his own character to himself produces greater ease in the stutterer's speech. The results of the treatment show themselves gradually and steadily.

## PART II

### LISPING

#### CHAPTER I

##### INTRODUCTION

OWING to the fact that the symptoms are so often the same or similar, it is convenient to include under "lisping" several different speech disorders whose characteristics lie essentially in defects of enunciation. We may distinguish four different lispings; namely, negligent lispings, organic lispings, neurotic lispings, and cluttering.

The use of the word "lisp" in this larger sense is in accord with the original Anglo-Saxon "wlisp" and with the use in literature. "To lisp in numbers" (Pope) refers to baby talk, of which negligent lispings is the survival.

In discussing individual sounds it is desirable to have an alphabet. The following list gives the chief sounds of English with a phonetic alphabet in parentheses ( ) to indicate them, and with examples in

ordinary spelling. In the discussion of lispings I have as far as possible avoided the phonetic alphabet and have given illustrations in ordinary English spelling.

| PHONETIC LETTER | EXAMPLE             | PHONETIC LETTER | EXAMPLE           |
|-----------------|---------------------|-----------------|-------------------|
| ɑ               | <i>ah, father</i>   | f               | <i>ferry</i>      |
| æ               | <i>fare</i>         | v               | <i>very</i>       |
| e               | <i>date</i>         | s               | <i>so, dose</i>   |
| ɛ               | <i>debt</i>         | z               | <i>zone, doze</i> |
| ɔ               | <i>her, further</i> | ʃ               | <i>show</i>       |
| ʌ               | <i>much</i>         | ʒ               | <i>azure</i>      |
| i               | <i>peel</i>         | θ               | <i>thin</i>       |
| ɪ               | <i>pill</i>         | ð               | <i>thine</i>      |
| o               | <i>pole</i>         | e               | <i>chew</i>       |
| ɔ               | <i>Paul, poll</i>   | ʒ               | <i>jew</i>        |
| u               | <i>pool</i>         | y               | <i>you</i>        |
| ʊ               | <i>pull</i>         | m               | <i>mow</i>        |
| p               | <i>par</i>          | n               | <i>no</i>         |
| b               | <i>bar</i>          | ŋ               | <i>sing</i>       |
| t               | <i>toe</i>          | ɹ               | <i>row</i>        |
| d               | <i>doe</i>          | l               | <i>low</i>        |
| k               | <i>car</i>          | w               | <i>woe</i>        |
| g               | <i>go</i>           | h               | <i>hoe</i>        |

The variations from the type are manifold, but finer distinctions are not useful here. We may note, however, that the first half of the diphthong in

“fly” is not exactly the sound indicated by (a) but a somewhat different one that we may indicate by (a).

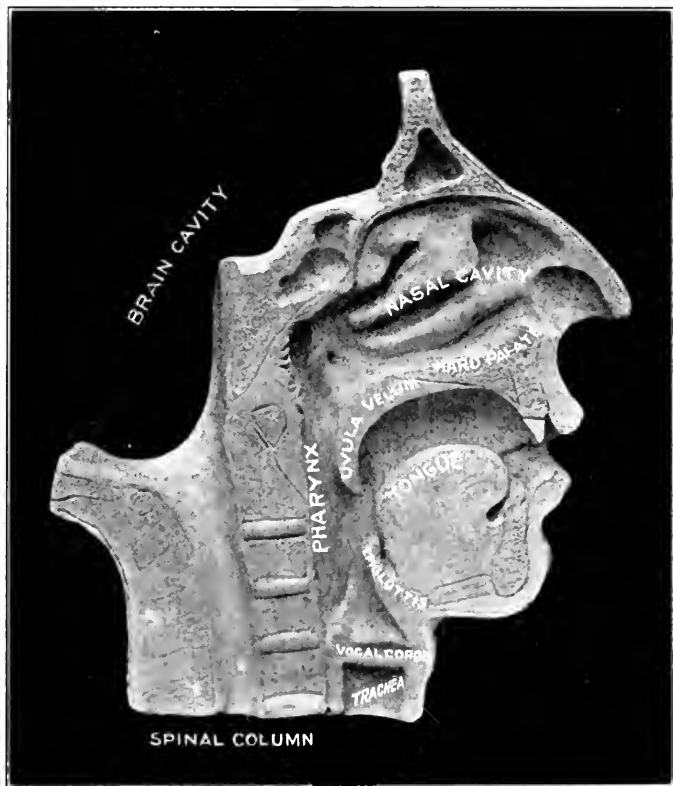


FIG. 39. — Median section of the organs of enunciation and phonation.

The various sounds are produced by different adjustments of the vocal organs. Fig. 39 gives a median section through the vocal organs of the head. The

larynx is just in front of the backbone and just below and behind the tongue. The roof of the mouth is formed by the hard palate, at the rear of which is the velum (soft palate) with the uvula hanging down. The nasal cavity extends from the



FIG. 40. — Artificial palate.

A thin plate of aluminum is made for the roof of the mouth. It is dusted with chalk and placed in the mouth. When a sound is produced, the tongue wipes off the chalk where it touches the palate.

nostrils in front to the pharynx in the rear. Median sections for the typical English sounds are given in Plates I, II, and III at the end of the volume. The heavy line at the larynx indicates that the larynx vibrates during the sound; the dotted ring indicates that it does not.

When the mouth is widely opened and properly illuminated, the positions of the tongue and velum can be observed in a mirror.

The contact of the tongue with the hard palate in producing sounds may be studied by palatography.



The tongue or the roof of the mouth may be painted with ultramarine water color. The desired sound is spoken. The contact of the tongue with the palate is seen where the color is wiped off.

For more extensive recording a cast of the roof of the person's mouth is made, either with dental modeling compound or with plaster. From this a dentist makes a thin artificial palate or dental plate of vulcanite, aluminum, silver or gold (Fig. 40).



FIG. 41. — Palatogram for the vowel "ee."  
The black areas show where the tongue touched the palate.

An artificial palate may be made of eight or ten sheets of wet tissue paper. A sheet is pressed over the mold; paste is spread over it, and another sheet is pressed on, etc. It is carefully worked into the depressions of the mold by the fingers. When it is perfectly dry, it is coated with black varnish.

For an experiment the inner surface of the artificial palate is slightly oiled and sprinkled with powdered

chalk. It is inserted in the mouth; the sound is spoken and the artificial palate is removed. The parts touched by the tongue appear black, the chalk having been removed where the tongue touched it. The results may be photographed, painted on a cast, or sketched on paper. Such a palatogram on a cast for the vowel "ee" is shown in Fig. 41. Palatograms for typical English sounds are given in Plate IV at the end of the volume.

The sounds ( $\alpha$ ,  $\text{æ}$ ,  $e$ ,  $\epsilon$ ,  $i$ ,  $\text{I}$ ,  $o$ ,  $\text{ɔ}$ ,  $u$ ,  $ʊ$ ) are termed "vowels." For all of them the lips are more or less opened. When the vowel "ah" is sung before a mirror, the velum can be seen to rise upward and backward; this clears the passage from the throat to the mouth, and cuts off the passage from the throat to the rear of the nasal cavity. The velum rises likewise for all the vowels. If the finger is placed on the front of the neck over the larynx while the vowels are sung, the vibrations of the voice will be felt during all of them. Observations in a mirror show that the vowels differ in the positions of the lips and tongue.<sup>1</sup>

<sup>1</sup> It has been proven that the laryngeal adjustments also differ for the various vowels. Scripture, *Researches in Experimental Phonetics*, 116, Carnegie Institution Publication No. 44.

The "occlusives" (p, b; t, d; k, g) are made by closing the mouth passage at some place. The closure occurs at the lips for the "labial occlusives" (p, b). The closure at the front of the tongue for (t, d) and at the back of it for (k, g) causes them to be called "front" and "rear lingual occlusives," respectively. In English an occlusive usually ends with release of the contact before the breath ceases, producing a sharp puff of air. The English occlusives are therefore termed "explosives."

For the sounds (f, v; s, z; ʃ, ʒ; θ, ð) a channel permits a current of air to issue with a rushing or hissing effect; they are called "fricatives." The sounds (f, v) are "labial fricatives"; (s, z; ʃ, ʒ; θ, ð) are "front lingual fricatives"; there are no rear lingual fricatives in English.

For (ɹ) the tongue leaves a moderately large opening at the front; for (l) the opening is at the sides; for (w) the small opening is at the lips; the opening is not so large as in the vowels and not so small as in the fricatives; no term for grouping these sounds has yet been introduced. For (h) there is a narrow opening at the glottis.

For the sounds (č, ʝ) there is occlusion by the front

of the tongue during the first portion and a rush of air through a narrow channel for the second portion. It has been proposed to consider them as double sounds (tʃ, dʒ), but experimental records show vital differences; the two elements of occlusion and friction are so closely united in (č, ǰ) as to make them single sounds. Moreover, the positions of the tongue, jaw, and lips are different from those of (t, d) and (ʃ, ʒ), as may be seen in Plate I.

During (m, n, ŋ) the nasal passage is open, hence the term "nasal."

During (p, f, t, k, s, ʃ, θ) the larynx does not vibrate; these consonants are called "surds." During (b, v, d, g, z, ʒ, ð) the larynx vibrates; they are called "sonants." The sounds (m, n, ŋ, ɹ, w) are nearly always sonants. The sound (h) is usually surd, but sometimes sonant. All whispered sounds are surd.

The vertical diagrams and palatograms for the consonants are given in Plates I, II, and III at the end of this volume. The dotted line over the larynx indicates that it does not vibrate for the surds; the heavy line indicates that it does for the sonants.

The breath indicator shown in Fig. 42 may be used



FIG. 42. — Candle flame indicator used for the mouth.

According as air issues or does not issue from the mouth, the candle flame bends or stands upright.

to illustrate the properties of many sounds. The tube from the mouth is directed against a candle flame. When the vowels are spoken into the mouth-



FIG. 43. — Tambour indicator used for the nose.

The indicator is made from a thistle funnel covered with rubber. A piece of card hangs in front of the rubber and is fastened to it by glue or wax. Air issuing from the nose moves the card flap. A mouthpiece may be used, as in Fig. 42.

piece, the flame is deflected. The same is true of the fricatives. During the occlusives the flame is upright, but it is sharply deflected by the explosions at the ends of the occlusions.

The breath indicator shown in Fig. 43 consists of a thistle funnel over the top of which thin rubber is stretched and tied. A strip of visiting card is cut across and joined with tissue paper to make a hinge. A piece of wax holds one piece of the card to the funnel, while the other one hangs in front of the rubber membrane. A drop of paste connects the hanging flap to the membrane. The funnel is connected by a rubber tube to a nasal tip. When any air issues from the nose, it goes into the funnel and moves the rubber membrane; the movement is indicated by the flap. This indicator can be used with a mouth-piece like the one in Fig. 42.

The examination of a person with incorrect enunciation should cover the typical sounds. Each consonant may be spoken with the vowel "ah" after it or in some typical word; the list on p. 112 may be used.

Although the patient may be able to speak the separate sounds correctly, he may mumble and confuse them in ordinary talking.

## CHAPTER II

### NEGLIGENT LISPING

IN order to produce speech sounds like those of other people an individual must hear correctly what



FIG. 44. — Lip position for "f" and "v."

The lower lip is brought against the upper teeth.

other persons say; in order to move his speech organs correctly he must feel their movements and hear the sounds he himself produces. By long experimentation the infant acquires the art of talking like other people. If, however, the child is careless or negligent in his observation of the speech of

other people or himself, he fails to produce the sounds properly and he does not even notice his errors.



These are the characteristics of "negligent lisp-  
ing," or "functional lisp-  
ing." The essential pathological  
fact is mental carelessness. The cure consists in  
teaching the patient to carefully correct his  
faults.

If the cure is neg-  
lected, some children  
may become nervous  
about their speech and  
turn into neurotic lisp-  
ers (see Chapter IV);  
as this trouble is a  
much more serious one,  
it is not safe to neglect  
negligent lisp-  
ing. In  
other children the ridi-  
cule of their comrades  
and the reproof at  
home may produce a



FIG. 45. — Lip position for "w."

The lips are projected slightly  
forward with a small opening.

true hysteria with symptoms of disturbance of mind  
(emotional complexes) and body (loss of pharyn-  
geal and corneal reflexes, etc.).

Occasionally a defective speech organ produces a  
defective sound (organic lisp-  
ing), which so confuses

the child that all his sounds become incorrect (negligent lispings).

### *Lip Defects*

Some persons use "v" for "w," as in "Samivel Veller" for "Samuel Weller." For "v" the lower



lip should be against the upper teeth (Fig. 44); for "w" the two lips are brought near each other (Fig. 45). To correct the fault, the patient is told to say "well, word, wind," etc. Just as he starts to say "vell, vord, vind," etc., his lower lip is pressed down with a finger or a stick; he is thus forced to say "w" instead of "v."

FIG. 46. — Lip position for correcting "w" into "v."

The lower lip is caught between the teeth when a "w" is to be spoken.

The opposite defect may occur. The patient says "werry" for "very," "wote" for "vote," etc. He

is told to bite his lower lip when trying to say words beginning with "v" (Fig. 46).

The use of "p" for "f" and "b" for "v" arises from pressing the lips too tightly together. A thick



FIG. 47. — Palatogram for forward "t" and "d."



FIG. 48. — Palatogram for backward "t" and "d."

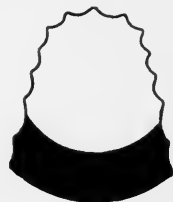


FIG. 49. — Palatogram for "k" and "g."

stick or a finger is stuck between the lips so that they cannot close tightly. This produces the fricative

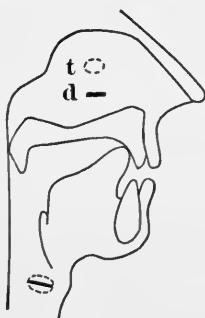


FIG. 50. — Mouth diagram for "t" and "d."

The front of the tongue is raised against the hard palate just behind the teeth.

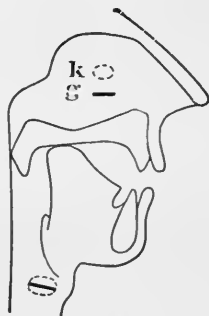


FIG. 51. — Mouth diagram for "k" and "g."

The back of the tongue is raised against the velum at the rear of the hard palate.

sound. The differences are also learned by observation of the instructor and looking at one's self in

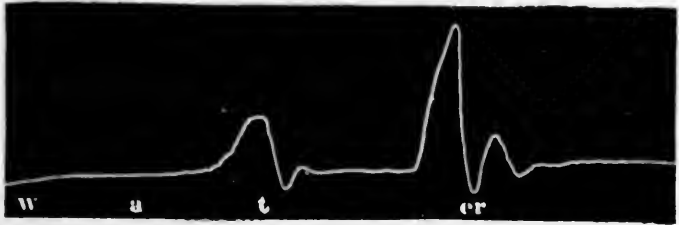


FIG. 52. — Mouth record of "water" spoken normally.

The sudden and complete cutting off of the breath during the "t" and the strong explosion at its end are evident.

a mirror. The differences may be made apparent by a breath indicator (p. 119).

The substitution of "s" and "z" for "f" and "v" rests upon the likeness in the fricative sound. Atten



FIG. 53. — Mouth record of "water" spoken by a lisper.

Instead of the breath being cut off for the "t," there is only a faint diminution; the sound is like "th" instead of "t." The laryngeal vibrations are continued from "a" without stopping through the "th" into the vowel "er." A correct "t" has no laryngeal vibrations.

tion is called to the fact that in words with "f" and "v" the lips are closed, while in the words with "s" and "z" they are open.

*Defects of "t," "d," "k," and "g" (t, d, k, g)*

For "t" and "d" the front of the tongue is raised against the palate just behind the teeth (Figs. 47, 48, 50); for "k" and "g" the rear part is raised (Figs. 49-51). For "t" and "d" it is usual to turn the tip of the tongue upward as in Fig 47. Many persons form the "t" and "d" by putting the tip farther back against the palate (Fig. 48).

One defect in "t" and "d" is failure to completely close the air passage by the tongue. An additional defect for "t" is failure to stop the laryngeal vibrations when the sound occurs between vowels. The two defects are illustrated by graphic records taken with the mouth recorder (Fig. 7).

A normal curve of "water" as recorded by the graphic method is given in Fig. 52. A slight rush of the breath is followed by a nearly straight line indicating the faint sound of "w." The mouth opens rather suddenly and the line rises as the vibrations of "a" rush out. The breath is cut off completely during the "t." As the tongue releases the "t," a strong puff of air occurs and the line goes sharply upward. The record ends with the final vowel. The record for a lisper is shown in Fig. 53. Where there

should be a straight line with an explosion for the "t," there are strong vibrations with only a slight sinking of the line. This shows that the larynx did not stop during "t" and that the tongue did not close the air passage. The patient says "wather" (wəðə) instead of "water" (wətə).

The chief fault is the failure to close the tongue tightly at the front. Ordinarily it is sufficient to explain to the patient that there are two classes of sounds called "occlusives" and "fricatives." For the occlusives the current of air passing through the mouth must be cut off at some point; for the occlusives "t" and "d" the tip of the tongue must close firmly against the palate. When it does not do so, it produces the fricative sound "th." The other defect, namely, keeping the larynx vibrating, disappears when the "t" is carefully made.

A frequent defect among children is the use of "t" for "k," as in "tandy" for "candy." Sometimes this substitution occurs regularly; usually it is only in some words. The patient who says "tandy" will usually say "car" correctly. That is, although he is able to make the sound of "k," he replaces it by "t" in some words through pure negligence.

Both "t" and "k" are occlusives, that is, the current of air is shut off entirely during the sound; the patient does not take the trouble to distinguish between them. A similar substitution is made of "d" for "g" (hard "g" as in "go"). The child says "Div me sum tandy." The cure may begin by having him open his mouth wide and say "ca-ca-ca-candy." He looks into the mouth of the instructor and sees that the tongue rises in the back; looking into a mirror, he learns how his own tongue is to move.

It is sometimes useful to push the point of the tongue back and down by a stick (tongue depressor) when a word beginning with "k" or "g" is used. The child cannot say "t" or "d," and he is forced to raise the tongue at the back.

Similar procedures are used if "k" and "g" are replaced by other sounds.

#### *Defects of "s" and "z" (s, z)*

To produce "s" or "z" the front of the tongue is raised against the hard palate behind the teeth, while a small channel is left in the middle so that a jet of air is blown through. A palatogram is shown in Fig. 54, a mouth diagram in Fig. 56. Every modi-

fication in the shape of this channel changes the character of the hissing sound. For "z" the vocal cords vibrate; for "s" they do not.



FIG. 54.— Palatogram for "s" and "z."

The hiss for the "s" is frequently too weak, the channel being too wide. The defect is corrected by using greater pressure of the tongue. When the hiss is too sharp, relaxation is taught.

The most frequent defect is that whereby the patient says "toap," "toup," "tun," etc., for "soap," "soup," "sun," etc., or "dink" for "zinc." Instead of a rush of air during "s" there is complete stoppage; the "fricative" sound is turned into an "occlusive." Through negligence



FIG. 55.— Palatogram for occluded "s" and "z."

the person presses his tongue against the palate a trifle too hard when saying "s" or "z." This closes the opening that is necessary for "s" (Figs. 54, 56), and makes an occlusive (Figs. 55, 57) that sounds like "t." This may be shown by graphic records (p. 22) by means of the mouth recorder (Fig. 7). A normal record for "sun" is shown in Fig. 58; a

The tongue touches the palate over a larger area than in Fig. 54. The channel is closed by too much pressure.



record with the occlusive instead of the "s" is given in Fig. 59.

With a small rubber bulb placed between the front

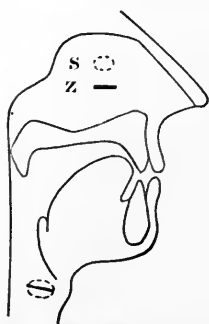


FIG. 56. — Mouth diagram for "s" and "z."

The front of the tongue rises so as to form a narrow channel at the front of the palate.

of the tongue and the palate (Fig. 5), and connected to a registering apparatus (Fig. 3), the force of the pressure of the tongue can be recorded. For an

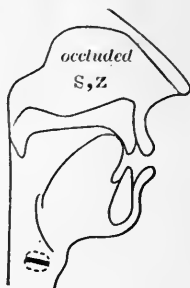


FIG. 57. — Mouth diagram for occluded "s" and "z."

The channel of Fig. 56 is closed by too much pressure.

occluded "s" it is greater than for the ordinary "s" or for "t" (Fig. 60). The

occluded "s" is thus not the same as a "t"; it may be defined as an "s" made with excessive tongue pressure resulting in a sound like "t."

Treatment by having the patient imitate the "s" of a normal person usually aggravates the defect; he is already making too much effort with his tongue, and the more he tries, the greater the effort he makes. Sometimes he can be taught directly to relax the tongue, but this rarely succeeds.



FIG. 58. — Mouth record of "sun" spoken normally.

The record was made as shown in Fig. 7. The rising line registers the air issuing during "s"; this is followed by the vibrations for "u" and "n."

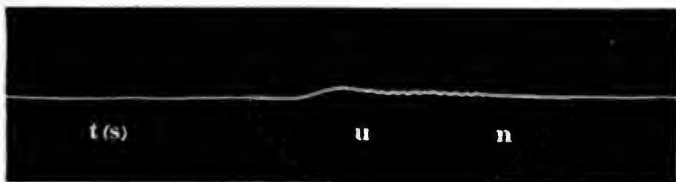


FIG. 59. — Mouth record of "sun" spoken by a lisper.

The record was made as shown in Fig. 7. The straight portion of the line shows that no air issued during the attempt at "s."

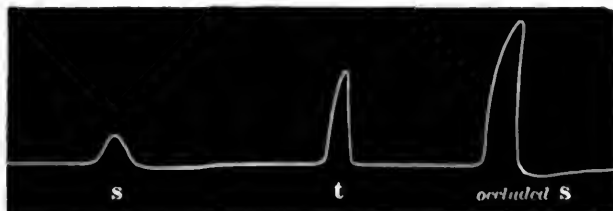


FIG. 60. — Tongue record for occluded "s."

A record by the method of Fig. 5 shows that the pressure of the front of the tongue against the palate is small for "s," larger for "t," and largest for occluded "s."

One cure consists in inserting a probe, an applicator, a toothpick, or a pencil just over the middle of the tongue and pressing it down as the person

begins to speak a word beginning with "s" (Fig. 61). He cannot close the passage completely, and instead of saying "t" he is forced to say "s." This catches his ear, and he notices the difference in sound. Constant repetition enables him to train his tongue in the new way.

Another cure consists in practicing the patient in making a sound with a sharp hiss.

For other cases a breath indicator (Figs. 42, 43) is effective.

Frequently the "s" and "z" are made with channels at the sides instead of the front. The hiss sounds like an "l"; instead of "soap," "soup," the patient seems to say "sloap" and "sloup." The defect is corrected by teaching a correct "s," either by imitation of the sound as



FIG. 61.—Correcting occluded "s" and "z."

The small stick over the front of the tongue produces the channel necessary for "s" and "z."

heard by the ear or by using a stick over the middle of the tongue, as in the case of occlusive "s" and "z"; the patient will close up the side channel as soon as one is made in the middle.



FIG. 62. — Making the interdental fricative.

The tongue is pushed out between the teeth. The sound resembles that of "th."

Sometimes the "s" and "z" are made in a way that produces sounds like "sh." For "sh" the channel in the middle of the tongue is seen to be broader and differently formed when compared to that for "s." The cure is often brought about by using a probe or a stick as in the previous case; the irrita-

tion makes the patient narrow the channel. Sometimes it is necessary to train the patient to use "t" instead of "s," and then to correct this fault as previously described.

Sometimes a "th" sound is used for "s" and "z."

The patient who has this fault usually sticks his tongue between the teeth for "s" (Fig. 62), making an interdental fricative not used in English. Sometimes it is sufficient to show him that people do not stick their tongues out that way. He then watches his own tongue in a mirror. He also learns to make "s" with the teeth tightly closed. A small stick can also be used, as in "t" for "s."

The patient who uses "f" for "s" is satisfied with the fact that he is producing a fricative sound; he notices no difference. He must be taught to distinguish between the two kinds. He is to watch his lips in a mirror; he sees that the lower lip does not close against the teeth for "s." His lips may be held open while he is obliged to say "s."

A similar case is that where a guttural fricative (like the German "ch" in "ich") is used for "s." The formation of "s" is to be explained and taught.

Occasionally an utterly different sound, such as "k," is used. If the correct "s" cannot be taught directly, the "t" is taught and then this corrected to "s" as described above.

*Defects of "ch" and "j" (č, j)*

The sounds "ch" and "j," as in "church" and "judge," have been considered as consonantal diphthongs, each made up of two sounds, "t" with "sh"



FIG. 63. — Mouth record of the word "Mitchell."

The faint vibrations for "m" are followed by stronger ones for the vowel "i." The air current is cut off entirely for a short time thereafter; this is the occlusion for the sound "ch" ("tch"). Thereafter the rather quick and strong rise of the line indicates an explosion of special form. The record ends with the vibrations for "e" and "ll."

and "d" with "sh." Graphic records of the sounds "ch" and "j" have proven that they are two inde-



FIG. 64. — Mouth record of the word "nutshell."

The faint vibrations for "n" are followed by stronger ones for the vowel "u." The air current is cut off for "t," which has no explosion here. This is followed by gradual rise of the line for the fricative sound "sh." The word ends with the vibrations for "e" and "ll."

pendent sounds.<sup>1</sup> A record of the word "Mitchell" (Fig. 63) shows the sound "ch" — spelled "tch" here — to be an occlusion followed by an explosion of a

<sup>1</sup> Winifred Scripture, "The sounds of 'ch' and 'j,'" *Popular Science Monthly*, October, 1911.

special form that is never seen in any other typical sound. A record of the word "nutshell" (Fig. 64) shows an occlusion for the "t" without any explosion, followed by a long rush of air for the "sh." The sound "ch" (ç) is thus quite different from the combination of the sounds "tsh" (tʃ).

The difference between the two sounds can be shown in another way. A palatogram for "ch" or "j" shows that the tongue touches the palate farther back than for "t" or "d," and that it covers a bigger space (Fig. 65).



FIG. 65. — Palatogram for "ch" and "j."

The tongue touches the palate over a larger area than for "t" and "d."

The mouth diagram is given in Fig. 66. The front of the tongue touches the palate rather far back; the lips are somewhat protruded. The differences from "t," "d" are marked (Fig. 50).

The establishment of the fact that "ch" and "j" are individual sounds is analogous to the proof furnished long ago that the two forms of "sh" (ʃ, ʒ) are individual sounds, and not compounds of "s" and "h."

The typical defects are of two kinds. In one the

tongue presses too tightly against the palate, in a way similar to that for an occluded "s" (p. 130). The sound is like a "t" for "ch" and a "d" for "j." In the other the tongue is not pressed tightly enough. This

produces a sound resembling "sh."

The treatment for the former is similar to that for the occluded "s" (p. 132), the purpose being to obtain relaxation of the tongue. For the latter the patient is told to press the tongue more strongly.

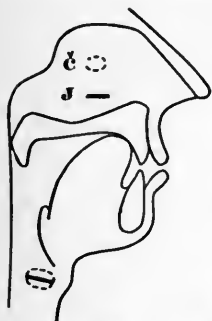


FIG. 66. — Mouth diagram for "ch" and "j."

The tongue touches the palate over a larger area than for "t" and "d"; the lips are projected forward, and the teeth are rather close.

#### *Defects of "n" and "ng" (n, ŋ)*

For "n" the tongue takes the same position as for "t" and "d" (Fig. 50), but the velum is not raised (Fig. 67). For "ng," as in "sing," the tongue position is like that for "k" (Figs. 49, 51) with the velum not raised (Fig. 68).

The use of "m" for "n" (the lip nasal for the front tongue nasal) is corrected by observation in a mirror, by making the patient open his lips while saying "n," etc. The use of "t" or "d" for "n"



is a velar defect; it is corrected by exercises in raising the velum as described under Velum Defects below. The sound "n," namely, the nasal with forward contact of the tongue, is sometimes used for "ng," the nasal with rear contact, as in "good

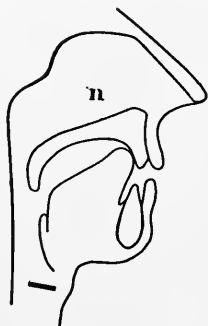


FIG. 67. — Mouth diagram for "n."

The tongue touches the palate at the same place as for "t" and "d." The velum is lowered.

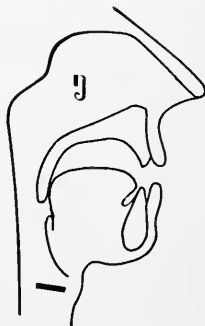


FIG. 68. — Mouth diagram for "ng."

The velum is lowered and the back of the tongue is raised slightly to meet it.

mornin" instead of "good morning." The confusion is aided by the lack of any English letter for the sound "ng." The correction is made by calling the patient's attention to the difference and by making him open his mouth widely while making the "ng" in such words as "sing," "ring," "bring," "calling," etc. The "ng" in words like "finger" consists

of the two sounds "n" and "g" and not of the single sound "ng" (ŋ).

*Defects of the Two Forms of "sh" (ʃ, ʒ)*

The two sounds indicated by "sh" are made by raising the front of the tongue so as to cut off all



FIG. 69. — Palatogram for "sh."

The tongue touches the palate along the sides and leaves a larger opening in front than for "s."

breath except through a small channel (Figs. 69, 70). For (ʃ) ("sh" as in "azure") the larynx vibrates; for (ʒ) ("sh" as in "show") it does not.



FIG. 70. — Mouth diagram for "sh."

The tongue is raised against the palate over a broad area further back than for "s." The channel is longer.

Sometimes the pressure of the tongue is too weak; the channel is too large, and the "sh" sounds faint and hollow. The defect can be corrected by emphasizing the tongue pressure.

Sometimes the contact is so weak and incorrect that the resulting sound is more like "th." The tongue is to be pressed with more force.

When the sound "s" is made instead of "sh," it

indicates that the child does not properly distinguish between them.



FIG. 71. — Palatogram for "th."

The tongue touches the palate in front over a broad space so lightly that air escapes.

He is to be drilled in careful pronunciation of words with such sounds.

It occasionally happens that "f" is used for "sh." Just as with "f" for "s"

(p. 135), he is taught to distinguish them, and his lips may be held apart. For the rare "t" for "sh"

a procedure like that of "t" for "s" may be tried.

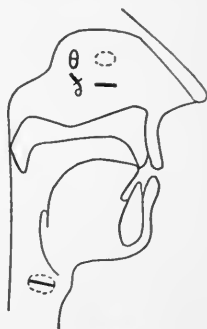


FIG. 72. — Mouth diagram for "th."

The front of the tongue is raised against the palate, but a very wide channel is left.

### *Defects of the Two Forms of "th" (θ, δ)*

In producing the two sounds indicated by "th" the front of the tongue is raised against the palate (Figs. 71, 72), the tip touching so lightly that the air escapes over it. For "th" as in "thin" the larynx is silent; for "th" as in "thine" it produces a tone.

It is very common for children to use "t" and "d" for "th"; thus, they say "tin," "tree," "tumb"

for "thin," "three," "thumb," and "dis," "dough," "dee" for "this," "though," "the." It is like



FIG. 73. — Mouth record of "thin" spoken normally.

The rising line shows that during "th" the air issues from the mouth in a steady stream. The small vibrations are from the vowel and "n."

the language of the loafer or the tough: "Are you wid me? Yes, trou' tick and tin."

The defect arises from pressing the tongue too tightly, with the result that no air can issue

from the mouth; this makes an occluded "th" that sounds like a "t" or a "d."

A mouth record (Fig. 7) of the word "thin" spoken normally is given in Fig. 73; it is very clear that air issues from the mouth during the "th." A record of the same word spoken by a lisper is given in Fig. 75; the first sound was evidently an occlusion with an explosion similar to the first sound in "tin" (Fig. 74).



FIG. 74. — Mouth record of "tin" spoken normally.

The straight line indicates the occlusion of the "t"; the sharp upward movement is the result of its explosion. The small vibrations are from the vowel and "n."

The cure consists in inserting a probe or a stick at

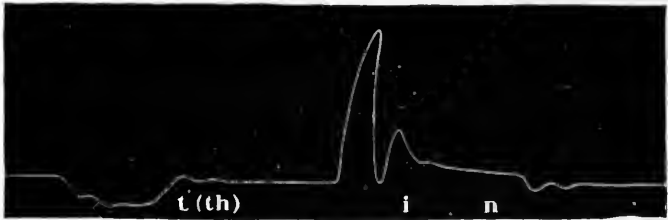


FIG. 75. — Mouth record of "thin" with occluded "th," by a lisper.

The sudden depression of the line at the start indicates a strong jerk of the tongue whereby air is drawn in for an instant. The straight line indicates that the tongue is held tightly against the palate. The sudden upward jerk is the explosion of the occluded "th." The occluded "th" is longer than the normal "th" or "t"; this is a result of the excessive effort. Its explosion is stronger than that of "t."

the side of the mouth above the tongue (Fig. 76). When the patient tries to say "t," his tongue is pressed down across the tip and he is forced to say "th." It is also useful to teach the use of the interdental fricative (p. 134) as a substitute for the defective "th." The breath indicator is often effective (Fig. 42).



FIG. 76. — Correcting occluded "th."

A stick is held across the front of the tongue, so that it cannot be pressed tightly against the palate.

Children often use "f" and "v" for "th," substituting one fricative for another. The defect is explained to the patient. He is to observe in a mirror that for words like "thin," "thimble," "this," "though," etc., the lips remain apart. If necessary,

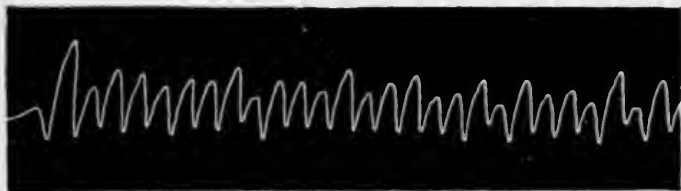


FIG 77. — Mouth record of front rolled "r" by an American.

The larger vibrations result from the flapping of the tip of the tongue; the very fine vibrations are the record of the laryngeal vibrations, that is, of the tone of the voice.

the lower lip may be held down by a stick or the finger.

#### *Defects of "r" and "l" (1, 1)*

The original sound from which English derives its "r," as in "run," was the rolled or trilled "r," which is indicated phonetically by (r). The rolled "r," which is no longer used in English, is the only one in German, French, Italian, and most other languages. To produce the rolled "r" with the point of the tongue, its front portion is pressed against the palate tightly except at the point. The pressure of

the breath causes the point to flap. A mouth record by the apparatus shown in Fig. 7 is given in Fig. 77.



FIG. 78. — Palatogram for English "r."

The side and front of the tongue are raised; the channel in the middle is wider than for "sh," but not so wide as for the vowels.

In English "r" the tongue position is the same, but the point is held away from the palate (Figs. 78, 79); there is no flapping or rolling. A mouth record of "sorrow" (Fig. 80) shows small vibrations for the

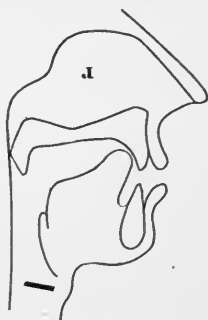


FIG. 79. — Mouth diagram for "r."

The front of the tongue is raised against the palate, but the tip does not quite touch it.

"r" like those of a vowel. The phonetic letter is (ɹ).

In large cities like Berlin and Paris, and regularly



FIG. 80. — Mouth record of English "r."

The record is of the word "sorrow." The rising line at the start indicates the air issuing during the "s." The small vibrations are those of two vowels with "r" between them. The vibrations for "r" do not differ from those for the vowels except in minor details.

in Yiddish, the rolled "r" is produced by forming a groove in the rear of the tongue in which the

uvula is allowed to rest. The breath causes the uvula to vibrate. A mouth record is shown in Fig. 81. The phonetic letter is (r).

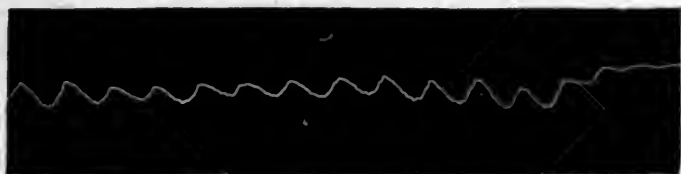


FIG. 81. — Mouth record of uvula "r" by a Parisian.

The larger vibrations result from the flapping of the uvula; the finer ones are the record of the laryngeal vibrations, that is, of the tone of the voice.

For "l" the tongue is tight in front and open along the sides (Figs. 82, 83).



FIG. 82. — Palatogram for "l."

The tongue touches the palate at the front, leaving free passage at each side.

The most common defect in English is the use of the easy sound "w" for the difficult sound "r." The cure consists in getting the tongue in the right place for "u." One

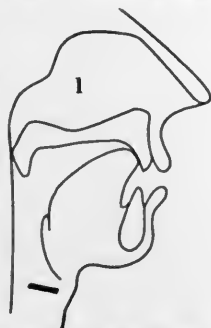


FIG. 83. — Mouth diagram for "l."

The front of the tongue touches the palate.

method is to teach the rolled "r"; the rolling is to be done with the tip of the tongue. When the patient can talk with the rolled "r," he simply



drops the roll while using the same tongue position. When the person cannot get the tongue right for the rolled "r," it is useful to use another sound that requires the point of the tongue against the palate. For example, he is told to repeat



FIG. 84. — Rod for pushing the tongue. The rod is made of an aluminum applicator (twice the size of the figure).



FIG. 85. — Pushing the tongue into position for "r."

The rod pushes the front of the tongue up and back.

"sun, run, sun, run," etc., or "tun, run, tun, run," etc.

In more difficult cases the patient observes the tongue of another person saying "r." He finds that it touches the teeth along the sides, but is free in front; this is particularly clear when the "r"

is rolled. With a mirror he tries to get the same position.

The instrument shown in Fig. 84 is made by

bending a light wire (aluminum applicator). With it the front of the tongue can be pushed upward and backward into the position for "r" (Fig. 85).

Sometimes "l" is used for "r." It is like the Mongolian lisp used by the Chinaman, who says "Melican man here light away." The patient is shown that for "l" the tongue is open along the sides while tight at the tip. The action is thus the reverse of that for "r." For the correction of this obstinate defect the tongue is drawn back into the mouth so that it cannot be released at the sides; the point is turned up. A flat stick or a small rod (aluminum applicator) bent to the form shown in Fig. 84 may be put under the tongue to push it back and up.

Children of foreign-born parents sometimes use the lingual or uvular rolled "r" instead of the smooth English "r." Their peculiarity may be illustrated as follows: "Rrrobert makes a rrrring arrround it" or "RRRobert makes a RRRring ARRRround it" instead of "Robert," etc. It is usually sufficient to teach the difference by ear between the English "r" and the rolled "r." For more difficult cases a breath recorder (Fig. 7) may be used; the indicator makes

a steady movement for the English "r," while it vibrates heavily for the rolled "r."

The "r" may be omitted or replaced by other sounds, as "n," "t," "w," etc. The use of "w" for "r" is very frequent; the child is sometimes encouraged to say "vewy," "pwetty," etc., because it sounds "cute." Both tongue and lips take the positions for "w" instead of those for "r" (Plate II). Even when the tongue is in the position proper for "r," the lips may have the position for "w." This makes a peculiar "r" with a "w" tinge. These defects are to be corrected by teaching the patient to make exaggerated or rolled "r"s. Words are recited with exaggerated "r"s, rolled and not rolled. The lower lip may be held down to hinder the "w" movement.

The usual defect for "l" consists in the use of an "r" or in dropping the "l." In both cases the cure consists in imitation or in explanation with observation of the tongue. In order to enforce the fact that the tongue must touch at the tip for "l," it is useful to draw the tongue back and then throw the tip sharply into place against the palate as an initial "l" is to be pronounced.

If a nasal sound is used for "l," the correction is to be made by pinching the nose, by the nasal indicator, etc., as described under "Velum Defects."

### *Velum Defects*

For all English sounds except the nasals "m, n, ng," the velum, or soft palate, must rise so as to close more or less completely the passage from throat to nose. When this is not done, the speech has a dull, nasal snorting character.

The vowels may be tested by the following list: for "ah" (ɑ), "ah, arm, art"; for (æ), "at, after, am"; for "aye" (e), "aid, ate, ale"; for "eh" (ɛ), "ebb, effort, egg"; for "ee" (i), "eel, eat, easy"; for (ɪ) "it, in, ill"; for "oh" (o), "old, owe, oak"; for "awe" (ɔ), "awe, awful, ought"; for "oo" (u), "fool, boor, tool"; for (ʊ), "full, pull, bull."

The occlusives may be tested by the words "ape, pa, upper; able, bee, obey; at, tar, utter; add, do, odor; oak, caw, ochre; egg, go, ago."

The fricatives may be tested by the words "eff, fare, offer; eave, veal, ever; ess, see, essay; ease, zee, easy; shoe, ash, usher; azure, pleasure; thin, oath, ether; though, bathe, either."

The sounds of "r" and "l" may be tested by the words "run, arrow, law, ell, fellow."

If the velum does not rise during the vowels, they have a nasal character reminding one of the



FIG. 86. — Recording the nasal current and vibrations.

A small glass tip is inserted into one of the nostrils. Currents of air and vibrations from the nose pass down the rubber tube to the small recording tambour, whose lever traces a line on the recording surface.

French nasal vowels. If it does not rise during "s," that sound appears like a nasal snort. For the occlusives (p, b, t, d, k, g) the lips or the tongue close the air passage in front and the velum closes the nasal passage; the air, which accumulates under some

pressure, is released by the lips or the tongue; this causes a slight puff or explosion from the mouth. If the velum is dropped before the release, the explosion

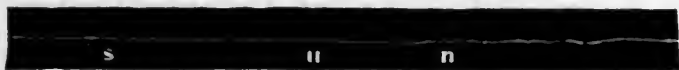


FIG. 87. — Nasal record of "sun" spoken normally.

occurs through the nose, producing peculiar snorting sounds for "p," "b," "t," "d," "k," and "g."

Graphic records may be obtained by the arrangement shown in Fig. 86. For example, the nasal rec-



FIG. 88. — Nasal record of "sun" with relaxed velum.

ord of "sun" with correct "s" (Fig. 87) shows no emission of air during "s," that with nasalized "s" (Fig. 88) shows a strong snort. The snorting "s" is what has been described as "nasal sigmatism"; the other snorting sounds have not been specially named.

Sometimes it is sufficient to explain these principles to the patient and let him feel the improper nasal breathing on the back of his hand. A tissue paper flag (Fig. 89) or a light piece of cotton is also effective.

It is often very effective to use a breath indicator which shows when air issues from the nose (Fig. 43).

The patient must learn to make all the vowels and the proper consonants without letting air escape



FIG. 89. — Tissue paper indicator.

The passage of breath through the nose or the mouth moves the piece of paper.

from the nose. This he must do in continuous speech also.

The muscles that press the velum against the rear of the pharynx can be strengthened by a velar hook (Fig. 90) made of a rubber penholder whose end is softened in hot water and bent, or of a bent laryngeal electrode. The hook is inserted behind the velum

and the vowels are spoken or sung while the hand pulls on the handle of the hook (Fig. 91).

Very effective is the application of a laryngeal electrode with a very mild faradic current to the



FIG. 90. — Velar hook.

velum. The slight shock induces the person to draw the velum up.

An appeal to the ear may be made by using the nasal tip and rubber tube shown in Fig. 86 with the free end placed to the ear. When the velum is properly raised during "a," "s," "papa," etc., very little is heard in the ear. When the velum is not raised, the sound through the tube is very loud. The tube



is placed to the patient's ear and the instructor puts the tip to his nose, while he pronounces the words.



FIG. 91. — Velar hook in position.

The hook has been placed behind the velum, which is raised against a slight resistance from the hand.

Then the tip is transferred to the patient's nose so that he can listen to himself.

### *Larynx Defects*

The use of surd "s" (as in "sun") for the sonant "s" (as in "does" or "zone") sometimes occurs. Such a patient pronounces "lies" and "doze" as if they were "lice" and "dose." He is taught the

difference between surd and sonant; he puts his finger over the larynx (Adam's apple) and feels it



FIG. 92. — Mouth record of "dog."

The record was taken with the apparatus shown in Fig. 7. The straight line at the beginning represents the stoppage of breath during "d." The following vibrations are those of the vowel. The faint vibrations where the line begins to sink are those during the occlusion of "g." Strong vibrations appear at the end, that is, during the explosion of "g."

vibrate while he sings or speaks a prolonged vowel with a "z" (as in "does" or "zone").

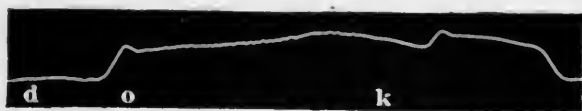


FIG. 93. — Mouth record of "dok."

The record differs from that in Fig. 92 in having no vibrations during the sound after the vowel, namely, during "k."

Similar confusion may occur with the other sounds; "t" may be used for "d," "k" for "g," etc., and likewise the reverse.

The most common trouble is that the larynx stops vibrating before the sonant is really finished. Thus, the person appears to say "dok" instead of "dog"; in reality the last sound was half "g" and half "k,"

and he said "dogk." Mouth records of the three cases are given in Figs. 92, 93, 94. The trouble can usually be corrected by training the ear.

### *General Indistinctness*

The negligence may go so far that the patient speaks in a generally slurred manner. Ordinarily

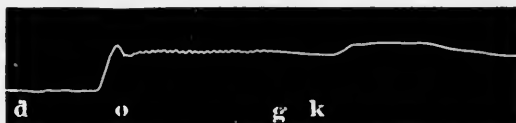


FIG. 94. — Mouth record of "dogk."

There are faint vibrations after the vowel, showing that the sound began as "g" and not as "k"; these die away and none are found at the time of the explosion, showing that the sound ended in "k."

this is corrected by having him repeat sounds, words, and sentences after a careful speaker. The following points are to be especially noticed.

The sounds "p, b, t, d, k, g" are produced with the lips or tongue stopping the air passage. When the stoppage is released, the air comes out with a slight puff or explosion. When the air pressure is allowed to fall before release of the lips or the tongue no explosion occurs. This is the normal pronunciation in French; in English it indicates negligence.

A graphic record (Fig. 7) of the normal "p" (Fig. 95) shows the sharp explosion at the end of the occlusion.



FIG. 95. — Mouth record of "apa" with the explosion of "p" well marked.

The record was taken with the apparatus shown in Fig. 7. The waves at the beginning are those of the first vowel. Then follows the straight line for the occlusion of "p." The sharp upward movement of the line is the result of the explosion of "p." Thereafter follow the vowel waves.

A record where the explosion is omitted is shown in Fig. 96.

The cure consists in training the patient to explode his "p"s, "t"s, etc., so that the explosion is



FIG. 96. — Mouth record of "apa" with no explosion of "p."

The record is the same as in Fig. 95 without the sharp upward movement of the line. The "p" had no explosion.

quite audible. The breath indicators shown in Figs. 42, 43 with a mouthpiece are most effective. The patient must learn to make all his occlusives with marked explosions.

The "s" and other sounds are often made too weakly. The patient must learn to hiss the "s" strongly and to make each sound with sufficient energy to cause it to be heard distinctly. Sometimes the nasal sound "n" is systematically too weak. It is corrected by speaking and reading with prolonged "n"s.

Vowels or consonants are often slurred over too briefly. The training consists in reading and speaking with the vowels exaggerated in length.

For general indistinctness it is useful to speak and spell words backward over a private telephone wire or to a person so far away that there is difficulty in understanding. The patient may practice repeating words from a dictionary, making, for example, at one time all the "s"s prominent, at another all the "t"s, etc.; such combinations as "tw," "tr," "str," etc., require special attention. Such sentences as "Peter Piper picked a peck of pickled peppers," "Round the rough and rugged rock the ragged rascal ran," "Shall she sell sea shells by the seashore," "Tired Tommy tripped his toes," etc., are useful.

The higher degrees of indistinctness found where

the intellectual development begins to be slightly defective are to be treated by the following system :

Tongue gymnastics are introduced. They include, (1) putting out and pulling in tongue ; (2) moving it from side to side ; (3) holding it out while 2, 3, etc., are counted ; (4) turning up the tip of the tongue to the palate (with fingers if necessary). Similar exercises are performed in advancing the lips, biting them, pouting, grinning, and moving the lower jaw.

Respiration exercises may include blowing up bags, blowing out candles, blowing bubbles, etc.

The articulation exercises are to be based on the principle that the child is to see how the teacher makes each sound ; he hears the sound and is then to feel his own movements and see them in a mirror while he hears himself make the same sound. Thus, after seeing the action of the teacher's lips for "f" and "v" he watches his own lips in a mirror. To distinguish between "f" and "v" he puts his hand over the teacher's larynx and feels that the vibrations are lacking in "f" and present in "v" ; then he feels his own larynx. The lip and tongue positions for the other consonants are taught similarly. The

emission of the breath during "h" and the fricatives may be felt by the hand held in front of the mouth.

Careful drill in pronouncing words and sentences can be carried out in connection with reading exercises.

The training of the intellect should be carried on at the same time. As speech is most closely connected with thinking, the most efficacious method is to make the speech training the center of the entire instruction.

## CHAPTER III

### ORGANIC LISPING

“ORGANIC lispings” is the term that may be applied to such speech defects as arise from anatomical defects of the vocal organs.

The defective speech is usually a great drawback to the patient's career. It sometimes leads to further troubles. One boy whose enunciation of “s” and “z” was defective on account of overshot jaw had his ideas of speech so confused that he had failed to correct the infantile “t” for “k” (“tandy” for “candy”), although he could make such sounds perfectly. Moreover, the defect had caused him so much mental distress and strain that he enunciated his sounds with strongly contracted muscles, whereby they were indistinct. He thus had all three kinds of lispings: organic, negligent, and neurotic (Chapter IV).

#### *Lispings from Hare Lip or from Feeble Lips*

The former requires the surgeon. The latter may, in some cases, be aided by massage, electricity, and lip



gymnastics. The lip gymnastics include specially pressing them tightly together, holding them tightly while the breath is pressed against them, pouting, puckering, etc. If the lips are weak on account of muscular dystrophy, all such treatment must be avoided.

#### *Lisping from Tongue Defects*

When the tongue is too thick, too small, too clumsy, or injured, the resulting inaccuracies may be mitigated by careful gymnastics (p. 160) and training by means of mirror, palatograms (p. 114), etc.

Hemiatrophy of the tongue (Fig. 97) shows itself in smallness of one side of the tongue, in grooves in the surface and in fibrillary twitchings. The speech is usually correct, but not always so. The speech of



FIG. 97. — Hemiatrophy of the tongue.

Degeneration of the nerve centers had caused one side of the tongue to become much smaller and weaker. This caused the patient to lisp. The lisping had produced such a condition of embarrassment and fear that she was considered backward, although really perfectly normal mentally.

one girl of fifteen was so indistinct that she could not get along in school and was considered mentally dull. The correction and scolding at school and by the mother had produced intense depression. The cause was a hitherto unobserved hemiatrophy of the tongue which made it difficult to use the tongue properly (organic lispings); this had so confused her that she made all sounds indistinctly (negligent lispings).

A stuttering boy of eight years was found to have imperfect enunciation, due to confused habits of enunciation arising from weakness of one side of the tongue. The physical defect had thus produced organic lispings, which had in turn produced negligent lispings. The embarrassment and shame had produced not only severe stuttering, but also a serious deformity of character.

### *Lispings from Tongue-Tie*

When the frenum of the tongue is too short, it prevents the tongue from rising sufficiently in front to cut off all the air except what passes through a small channel to make the "s" sound (Fig. 56). The sound actually produced is more like "th";

*e.g.* "people thay I lithp, but I don't pertheive it." If the person can project the tip of the tongue beyond the teeth, the tongue is free enough for correct speech.

To cut the frenum the region is thoroughly cocaineized; an incision is made with aseptic scissors; the membranes are then torn slightly further by the fingers wrapped in gauze. A too deep incision risks cutting large blood vessels.

In older people the lisp may still remain as a habit. It should then be treated as in the case of "t" for "s" (p. 130).

There is an antiquated belief that tongue-tie causes stuttering. It cannot do so directly, but I have had cases where the lisp due to tongue-tie had made the person so nervous that he had become a stutterer (p. 43).

### *Lispings from Jaw and Tooth Defects*

Overshot and undershot jaws are due mainly to irregular development of the teeth. The undershot jaw occurs also with the disease akromegaly. In excessive cases of overshot or undershot jaw the projection may be so great that the lips do not close

properly for "f," "v," "p," "b," "m," and several of the vowels. In these and similar cases it is frequently difficult to adjust the tongue quite correctly, especially for "s." With strongly undershot jaw the "s" sound may be produced as the tongue moves to its position to make a "t"; "tool" sounds like "stool." When the upper front teeth project much beyond the lower ones it is frequently difficult to adjust the tongue so that the jet of air strikes the lower teeth correctly for "s" (Fig. 56); the sound is rather like "sh." The procedure is like that for the similar cases in negligent speech.

The gaps left by extracted teeth often affect the "s" in ways difficult to remedy except by inserting artificial teeth.

Sometimes a canine tooth is bent inward in such a way as to hinder the tongue in making "t"; a slight "s" sound precedes the "t."

For many jaw and tooth defects the most important therapeutic procedure is orthodontism. If the child is under sixteen years old, he should be put in the care of an orthodontist. Older cases are usually hopeless.

*Lisping from High Palatal Arch*

The defect mainly affects the "s"; the person has difficulty in getting the tongue properly against the palate to produce the small channel. Sometimes he lets the air escape at the sides. Sometimes the attempt to press the tongue up tightly leads to a strong spasmodic pressure at every "s." One such patient with the "s" spasm was often supposed to be a person who stuttered only on "s." In one case the patient, eleven years old, had given up all effort at using the tongue for "s," replacing it by a pause filled by a cramp in the larynx. He pronounced "sink" apparently like "ink"; in reality the pronunciation was ('ink), where (') indicates the glottal catch. The distortion of speech caused by the omission of the "s" had produced so much trouble that the boy had acquired the strained, hoarse voice and the sad face of a stutterer. The defect can be cured or alleviated by careful attempts to get the proper position. The spasmodic cases are helped by training in soft and relaxed speaking. With the patient just mentioned who always omitted the "s," the cure consisted in teaching him to use "ts" for "s,"

whereby he would say "tsoup" for "soup." As soon as the habit was formed, he dropped the "t" and retained the "s."

### *Lisping from Cleft Palate*

When the velum cannot close the rear passage through the nose, all the sounds except nasals are modified. All the explosives become nasal sounds, thus "p" and "b" become "m," "d" becomes "n," "g" becomes "ng," "t" and "k" become surd "n" and "ng," "s" becomes a snort, etc. The vowels are all nasal.

After the velum has been closed by operation, there may be little or no ability to raise it into place across the pharynx. Its muscles can be strengthened by the velar hook (p. 154). Exercises can be devised for teaching the use of the velum, such as blowing out a candle, playing a mouth harmonica, etc. The patient does them at first while holding his nose closed with his fingers; he gradually lessens the finger pressure and tries to substitute velar action.

With a light illuminating the interior of the mouth, the patient observes his velum in a mirror as he sings "ah" on a low note and then on a high note. The

velum should rise for both notes, more for the higher ones. Exercises with a nasal indicator, tissue paper flag, etc., as described for negligent speech (p. 153), aid in giving the proper control. Electrical stimulation (p. 154) is often very effective.

To make the velum rise during the occlusives "p, b, t, d, k, g" they are pronounced singly and in words with much prolonged occlusions and sharp explosions at the end. This cannot be done unless the velum is properly raised.

Occasionally some of the velar associations are very firmly fixed; special devices must be tried to break them up. Thus, if the velum persists in remaining down for "s," rods of various sizes may be placed over the tongue (p. 143, Fig. 76).

The loss of air during speech with a cleft palate naturally leads the patient to take breath repeatedly within a sentence. The habit may persist after the operation; in such a case systematic breath exercises are to be performed.

The great effort involved in speaking with a cleft palate may lead the patient to overexertion of all his speech muscles; this produces a grimacing speech; that is, the muscles of the face overact. This is

liable to persist after operation. Relaxation is taught by speaking with no lip motion (as in ventriloquism), by singing, by exercises in melodious speech (p. 74), etc. The nervous rapidity of speech requires exercise in slowness (p. 85).

#### *Lisping from Relaxed Palate after Adenoids*

When a person has large bunches of adenoids, the closure of the velum is made against them. After they have been removed, the velum sometimes makes the same amount of movement as before. This leaves a gap between it and the rear wall of the pharynx whereby all sounds become nasal. The treatment is the same as for negligent lisping (p. 150).

#### *Lisping from Obstructed Nasal Passages*

The obstruction deprives the nasal sounds more or less of their peculiar ring. Thus "m" sounds like "b," "n" like "d," etc.

This condition is found temporarily in severe colds; the turbinates in the nostrils become swollen and the nasal cavities are more or less closed. Permanently enlarged turbinates or a deflected septum may cause a similar result. With large adenoids the



passage through the upper pharynx is also more or less obstructed.

In regard to speech this condition is the opposite of that with cleft palate. The nasalization from cleft palate, etc., consists in adding nasal tones to sounds where they do not belong. The denasalization from obstruction consists in eliminating nasal tones when they should be present.

No special voice treatment can improve this condition. For colds the treatment comprises a laxative (Seidlitz powder, citrate of magnesia), cleansing with antiseptic sprays, menthol, coryza wool, etc. Turbinates, adenoids, and tonsils are referred to specialists.

#### *Lisping from Defective Hearing*

When the hearing is diminished, the child may fail to grasp the finer essentials of the sounds. In mild cases the words may be spoken loudly into his ear. Each incorrect sound may also be treated separately as described in the chapter on Negligent Lisping. Hearing tubes are often useful.

In more severe cases lip reading should be taught in a way somewhat similar to that for deaf children. By feeling the teacher's larynx and his own larynx

and by listening to loud tones from a musical instrument the child gets a definite idea of pitch and of the adjustment he must make in his larynx in order to produce musical sounds. Then by watching the instructor's face and by looking in the mirror he learns the positions of the lips for the individual sounds. In a similar way he learns the positions of the tongue for "t," "d," "k," "g," etc. The positions are explained by the diagrams in the plates at the end of this book. The tongue positions for the vowels and consonants can be taught in this way.

To show the various amounts of breath that issue during the vowels, during "h," during the fricatives, and for the explosions in the occlusives, the patient's hand is put before the instructor's mouth and then before his own. A slate, a cold piece of metal, or the breath indicators described on pages 119-121 can be used for the same purpose. The presence or the absence of nasality can be shown in a similar way. As much as possible the child should be made to hear all the sounds. When such children are spoken to, they should be able to see the face of the instructor.

## CHAPTER IV

### NEUROTIC LISPING

PATIENTS with this trouble often enunciate sounds in ways that resemble negligent speech. The failure of the methods of treatment for negligent speech first made it clear to me that this disorder was of an entirely different nature.

One patient used "t" for "s," "d" for "z," and "t" and "d" for the two forms of "th," the tongue action being the same as that described on pp. 130, 141. The patient also said "tsoe" instead of "shoe." The occlusives (t, d, k, g) were used correctly, but they had no explosions (p. 157). This was quite in contrast to the false occlusives "t" and "d" used for "s," "z," "th," as these had strong explosions.

The patient had learned to talk clearly, but at four years of age she fell, striking her head; she remained unconscious for several hours.

A few days afterwards she had convulsions; they were frequently repeated till the age of six. The

defect in speech appeared shortly after the fall. She now has a tremor of the entire body when she attempts to speak. There is also a tremor of the lips during "p" and "b" and a tremor of the laryngeal tone when a vowel is sung. It is hard to get her to produce any loud or long sound; every sound, even a simple hiss, is produced in a manner indicative of excessive timidity and almost of fright. These conditions never occur in cases of negligent lispings; the patients are always perfectly cool and deliberate; they are sluggish and phlegmatic instead of nervous. The similarity of her mental condition to that of the stutterer is evident.

Graphic records were made of the air current for the mouth while she pronounced some sounds. The arrangement was that shown in Fig. 7. When a current of air issues from the mouth, the recording lever rises and the white line bends upward. A descent of the line indicates that the air current is diminished or cut off. The decrease of the air current may be due to some adjustment of the tongue or lips or to a cessation of the pressure from the chest.

The record for "so" in Fig. 98, spoken by a normal person, shows that the air current steadily

increased during the first part of the "s" and then fell somewhat. The small waves in the record are due to the laryngeal vibrations; in "so" they indi-



FIG. 98. — Mouth record of "so" spoken normally.

The first part of the line registers the emission of the air during the "s"; it rises and falls smoothly. The small vibrations indicate the waves of the vowel.

cate the vowel. A record of "so" spoken by the patient is given in Fig. 99. Instead of the gradually increasing and diminishing air current for "s," the



FIG. 99. — Mouth record of "so" in neurotic lisp.

There is very little emission of the air for the "s"; it is suddenly cut short by complete stoppage. The sudden descent of the line at the beginning indicates that the tongue was drawn sharply back. The larger waves after the step show the explosion as the "t"-like sound is completed by the release of the tongue. The small vibrations are those of the vowel.

patient merely starts the current, and then not only cuts it off, but actually causes the line to fall below zero.

For the normal "s" the tongue is placed against the roof of the mouth in such a way as to leave a

small channel in the middle, through which a jet of air is directed against the lower teeth. A palatogram for normal "s" is shown in Fig. 54; a mouth diagram of the position of the tongue is shown in Fig. 56. During the normal "s" a current of air passes to the recording apparatus and causes the line to rise steadily.

The record in Fig. 99 indicates that the patient pressed the tongue so hard against the top of the mouth that she closed up the small channel; moreover, in doing this she made such a forcible movement of the tongue that air was actually drawn into the mouth for an instant. The sudden rise of the line indicates that, as the tongue was released from its place, the air burst from behind it in the form of a sharp puff, or explosion, that acted like a blow on the recording membrane. The sound produced by such action is like that of "t." Apparently the patient substituted "t" for "s." In like manner for "z" she used a sound like "d."

The mechanism for the defective "s" is like that for occluded "s" (p. 130), as indicated by the palatogram in Fig. 55 and the mouth diagram in Fig. 57. The tongue is pressed against the palate harder

than it should be; the small channel is thereby closed.

The graphic record of "silk" (Fig. 100) in normal speech shows a rather long emission of air for "s,"



FIG. 100. — Mouth record of "silk" spoken normally.

The "s" and the vowel are indicated as in Fig. 98. The "l" is represented by some small vibrations at the end of the vowel. The "k" begins as a fall in the line due to cutting off the breath by the tongue; it ends in a strong upward movement due to the explosion as the tongue is released.

followed by waves for the vowel and "l." The "k" begins as the vowel waves cease; the line falls be-



FIG. 101. — Mouth record of "silk" in neurotic lisp.

There is first a brief intake of breath, then an emission of breath corresponding to a normal "s." This is followed by an occlusion with an explosion. The sound is thus partly a normal "s," as in Fig. 98, but mainly an occlusion with an irregular explosion. The following fine vibrations belong to the vowel and "l." The "k" is represented by a straight line due to the stoppage of the breath by the tongue; the abnormality is shown by the lack of an explosion wave for the "k," the breath being stopped before the tongue is released.

cause the current of air is cut off by the tongue; the explosion of the "k" is marked by the sudden rise of the line at the close.

The record of "silk" (Fig. 101) by the patient shows a sharp inrush of air followed by a sudden rise of the line with some emission of air thereafter. The inrush of air indicates presumably an extremely brief gasp as she starts the tongue movement. The sudden rise shows that the sound "s" is begun. This sound is at first a true though faint "s," some air being emitted. There follows, however, a sudden



FIG. 102. — Mouth record of "shoe" in normal speech.

The emission of air during the "sh" is similar to that of "s" in Fig. 98. The record ends with the vowel vibrations.

drop of the line; this shows that the breath has been stopped and that the sound has become an occlusive. The sudden rise of the line thereafter shows that this sound, like most occlusives in English, ended with an explosion. The first part of the sound was thus a true "s," while the second was an occlusive "s" with an explosion. The remainder of the record shows the waves for the vowel and "l" followed by a straight line for the occlusive "k." The "k" is abnormal, having no explosion.

The record of "shoe" in Fig. 102 is that for normal



speech. It shows an emission of breath during "sh" similar to that for "s" in Fig. 98. The action of the tongue for "sh" is like that for "s" in forming a channel through which the air is directed. A palatogram for normal "sh" is given in Fig. 69; a mouth diagram in Fig. 70.

A record of neurotically lisped "shoe" is given



FIG. 103. — Mouth record of "shoe" in neurotic lisp.

The straight line, the sudden fall, and the strong waves show that the tongue closed the mouth, was sharply drawn back, and was then released with a strong explosion. Then followed a faint breathy sound like a weak "s." The record ends with the vowel vibrations. To the ear the word sounded somewhat like "tsoe."

in Fig. 103. There is a sudden intake of breath; this is abruptly released. This indicates that at the start the tongue was placed tightly against the palate. As it was released to form "sh," it permitted a slight puff of air to pass. This would produce a short "t." The "t" was followed by a rather faint emission throughout the "sh." There was no occlusion during or after the emission; otherwise the line would have descended at some point as in the "s" of Fig. 99. That the passage was not wide open, however, is

shown by the slight elevation of the line during the emission of the breath and by the sudden rise (slight explosion) in the line at the end of the "sh" just before the vowel begins. The sound is not so open as in the normal "sh." The impression on the ear was that of "tsoe" rather than "shoe."

For the two forms of "th" as in "thick" and "this," she used sounds resembling "t" and "d." For "th" the tongue is pressed against the palate at the sides, but the contact in front is so light that the air escapes (Fig. 71). The patient pressed the tongue too tightly and cut off the air entirely.

The condition for "k" noted in Fig. 101 is typical for all her occlusives, *i.e.* sounds involving a complete closure of the mouth passage; namely, "p," "b," "t," "d," "k," hard "g." In these she regularly weakens the breath pressure before they end, so that they have no explosions when the tongue or the lips release the tension. This is quite in contrast to the incorrect occlusives that she makes out of the fricatives "s" and "sh," etc., to which she gives strong explosions.

The case seems at the first view to be one of what has been termed "negligent lispings" (p. 122). Children

with this trouble regularly substitute "t" for "s," "d" for "z," and "t" and "d" for the two forms of "th," just as this person does. The defect arises from the same cause, namely, pressing the tongue too tightly against the palate.

The excessive tongue action in negligent lispers arises from negligent observation and careless action. The children with negligent speech are usually those that have grown up in surroundings unfavorable to careful enunciation, as among the poorer classes or where baby talk has been encouraged. This patient, however, had learned to talk clearly. Moreover, she is not careless about her speech, but overanxious. Her tongue touches her palate not simply because she is too negligent to take the pains to leave a small opening, but because it is seized by an uncontrollable spasm.

It is evident that we have here a form of speech characterized by quick nervous muscular action instead of the deliberate smooth action required for normal sounds. In trying to make the "s," for example, the patient is too nervous to carry out the fine adjustment requisite; she presses the tongue too tightly and thus makes a "t." The result for the

hearer is the same as in negligent lisping, but the nervous processes in the two diseases are quite different.

Can this be a form of stuttering where the excessive contractions are quite limited? A never-failing symptom in stuttering is the excessive contraction of the laryngeal muscles whereby the laryngeal tone becomes hard and monotonous; here the laryngeal tone is rather soft and timid. Moreover, the stuttering cramps are never confined exclusively and constantly to just a few sounds. They frequently vary from time to time, the trouble being on "p," for example, during one month and on "s" during another month. Again, the stutterer will have trouble not on a single consonant wherever it occurs, but on consonants in a certain position, generally initial ones. Facial and bodily contortions often occur with stuttering, but I have never found tremor present. We must conclude, I think, that this is not a case in any way resembling stuttering, although the cause may be the same.

Another case was that of a girl of thirteen who lisped over all the consonants. Her speech was at times almost unintelligible. Treatment along the lines

of muscular and mental education indicated for negligent lispings produced no result. She was an excessively nervous child, and she spoke with incredible rapidity. As she was gradually quieted down, the lispings decreased. It became evident that the excessive nervous tension, combined with self-consciousness, produced a tense condition of the vocal organs allied to that of stuttering. She could not produce the smooth and delicately adjusted movements of normal speech because her muscles were overtense.

Another case of nervous lispings was that of a girl of twelve whose speech was mumbled. Her mother thought her tongue was too long; her father thought there was something the matter with her intelligence. The methods for curing negligent lispings were fruitless. It became evident that partial deafness had made it hard for her to learn to speak. Being a sensitive child, the constant correction by the parents and the embarrassment and fear before them had produced a condition of nervousness much as in the previous case. She spoke improperly because she overinnervated the speech muscles. She began to improve under

quieting treatment. Unfortunately the parents did not trust the diagnosis, and preferred to regard the defect as one of intellect.

Neurotic lispings is rather frequently found combined with stuttering. A patient twenty-eight years old was a typical stutterer. At the same time his speech was, aside from his stuttering, so indistinct that he was frequently asked to repeat a word. For example, he would say that he had been to Hartford in such a way as to leave it in doubt if he had said "Harwood," "Harvard," "Havre," or something similar. The "s"s and "n"s were weak and often inaudible. The explosions of the occlusives "p," "b," "t," "d," "k," "g" were generally omitted. The "r" sounded sometimes like "u" and sometimes like "l." The words were often contracted to unintelligible mumblings. Treatment by the methods used for negligent lispings made the trouble worse. The treatment for his stuttering included methods that caused the patient to relax his vocal muscles. It was noticed that during such relaxation the consonants were often spoken correctly. It was thus evident that the lispings was due to excessive general innervation, that is, that it was neurotic lispings.

For differential diagnosis we may sum up as follows: Neurotic lispings is allied to stuttering in its causation (fright, nervous strain) and in the presence of an emotional disturbance. It differs in having excessive muscular tension of a constant rather than a spasmodic kind; this results in speech somewhat like lispings and not in the peculiar sounds of the stutterer. It differs from negligent lispings in the fact that it appears in nervous persons and not in phlegmatic or dull ones, and that the muscular movements are cramplike instead of careless.

The general treatment is mainly that for neurasthenia. General hygiene, mode of life (school, profession), moral habits, eyestrain, nose and throat conditions, etc., must be considered. Arsenic, quinine, strychnine, and other tonics, cold rubs, lukewarm or cold half baths, sprays, moist packs, electrotherapy, massage, change of climate, and sea baths may be tried. Open-air exercise is always admirable. Hypnotism and other forms of psychotherapy are often most efficient.

The special speech treatment consists in explaining the trouble to the patient and then having him repeat sentences, answer questions, and talk

in a relaxed way. The relaxation may be brought about voluntarily or by suggestion. An efficacious method of suggesting relaxation is to have the patient recline on a couch and gradually fall into a semi-doze while repeating sentences or conversing.



## CHAPTER V

### CLUTTERING

CLUTTERING is characterized by great nervousness that shows itself in excessive rapidity of speech with indistinct enunciation. When the patient starts to speak, he hastens recklessly through what he has to say. The nervous hurry of his mind makes him form and combine the sounds imperfectly. Sounds, syllables, and words are mumbled together. The breathing may become spasmodic and irregular. A normal person can speak as rapidly as a clutterer without necessarily losing the distinctness in enunciation ; it is the clutterer's nervousness that produces the defect.

Cluttering is usually combined with stuttering, but it can be distinguished from it. In the one there is nervous haste ; in the other there is nervous fear. The clutterer speaks better the more he thinks about his speech, the stutterer often speaks better the less he thinks about it. The clutterer shows negligence and

lack of self-control; the stutterer cannot release himself from anxiously watching over his speech. My experience has included only a few cases of cluttering without stuttering. Quite a few stutterers are also clutterers.

Cluttering sometimes produces stuttering. The cluttering child is ridiculed or made anxious in other ways until the "stutterer's fear" is produced. One unusually bright but excessively nervous and self-willed boy of six had developed a language of his own, which he spoke at excessive speed. This speech was intelligible only to his younger brother, who had learned to speak in the same way. His notions of spelling were likewise completely confused. The troublesome situations that had resulted from the cluttering had embarrassed the boy and made him anxiously nervous, with the result that he both cluttered and stuttered.

Negligent lispings, when it includes many sounds, resembles cluttering in the general indistinctness of speech, but the two disorders can be distinguished by the fact that in cluttering the speech is quick and hasty, whereas in negligent lispings it is of normal or slow speed. With very slow speech the cluttering

sometimes disappears, the negligent lispings remains. All sorts of sounds are affected in many cases of cluttering; in negligent lispings a definite set is affected. It is my experience that some clutterers make a set of defective sounds, such as "s" or "sh," incorrectly even when they speak slowly. It is not correct to say such cases have negligent lispings also, because the cause — namely, the mental attitude — is utterly different in the two cases.

The therapy consists of tongue gymnastics, of exercises in enunciating words singly and in combination, and in speaking slowly and distinctly. If the clutterer is forced to enunciate certain sounds, such as the explosives (p. 117) or "s" very distinctly, he is obliged to speak slowly, and can thus learn to enunciate all sounds better. The breath indicator (p. 119) can be used. In severe cases the treatment may begin with singing. The nervousness may be combated by proper hygiene, tonics, rest cures, hypnotics, or psychanalysis.

# PART III

## EXERCISES

### SET I

#### BREATHING (p. 84)

##### 1. *Active Calisthenics*

A. Standing, breathing while raising arms fore upward and side downward.

B. Same, raising arms side upward and downward.

C. Broad standing (that is, with feet separated), neck firm (that is, finger tips touching back of neck, elbows out), sideward bending alternately right and left (breathe in on upward movement).

D. Broad standing, neck firm, turn trunk to right and then to left as far as possible, inspire on returning to position.

E. Broad standing, hands on hips, turn to right as far as possible, then forward and backward, inspire on returning to position ; continue turning to left.

*F.* Broad standing, arms raised upward, bend forward, rise up.

(In all these exercises inspiration through the nose should occur as the ribs are expanded, expiration through the nose as they are moved inwards. Each movement is to be performed five times or more.)

## 2. *Regulation of Breathing*

*A.* Standing, place one hand on the chest and the other on the abdomen; take a long breath, enlarging the chest in all directions, and drawing the abdomen in. Expire by letting the chest fall and the abdomen spring out. Repeat this, always trying to enlarge the chest still more, and trying to blow out a stronger breath on expiration.

*B.* Same on inspiration, but not using the hands. On expiration, let the breath pass out slowly. Repeat this, trying to make the breath last longer and longer.

*C.* Same, except that a powerful "ah" is sung.

*D.* Same inspiration, sing "ah" as long as possible, crescendo-diminuendo.

(Breathing is to be done with open mouth. Each movement is to be performed five times or more.)

### 3. *Breathing and Use of Twist* (p. 78)

A. Raise the arms side upward, inhaling, lower side downward, singing "ah" on middle *c*.

B. Raise the arms side upward, inhaling; lower side downward, singing "ah" sliding from middle *c* to high *c* (octave twist).

C. Likewise, speaking words of one syllable with the octave twist.

D. Likewise speaking words of two syllables with the octave twist on the first vowel.

(Each step is to be done a number of times.)

### 4. *Regulation of Breath in Singing*

A. Sing a short song with inspiration before each line.

B. Sing two lines with one breath.

C. Sing three lines with one breath.

D. Sing four lines with one breath.

### 5. *Regulation of Breath in Reading*

Take a full breath before each sentence or phrase; wait one second, not letting any breath out. Then speak the sentence or phrase slowly in one breath; do not breathe in the middle. Use a text with short sentences, poems, and longer prose pieces.

### 6. *Regulation of Breath in Speaking*

Holding a stick in the hand, raise it each time before speaking, while breath is inspired vigorously. After waiting one second with bated breath, speak as instructed.

A. Read a short sentence after the instructor.

B. Answer the question of the instructor.

C. Make a sentence concerning some topic assigned by the instructor.

D. Give a description of some object pointed out by the instructor, breathing vigorously before each sentence.

(The first two parts of this exercise can be conveniently combined into the "statement and question exercise." The instructor gives a series of statements and questions. Each statement is to be repeated, and each question is to be answered. The confidence gained by the pupil in repeating the statement helps him in answering the questions. A book on "travel talk" supplies convenient material. See also p. 92.)

## SET II

## MELODY (p. 74)

7. *Giving the Idea of Melody*

A. Sing a short song in the key appropriate for the pupil's voice with inspiration before each line.

B. Speak the words of this song on the same notes, the piano being played at the same time.

C. Same as B without the piano.

D. Speak the words melodiously, that is, with a rise and a fall of the voice, but not necessarily on the same notes as the song.

E. Speak the words of the song melodiously, but with perfect freedom.

8. *Introducing Melody into Speech* (p. 91)

A. Sing a short song, speaking the last word of each line instead of singing it.

B. Repeat, speaking the last two words.

C. Repeat, speaking the last three words.

D. Continue in the same way, adding word by word until the whole song can be spoken perfectly.

E. Sing some statement, for example, "New York is a very large city." Repeat it, speaking the last



word. Then repeat it, speaking the last two words. Continue as before.

*F.* Question and answer. The instructor gives the question, the patient gives the answer. First sing them, then speak the last word, then last two words, etc.

### 9. *Introducing Melody into Recitation*

*A.* Recite:

“Oh, look at the moon! She is shining up there.

Oh, mother, she looks like a lamp in the air.

Last week she was smaller, just like a bow ;

This week she is larger and round as an O.”

The voice is to rise and fall somewhat in the following way :

|      |      |         |        |
|------|------|---------|--------|
|      | moon | shining |        |
| look |      |         |        |
|      | the  | is      | there. |
| Oh,  | at   | she     | up     |

*B.* Recite other pieces of verse and prose likewise.

### 10. *Introducing Melody into Conversation*

*A.* A question is sung on some simple melody or on the notes *c, e, g, c'*, or as a chant on one or two notes. The answer is sung likewise. It is of no account

whether the syllables exactly fit the notes or not. This is repeated until there is no difficulty; each of the following steps is also to be repeated until at least fair success is obtained.

*B.* Statements are alternated between two persons in the same musical way. At first the statements may be disconnected; "Rice grows in the Southern states"; "New York is the largest city in America." Gradually they are to be turned into a connected conversation.

*C.* Same as *A*, but speak the words with piano accompaniment.

*D.* Same as *B*, but with words spoken to accompaniment.

*E.* Question and answer without the piano, but with attempt at the melody used before.

*F.* Statements likewise.

*G.* Question and answer melodiously, but freely.

*H.* Statements likewise.

### 11. *Training the Ear to Control the Voice*

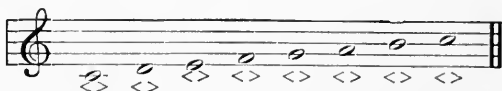
*A.* Sing "ma" on each of the notes as indicated.



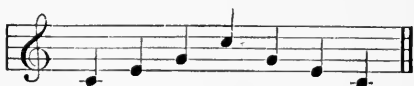
B. Sing "ma" on each of the notes of the scale going upward and downward.



C. Sing "ma" on each of the notes of the scale, beginning and ending it very faintly, and making it long.



D. Sing "ma" upward and downward on the notes *c*, *e*, *g*, *c'*.



### SET III

#### FLEXIBILITY (p. 74)

#### 12. *Singing*

A. Sing the vowel "ah," through the notes of the octave.

B. Strike the lowest note of the octave, then the highest; sing the vowel "ah," half on the lowest note, half on the highest.

C. Sing the vowel continuously (*portamento*) over the octave (octave twist).

*D.* Practice singing the different vowels over the octave in this way.

*E.* Sing a series of one-syllable words with long vowels, running the vowels up in the same way.

### 13. *Speaking*

*A.* The instructor speaks a word with the octave twist. The pupil repeats it.

*B.* Same with sentences, putting the octave twist on the first important vowel (the first important vowel is not necessarily the first vowel).

*C.* Same with poems, putting the octave twist on the first important vowel in each line.

*D.* Same with prose, putting the octave twist on the first important vowel in each phrase.

*E.* Statement and question exercise (see note to Exercise 6) with the octave twist.

## SET IV

### SLOWNESS (p. 85)

(It is advisable to give the "octave twist" to the first important vowel in each sentence, as under Flexibility, Exercise 13, B.)

14. *Speaking with Lengthened Vowels*

A. Repeat, after the instructor, single monosyllables, making the vowel three times as long as normally.

B. Repeat words of more than one syllable, lengthening the chief vowel likewise.

C. Repeat short sentences likewise.

D. Read words from a book likewise.

E. Read poems likewise.

F. Read prose likewise.

G. Answer questions likewise.

H. Tell a short story likewise.

15. *Speaking Together* (pp. 62, 94)

A. Repeat or read a poem in unison with another person speaking slowly.

B. Repeat or read it alone slowly.

C. Repeat or read a prose piece with another person slowly.

D. Repeat or read it alone slowly.

E. Alternate C and D, a few sentences of each.

F. Read conversation (dramas, traveler's manual, etc.) slowly with another person.

G. Free conversation, question and answer.

16. *Metronome Exercise* (p. 85)

A. Speak sentences to a metronome beating 54 to a minute, with one syllable to each beat.

B. Statement and question exercise likewise (see note to Exercise 6).

C. Tell a connected story likewise, such as what you had for breakfast, how you spent last summer, etc.

D. Repeat *A, B, C* while some one holds the finger on the metronome ready to act whenever you speak too fast.

E. Repeat *A, B, C, D* without the metronome.

F. Repeat *A, B, C, D* without the metronome, taking care to eliminate all jerkiness of speech.

17. *Speaking with Sticks*

A. Repeat sentences, striking the stick to each emphatic vowel and keeping time with the metronome at 54 a minute.

B. Same without the metronome.

C. Question and answer likewise (see note to Exercise 6).

D. Same without the metronome.

E. Tell a story about breakfast, etc., keeping time to the metronome.

## SET V

## SMOOTHNESS

18. *Linking*

A. Repeat and read sentences, linking all the words together, that is, making no pause or interruption between the different words. The whole sentence should be spoken as if it were one word, or just as in French. "Thecoverofthebookisred." "Thecarpetonthefloorisgreen." "Theelectriclightisveryconvenient." "TheturkeycomesonThanksgivingDay."

B. Repeat and read short stories likewise.

C. Repeat sentences and answer questions likewise.

19. *Vowel Start*

A. Read sentences, making the first important vowel in each sentence at least three times as long as usual. Speak it with the octave twist. Speak the rest of the sentence as described in the exercise on "Linking."

B. Read likewise.

C. Repeat sentences and answer questions likewise.

D. Conversation likewise.

## SET VI

## VOICE QUALITY (p. 81)

20. *Tone Placing by Chanting*

- A. Chant one line of a poem or a prose statement on one note.
- B. Repeat this on other notes.
- C. Same, dropping to a lower note on the last word.
- D. Same, short story.
- E. Same, statements, question and answer.

21. *Tone Placing with "Bee-bee-bee"*

- A. Strike middle *c* and sing "bee-bee-bee," making the vowel sharp as in the French word "pique"; this is far more sharp than the English word "peek." Go up the scale for an octave in the same way.
- B. Same with "bee-ah."
- C. Same with "bee-ay."
- D. Same with "bee-oh."
- E. Same with "bee-you."
- F. Same with "bah."
- G. Same with "bay."
- H. Same with "boh."
- I. Same with "bou."



All these vowels should be sung in a ringing, very slightly nasal tone, that is, in what is termed a "forward tone."

## 22. *Tone Placing with "Ma"*

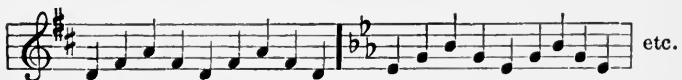
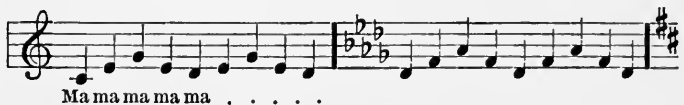
A. Strike middle *c* and sing "mmmmmmaaaaaah." Hold "m" until the vibrations are felt strongly on the lips; then simply open the mouth to let the "ah" out, being careful to keep the same quality of tone as in "m." For a high voice begin above middle *c*.

B. Repeat up the scale for an octave.



C. Same with "mee"; same with "moh"; same with "moo."

D. Repeat on arpeggios of three and four notes.



23. *Husky Tone*

A. Strike middle *c* and sing "ah," beginning and ending it with the glottal catch (p. 81). Continue up the scale.

B. Sing arpeggios likewise.

C. Sing "ah" to the notes of a song likewise.

D. Sing a song, cutting all the words sharply apart.

24. *Trumpet and Megaphone*

A. Hold a small trumpet to your lips. Shout through it the phrase "Pie-apples, ten cents a water pail," using the sharp tones that would be used by a peddler calling out on the street. Use other phrases in the same way, for example, "Nice fresh strawberries."

B. Call out railway stations in a similar way.

C. Same with a small megaphone. Note that you have to make somewhat more of an effort to get the sharpness with the megaphone.

D. Repeat all the preceding without anything before the mouth. Make a special effort to get the sharp ringing tone.

## SET VII

## STARTING AND ENDING SENTENCES

25. *Strengthening the First Word*

A. Sing short sentences, striking a note on the piano as you sing the first syllable. Instead of using the piano you may strike a bell or a table or you may hit your knee or make a gesture as in beating time.

B. Repeat the same sentences, with the same accompaniment in the same way, but singing only the first word.

C. Speak them with the same accompaniment on the first syllable.

D. Question and answer are sung with the accompaniment on the first syllable.

E. As before, but only the first syllable sung, the rest being spoken.

F. As before, but all spoken.

G. Tell a story, singing the first word of each sentence with the accompaniment.

H. Tell a story without singing, but accompanying each first syllable.

### 26. *Emphasizing Periods*

A. Read short sentences, striking a bell or a piano note at the period.

B. Read a story likewise.

C. Question and answer likewise.

D. Tell a story likewise.

E. Raise a heavy weight in the hand and hold it till a period is reached. Read and speak sentences, stories, etc.

### 27. *Lowering Tones at the End*

A. Chant sentences on one note, but drop by a fifth — *sol* to *do* — on the last syllable. Use the piano at first, but gradually omit it.

B. Speak sentences on a rather high tone, and drop on the last word.

### 28. *Clear Endings*

A. Sing sentences, cutting the last word short with the glottal catch.

B. Speak sentences, singing the last word sharply.

C. Speak sentences, making sure that the last syllable is sharp.

## SET VIII

## ENUNCIATION AND SPELLING (p. 88)

29. *Typical Sounds* (p. 117)

A. Indicate by printed or written letters on paper, blackboard, or chart the typical explosives "p, b, d, t, k, g"; show their explosions by paper flags or the breath indicator (pp. 153, 119).

B. Indicate the typical fricatives "f, v, s, z, sh, th."

C. Indicate the occlusive-fricatives "ch and j."

D. Indicate the nasals "m, n, ng," showing that air issues through the nose.

E. Indicate the liquids "l, r."

F. Indicate the semi-vowels "w, y."

30. *Combination of Sounds into Syllables*

A. Combine each of the explosives "p, b, t, d, k, g" with various vowels; indicate the result on paper, blackboard, or chart and speak it at the same time; thus, "pa, pay, pee, po, pu, ba, bay, bee, bo, boo," etc.

B. Same with fricatives and the other sounds of the previous exercise; thus "fa, fay, fee, fo, foo, va, vay, vee, vo, voo," etc.

C. Form syllables with explosives followed by "r" and the vowels: thus, "pray, pree, pro, proo, bray, bree, bro, broo," etc.

D. Same with "l" instead of "r"; thus, "play, plee, plo, ploo, blay, blee, blo, bloo," etc.

### 31. *Division of Words into Syllables* (p. 88)

A. Learn to spell words, dividing them into syllables according to the dictionary. Pronounce each syllable separately, for example, "a-c, ac, c-e-l, cel, e-r, er, a-t-e, ate, accelerate."

## SET IX

### EXPRESSION

### 32. *Giving the Idea of Emphasis*

A. Sing "ah" with notes on the piano as indicated.



This gives an idea of emphasis by change in pitch.

B. Sing "ah" on one note but with different lengths as indicated.



This gives the idea of emphasis by change of length.

C. Sing "ah" on the same note and with the same length, making the first one of each group of three louder than the others.



This gives the idea of emphasis by change in loudness.

### 33. *Developing Expression*

In each of the following exercises the instructor first shows the pupil just what he is to do. He criticizes the pupil's deficiency, and imitates him where he fails to get the proper expression.

A. Repeat a poem with expression.

B. State a certain fact in a very melodious and expressive way.

C. When the instructor gives a question in a very melodious and expressive voice, answer it by taking a few words from the question.

D. As before, but answer freely with the same melody and expression as in the question.

E. Recite poems and prose pieces with proper expression.

*F.* Read dialogues with the proper change of expression for each character.

*G.* Read and speak jokes with an effort to give the most effective expression.

## SET X

### CONFIDENCE (p. 90)

#### 34. *Reading Together* (pp. 62, 94)

*A.* Read a poem together with the instructor. Read alternate lines together and alone.

*B.* Same with sentences.

*C.* Read a prose speech together; the instructor is to remain silent occasionally.

*D.* Read a prose piece; the instructor is to join in at the first intimation of difficulty.

*E.* Read statements and questions sometimes together, sometimes alone (see note to Exercise 6).

*F.* Read parts in a drama; the instructor joins in whenever the pupil has difficulty.

*G.* Read a paragraph, and then tell its contents in your own language; the instructor joins in wherever there is any difficulty.



35. *Speaking Together* (p. 62)

- A. Repeat a poem in unison with another person, speaking slowly.
- B. Repeat it alone slowly.
- C. Repeat a prose piece with another person slowly.
- D. Repeat it alone slowly.

36. *Reading with Decided Voice* (p. 98)

- A. Call off the railroad stations from a time-table through the megaphone. The voice must ring out clearly and decidedly.
- B. Same without the megaphone.
- C. Read headlines from a newspaper in a similar way.
- D. Read short sentences likewise.
- E. Read short poems likewise.
- F. Read short prose pieces likewise.
- G. Read jokes likewise.

*Speaking with Confidence* (pp. 94, 95)

- A. Call out railroad stations with the megaphone; the voice must be clear and decided.
- B. Same without the megaphone.
- C. Make geographical statements with and without

the megaphone; for example, "The Atlantic Ocean is east of the United States."

*D.* Make historical statements likewise (that is, with and without the megaphone); for example, "George Washington was the first president of the United States."

*E.* Question and answer likewise.

*F.* Relate a story of an incident likewise.

*G.* Make a speech likewise.

*H.* Take part in a debate likewise.

*I.* Take part in a continuous story which is arranged as follows: One person tells a story which he makes up as he goes along; he suddenly stops, and the next person is immediately to continue the story according to his own ideas; he, in turn, suddenly stops and the following person continues. This is kept up until the story reaches the first person.

### 38. *Buying* (p. 96)

*A.* You are supposed to be a storekeeper with a number of objects before you; other people go to the store, inquire about articles, discuss the prices and buy. This must all be done with proper attention to slowness and melody of speech.

*B.* Take the part of the buyer.

*C.* The store is turned into a railroad ticket office with yourself alternately as ticket agent and as traveler. Various questions concerning trains, accommodations, etc., are to be asked.

*D.* The ticket office becomes the box office at the theater; the questions are to include location and seats, exchange of tickets, etc.

### 39. *Introducing* (p. 63)

*A.* The instructor introduces himself to you; you reply, "I am glad to meet you."

*B.* Introduce yourself to the instructor.

*C.* The instructor introduces some other person to you, you reply "I am glad to meet you" or "How do you do?"

*D.* The instructor introduces you to another person; you say "How do you do?"

*E.* Introduce yourself to another person.

*F.* Introduce the instructor to different persons.

*G.* Introduce different persons to the instructor.

*H.* Introduce two familiar persons to each other.

*I.* Introduce strangers to each other.

As much as possible the stutterer should feel that

the instructor is at hand to speak for him in case of any difficulty.

40. *Public Speaking* (p. 95)

A. Prepare a short speech to make on an assigned topic, and deliver it in the presence of the instructor.

B. Same in the presence of several people.

C. Make an impromptu speech on a given topic in the presence of the instructor.

D. Same in the presence of other people.

The number of the people is to be gradually increased until the stutterer feels ready to get up at any moment and make a short speech on any topic.

41. *Scenes from Life* (p. 95)

A. A group of people is supposed to be in some familiar situation; for example, eating at a restaurant, riding in an automobile, forming a box party at the theater, etc. The instructor works out the situation by description, while the persons, including the pupil, make the appropriate remarks. For example, if the scene is at the restaurant, the instructor takes the part of the waiter, while the other persons order what they wish to eat, discuss the bill of fare, etc. If the scene is at the theater, the instructor tells a

story of the play while the persons discuss the incident, the house, their neighbors etc. In the automobile party, the instructor takes the part of the chauffeur while the party travels to various places and discusses what he has seen.

*B.* Similar scenes are worked out, the patient taking the leading part.

*C.* The group of persons is supposed to represent a club, the instructor occupying the chair. Various members are to make motions and discuss them, officers are to be elected, etc.

*D.* The stutterer is made chairman of the club.

#### 42. *School Work* (p. 96)

*A.* The stutterer is to prepare and recite to the instructor some of his school exercises.

*B.* He is to do the same before several people.

*C.* The group is to be gradually increased till it forms quite a class. The instructor is to be the teacher and is to call on the patient or patients to recite.

*D.* The exercise is transferred to a schoolroom.

*E.* Outside teachers are called in to conduct the class.

## SET XI

## SPONTANEOUS SPEECH

43. *Collection of Ideas* (pp. 14, 19, 62)

A. Say some word referring to an object placed before you or pointed out ; the word must have some application to or connection with the object. You may say "large" referring to its size, or "black" referring to its color, or "read" referring to its use, or "table" referring to its position, or "yesterday" referring to something it reminded you of, etc.

B. Make a statement slowly and melodiously concerning some object placed before you or pointed out to you.

C. Name the objects you see on one side of the room, proceeding systematically from left to right and speaking slowly and melodiously.

D. Describe an object placed in front of you, using single words and proceeding systematically ; for example, if a telephone is placed before you, you will first use words referring to its appearance, then to its use, then to its faults, then to its history, etc. Always adopt some such system in selecting words.

*E.* Same as *D*, but complete sentences are to be used instead of single words.

*F.* Short sentences are to be spoken concerning objects not seen but more or less familiar; for example, breakfast, a distant city, George Washington, Atlantic Ocean, etc.

*G.* A more extended account is required concerning similar objects, as in *F*.

44. *Increasing the Embarrassment* (p. 62)

*A.* Part or all of the preceding exercise is to be carried out in the presence of additional people.

*B.* When this can be done perfectly, you are to be called on to make short speeches on topics that have been given you before.

*C.* You are to make speeches on topics of your own choosing.

SET XII

THINKING (p. 86)

45. *Single Associations of Ideas*

*A.* The name of an object is called out. You call out the name of some other object that suggests itself to your mind. If you are in doubt what to say,

choose some object that is often seen together with the one mentioned. For example, on hearing the word "horse" you reply "cart." This process is called "association of ideas." For the present you are to associate slowly, taking as much time as you wish. Practice for several times with the following list of words; then add other words.

|         |        |        |
|---------|--------|--------|
| hand    | foot   | hair   |
| shoe    | glove  | eye    |
| coat    | sock   | motor  |
| tooth   | nose   | water  |
| boat    | canoe  | whip   |
| sail    | pin    | wheel  |
| rope    | seat   | road   |
| pump    | lake   | ticket |
| lamp    | bell   | dance  |
| theater | hotel  | ring   |
| piano   | gun    | bell   |
| street  | head   | muscle |
| school  | collar | pencil |

*B.* Upon hearing each of the words just used, make a sentence about it. It does not matter what the sentence states.



C. Upon hearing each of the words make a sentence defining it.

D. Upon hearing each of the words state some fact about the object implying something in regard to its location or its use, or something that preceded it, or caused it, or followed it, or resulted from it, or had some relation to it.

#### 46. *Running Associations*

Starting with any given word, let the mind bring up a long series of thoughts. These thoughts should not revolve around the original word, but should pass away into other subjects. If necessary, the rule may be adopted of obliging the mind to leave the original word within three associations.

### SET XIII

#### DESCRIPTION AND RELATION

#### 47. *Description* (p. 19)

A. Describe an object placed before you; if you have any difficulty, you are to adopt some system, such as proceeding from top to bottom or according to cause and effect, etc.

B. Same with simple pictures.

*C.* Same with complicated pictures.

*D.* Same with what you see in the room or out of the window.

*E.* Same with a simple topic from memory, such as breakfast this morning, house where you live, school, well-known buildings, etc.

*F.* Same with a longer experience, such as a journey, a visit to a theater, the plot of a story, etc.

*G.* All the preceding exercises are to be performed in the presence of one other person, then two, and so on.

#### 48. *Relation*

*A.* Read aloud a short story, for example, one of Æsop's fables; then with the book open before you relate the contents of the story.

*B.* Same with the book closed.

*C.* Relate some story that you have previously read, for example, Robinson Crusoe, Cinderella, etc.

*D.* Same with some previous experiences, such as last summer, last Christmas, etc.

*E.* Read a joke and then tell it.

*F.* Tell some funny story that you read some time ago.

G. Tell what you would like to do next summer, next Christmas, etc.

H. All these exercises are to be done in the presence of one additional person, then two persons, etc.

I. Pretend that you are conducting a scene in vaudeville.

## SET XIV

### TELEPHONING (p. 96)

#### 49. *Private Line*

A. Call up some one on the private telephone, using the system of your town as nearly as possible. First call "central," and then speak with the person desired. You are to speak slowly and melodiously.

B. Take the part of "central" and then of the person called up.

C. Repeat A and B in the presence of other people.

D. Do some of the most difficult exercises over the telephone with the instructor or some other person at the other end.

#### 50. *Main Line*

A. Put your finger on the telephone switch so that when you take the receiver off the hook, the

telephone is not connected with "central." Some one sitting beside you takes the part of "central" and the person to whom you wish to speak. Carry out exercises as on the private line.

*B.* With the instructor close beside you, call up "central" and then some friends; if you have the slightest hesitation, the instructor will speak for you.

*C.* When you succeed perfectly as in *B*, try the telephone independently. The instructor is to criticize your success.

## SET XV

### TALKING WITH PEOPLE (p. 90)

#### 51. *General Conversation*

*A.* In a group of two people, talk on assigned topics of conversation, with material prepared beforehand.

*B.* Then with three people, and so on, gradually increasing the number in the group.

*C.* Gradually bring in strangers.

*D.* Same as *A*, with topics not prepared beforehand (impromptu conversation).

*E.* Same with three or more people.

*F.* Same with strangers.

### 52. *Coolness in Argument*

*A.* Argue a question with the instructor.

*B.* Argue a question with somebody else.

*C.* Argue a question in a group of three.

*D.* Debate a topic with some person before a small group.

*E.* Debate a political question with interruptions from the audience.

### 53. *Transacting Business*

*A.* Sitting at a desk, you ring a bell as a signal for a person to enter. As he approaches your desk, you greet him and ask him what he wants. If he is applying for a position, inquire into his qualifications and then dismiss him; if he wants to buy or sell or transact some other business, you are to promptly settle the matter, speaking very slowly and melodiously. A series of persons is interviewed in like manner.

*B.* You are to take the part of the person entering the office for business.

## SET XVI

## RELAXATION (p. 61)

54. *General Relaxation*

A. Lie on a couch, close your eyes, and purposely try to relax every limb.

B. Some one passes his hands over the various limbs, feeling that the muscles are all relaxed. This is repeated four or five times at intervals of about fifteen minutes.

C. Get your mind fixed on the thought of relaxation and quietness. Lie perfectly quiet in this way for five minutes on the first occasion, for ten minutes on the next, and so on for an increasing length of time up to a half hour.

55. *Speaking*

A. You are to lie on a couch in a relaxed condition. Some one speaks a sentence to you very slowly and melodiously ; you are to repeat it likewise.

B. Repeat sentences and reply to questions in the usual way (p. 92).

C. Exercises in description and relation (p. 219) are carried out in this relaxed condition.

## SET XVII

## MUSCULAR CONTROL

56. *Tongue Gymnastics* (p. 160)

A. Thrust the tongue out and draw it back quickly; do the same slowly.

B. Move the tongue from side to side outside of the mouth, first slowly, then quickly.

C. Same inside of the mouth.

D. Touch the point of the tongue to the upper lip.

E. Touch the point of the tongue to the roof of mouth, keeping the mouth open; same with the mouth shut.

F. Touch the point of the tongue to the upper front teeth.

G. Place the thumb and finger on each side of the tongue; broaden and narrow the tongue by use of the muscles within the tongue; this is felt by the fingers.

H. Place the thumb and finger below and above the tongue; repeatedly thicken the tongue; this is felt by the fingers.

*57. Lip Gymnastics*

A. Without projecting the lips, alternately contract them to a round circle while saying "oh," and draw the corners back while saying "eh."

B. Same, on different tones.

C. Same, speaking sentences.

*58. Relaxing the Jaw (p. 83)*

A. Place the hands at the back of the cheeks; notice the swelling of the masseter muscles during speech; relax them by dropping the jaw.

B. Speak the vowels, dropping the jaw at the same time.

C. Speak sentences, dropping the jaw as much as possible.

D. Leave the mouth open for long periods of time.

*59. Fixation of the Larynx (p. 83)*

A. With the fingers, press backward and downward on the hyoid bone; resist its rising while you pretend to swallow.

B. Sing "ah," pressing the hyoid bone backward; alternate in singing "ah" with and without pressing.



Try to make the "ah" without pressing sound like the "ah" with pressing.

C. Speak vowels, words, and phrases as in B.

#### 60. *Jaw Position*

A. Insert two fingers vertically between the teeth; speak the vowels in this position; speak sentences also.

B. While looking in a mirror, speak all the vowels, keeping the mouth as widely open as before, or nearly so.

C. With the mirror, speak sentences, opening the mouth as widely as before on the broad vowels, such as "ah" and "oh."

#### 61. *Rear Palatal Arch* (p. 84)

A. Look in the mirror; observe the rear palatal arch; whisper "ah" softly and loudly alternately; observe that the arch is narrow for the loud whisper.

B. Try to narrow the arch by a voluntary effort without whispering.

C. When the ability to narrow the arch is obtained, sing out a loud "ah" at the moment of narrowing.

D. Same with other vowels.

E. Same, speaking the vowels.

## SET XVIII

## WORD LISTS

62. *Words beginning with "p"*

|       |      |       |       |        |
|-------|------|-------|-------|--------|
| pack  | pay  | pie   | play  | post   |
| pad   | peel | piece | plum  | pound  |
| paint | pear | pink  | point | pour   |
| pair  | pen  | plain | pole  | preach |

63. *Words ending with "p"*

|       |       |      |      |      |
|-------|-------|------|------|------|
| ape   | deep  | help | loop | rope |
| cape  | drape | keep | map  | stop |
| cap   | grape | lap  | mop  | tape |
| cheap | hope  | leap | nape | top  |

64. *Words with "p" in the middle*

|         |          |          |          |          |
|---------|----------|----------|----------|----------|
| appeal  | approach | dipper   | lispings | reply    |
| appear  | apron    | dripping | repeat   | report   |
| apple   | chapel   | happen   | repel    | reproach |
| appoint | clapper  | helping  | repent   | ripple   |

65. *Words beginning with "b"*

|      |      |      |      |       |
|------|------|------|------|-------|
| bad  | band | bead | bend | bite  |
| bag  | bank | bear | bet  | black |
| bake | bark | bed  | bill | blank |
| ball | bat  | bee  | bind | bloom |

66. *Words ending with "b"*

|       |      |       |      |      |
|-------|------|-------|------|------|
| Arab  | crab | drab  | sob  | tub  |
| babe  | crib | garb  | stab | tube |
| bribe | cube | grab  | stub | verb |
| cab   | daub | probe | tab  | web  |

67. *Words with "b" in the middle*

|         |         |         |        |         |
|---------|---------|---------|--------|---------|
| cable   | lobster | obey    | obtain | rubber  |
| dribble | marble  | object  | rabbit | stumble |
| fable   | medal   | obscure | ribbon | tumble  |
| labor   | nibble  | observe | robbin | warble  |

68. *Words beginning with "t"*

|       |       |      |       |       |
|-------|-------|------|-------|-------|
| table | tame  | tell | town  | trust |
| tack  | tape  | test | trade | tune  |
| take  | taste | toe  | train | twist |
| talk  | tea   | top  | trunk | twine |

69. *Words ending with "t"*

|     |      |     |       |      |
|-----|------|-----|-------|------|
| at  | boat | fat | not   | rate |
| ate | cat  | fit | nut   | rust |
| bat | coat | get | ought | what |
| bit | eat  | hit | put   | wet  |

70. *Words with "t" in the middle*

|        |        |         |        |        |
|--------|--------|---------|--------|--------|
| attach | attire | fatal   | mutter | tattle |
| attack | battle | fitting | outer  | utter  |
| attain | bitter | letter  | patter | vital  |
| attend | butter | matter  | rattle | water  |

71. *Words beginning with "d"*

|       |      |       |      |       |
|-------|------|-------|------|-------|
| dance | date | debt  | desk | dive  |
| dare  | day  | deep  | dew  | dog   |
| dark  | dead | dell  | dim  | doll  |
| dash  | deaf | depth | dine | draft |

72. *Words ending with "d"*

|     |      |      |      |      |
|-----|------|------|------|------|
| add | fed  | lid  | mud  | road |
| bad | glad | load | odd  | rude |
| bed | had  | mad  | pad  | sad  |
| bid | lead | made | raid | sled |

73. *Words with "d" in the middle*

|         |         |          |         |         |
|---------|---------|----------|---------|---------|
| address | bondage | childish | endless | fiddle  |
| adept   | boulder | conduct  | fading  | gladden |
| binding | cadet   | cradle   | federal | harden  |
| bundle  | cedar   | edition  | feeding | widen   |

74. *Words beginning with "k"*

|       |       |      |      |      |
|-------|-------|------|------|------|
| cab   | crop  | cuff | keep | kind |
| catch | cross | cup  | key  | king |
| care  | cry   | cure | kick | kiss |
| creep | cube  | cut  | kill | kite |

75. *Words ending with "k"*

|      |       |       |      |       |
|------|-------|-------|------|-------|
| ache | bleak | flake | neck | pick  |
| bake | cake  | kick  | oak  | pluck |
| beak | duck  | like  | pack | risk  |
| beck | drake | make  | peck | stick |

76. *Words with "k" in the middle*

|          |         |         |         |        |
|----------|---------|---------|---------|--------|
| aching   | flicker | looking | occur   | raking |
| baker    | knuckle | market  | package | scrape |
| barking  | leaking | masker  | picture | scream |
| drinking | locket  | milky   | picnic  | screw  |

77. *Words beginning with "g"*

|      |      |       |        |       |
|------|------|-------|--------|-------|
| gain | gay  | girl  | glance | globe |
| game | get  | give  | glare  | glow  |
| gas  | gift | glad  | glass  | go    |
| gate | gild | glade | gleam  | gold  |

78. *Words ending with "g"*

|     |      |      |       |        |
|-----|------|------|-------|--------|
| bag | clog | egg  | pig   | tag    |
| beg | dig  | fog  | rag   | tongue |
| big | dog  | frog | rug   | tug    |
| bug | drag | mug  | sting | wig    |

79. *Words with "g" in the middle*

|          |       |          |          |         |
|----------|-------|----------|----------|---------|
| again    | agony | argue    | bungle   | longer  |
| aggrieve | agree | baggage  | digging  | organ   |
| aghast   | anger | braggart | dragging | program |
| aglow    | angle | bugle    | laggard  | rugged  |

80. *Words beginning with "ch"*

|        |       |         |         |           |
|--------|-------|---------|---------|-----------|
| chain  | chap  | cheer   | chill   | chisel    |
| chair  | cheap | chicken | chimney | chocolate |
| chalk  | cheat | chief   | chin    | choke     |
| change | check | child   | chip    | chop      |

81. *Words ending with "ch"*

|        |        |       |        |         |
|--------|--------|-------|--------|---------|
| batch  | crutch | much  | pitch  | Scotch  |
| beach  | grouch | notch | pouch  | screech |
| botch  | latch  | peach | preach | smirch  |
| church | lurch  | perch | reach  | such    |

82. *Words with "ch" in the middle*

|           |          |           |            |           |
|-----------|----------|-----------|------------|-----------|
| bleaching | hitching | perching  | Scotchman  | twitching |
| butcher   | itching  | pitcher   | screeching | urchin    |
| etcher    | latching | preacher  | searching  | watcher   |
| fetching  | lurching | scorching | teacher    | witching  |

83. *Words beginning with "j"*

|      |       |        |       |         |
|------|-------|--------|-------|---------|
| Jack | jaw   | jig    | joint | jug     |
| jail | jerk  | job    | joke  | jump    |
| jam  | jet   | jockey | jury  | joy     |
| jar  | jewel | John   | judge | justice |

84. *Words ending with "j"*

|         |        |          |          |        |
|---------|--------|----------|----------|--------|
| age     | dodge  | hedge    | porridge | sledge |
| bridge  | dredge | judge    | purge    | smudge |
| budge   | edge   | lodge    | rage     | stage  |
| courage | fringe | marriage | sage     | urge   |

85. *Words with "j" in the middle*

|           |          |            |           |          |
|-----------|----------|------------|-----------|----------|
| adjoin    | engaging | language   | regent    | Roger    |
| arranging | enjoy    | luggage    | reject    | stranger |
| baggage   | ginger   | manger     | rejoice   | tinged   |
| conjurer  | injury   | prodigious | religious | unjust   |

86. *Words beginning with "f"*

|       |       |      |       |       |
|-------|-------|------|-------|-------|
| face  | fair  | fame | fast  | fight |
| fact  | faith | fan  | fault | fine  |
| fail  | fall  | fare | feel  | fire  |
| faint | false | farm | fell  | fish  |

87. *Words ending with "f"*

|       |       |       |      |       |
|-------|-------|-------|------|-------|
| bluff | elf   | hoof  | life | rough |
| chafe | grief | if    | muff | safe  |
| cliff | gruff | laugh | off  | snuff |
| cuff  | half  | leaf  | puff | stuff |

88. *Words with "f" in the middle*

|        |        |          |        |         |
|--------|--------|----------|--------|---------|
| affair | buffet | effect   | lofty  | puffy   |
| affect | coffee | effort   | offer  | roughen |
| afford | differ | laughter | office | stuffy  |
| afraid | efface | lifting  | often  | toughen |

89. *Words beginning with "v"*

|       |       |      |        |       |
|-------|-------|------|--------|-------|
| vague | van   | vain | voice  | value |
| vain  | vast  | verb | void   | vapor |
| vale  | vault | vest | vote   | very  |
| valve | veil  | vine | valley | vigor |



90. *Words ending with "v"*

|       |       |        |      |       |
|-------|-------|--------|------|-------|
| above | dive  | glove  | live | save  |
| brave | drive | groove | move | valve |
| cave  | five  | grove  | pave | wave  |
| crave | give  | have   | rave | weave |

91. *Words with "v" in the middle*

|        |       |        |          |        |
|--------|-------|--------|----------|--------|
| braver | event | evince | having   | never  |
| diving | ever  | favor  | level    | over   |
| evade  | every | fever  | lever    | river  |
| even   | evil  | flavor | movement | silver |

92. *Words beginning with "s"*

|      |        |      |       |       |
|------|--------|------|-------|-------|
| sack | same   | seed | sin   | slate |
| sad  | school | sell | since | slave |
| safe | scrub  | set  | sit   | sleep |
| sail | sea    | silk | skate | slice |

93. *Words ending with "s"*

|        |        |       |       |       |
|--------|--------|-------|-------|-------|
| base   | dress  | kiss  | loose | race  |
| brass  | face   | lace  | miss  | rice  |
| case   | grease | lease | moss  | slice |
| crease | hiss   | loss  | place | us    |

94. *Words with "s" in the middle*

|        |        |         |         |        |
|--------|--------|---------|---------|--------|
| ascent | assign | astray  | dresser | listen |
| aside  | assist | basket  | essay   | loosen |
| asleep | assure | biscuit | essence | master |
| assay  | astir  | casket  | fasten  | tasty  |

95. *Words beginning with "z"*

|        |        |        |        |         |
|--------|--------|--------|--------|---------|
| zeal   | zone   | zenith | zither | zoölogy |
| zest   | zoo    | zero   | Zion   | Zeus    |
| zinc   | zebra  | zigzag | zouave | Zulu    |
| zodiac | zephyr |        | zounds |         |

96. *Words ending with "z"*

|        |        |      |        |       |
|--------|--------|------|--------|-------|
| bees   | daze   | his  | maze   | seize |
| breeze | frecze | has  | nose   | size  |
| cries  | graze  | haze | praise | tease |
| craze  | hers   | lose | rise   | trees |

97. *Words with "z" in the middle*

|          |          |        |        |          |
|----------|----------|--------|--------|----------|
| busy     | dizzy    | grisly | losing | result   |
| breezy   | dozen    | hazy   | nasal  | resume   |
| bruising | fuzzy    | lazy   | prison | scissors |
| cozy     | freezing | lizard | prize  | weasel   |

98. *Words beginning with "sh" (surd)*

|       |       |       |       |       |
|-------|-------|-------|-------|-------|
| shade | shame | shed  | ship  | shore |
| shaft | shape | sheet | shock | short |
| shake | share | shelf | shoot | show  |
| shall | sharp | shell | shop  | shut  |

99. *Words ending with "sh" (surd)*

|      |       |       |       |        |
|------|-------|-------|-------|--------|
| ash  | dish  | lash  | rash  | trash  |
| bush | fish  | mash  | sash  | thrush |
| cash | flash | push  | slash | wash   |
| dash | fresh | plush | smash | wish   |

100. *Words with "sh" (surd) in the middle*

|          |          |          |           |         |
|----------|----------|----------|-----------|---------|
| ashes    | bushel   | crashing | flashing  | rashly  |
| bashful  | bushy    | crushing | flushing  | rushing |
| blushing | cashier  | dashing  | hushing   | washing |
| brushes  | clinging | fishy    | freshness | pushing |

101. *Words with "sh" (sonant)*

|          |          |          |           |          |
|----------|----------|----------|-----------|----------|
| adhesion | delusion | evasion  | Parisian  | seizure  |
| azure    | derision | invasion | pervasion | treasure |
| cohesion | division | leisure  | pleasure  | vision   |
| decision | elision  | measure  | precision | visual   |

102. *Words beginning with "th" (surd)*

|       |       |         |        |        |
|-------|-------|---------|--------|--------|
| thank | thin  | thirst  | three  | throb  |
| thaw  | thing | thorn   | thrift | throw  |
| thick | think | thought | thrill | thrust |
| thief | third | thread  | throat | thud   |

103. *Words ending with "th" (surd)*

|        |       |        |       |       |
|--------|-------|--------|-------|-------|
| bath   | broth | faith  | month | tooth |
| blithe | death | fourth | moth  | width |
| both   | depth | fifth  | mouth | wrath |
| breath | earth | lithe  | path  | wroth |

104. *Words with "th" (surd) in the middle*

|         |         |          |          |            |
|---------|---------|----------|----------|------------|
| athirst | bathos  | ethereal | monthly  | southerly  |
| athlete | earthly | lengthen | pathway  | strengthen |
| athwart | Ethel   | Matthew  | pathetic | youth      |
| author  | ether   | method   | pathos   | zither     |

105. *Words beginning with "th" (sonant)*

|      |       |       |        |           |
|------|-------|-------|--------|-----------|
| than | them  | they  | this   | thus      |
| that | then  | these | thou   | they      |
| the  | there | thine | though | therefore |

106. *Words ending with "th" (sonant)*

|         |        |        |        |
|---------|--------|--------|--------|
| bathe   | clothe | lathe  | soothe |
| breathe | swathe | smooth | loathe |

107. *Words with "th" (sonant) in the middle*

|           |         |         |         |          |
|-----------|---------|---------|---------|----------|
| another   | brother | further | lather  | panther  |
| bathing   | either  | gather  | leather | rather   |
| bother    | father  | heather | neither | together |
| breathing | feather | mother  | other   | weather  |

108. *Words beginning with "w"*

|      |        |      |        |        |
|------|--------|------|--------|--------|
| wad  | weak   | wish | willow | wafer  |
| wag  | wealth | wit  | wily   | wager  |
| waif | wear   | wolf | wince  | wagon  |
| wail | wax    | worn | wife   | waffle |

109. *Words with "w" in the middle*

|         |       |        |        |        |
|---------|-------|--------|--------|--------|
| awake   | bower | jewel  | rower  | towel  |
| aware   | cower | lower  | sewer  | tower  |
| bewail  | dowry | mowing | slower | trowel |
| bewitch | fewer | power  | sowing | vowel  |

110. *Words beginning with "y"*

|       |       |        |           |       |
|-------|-------|--------|-----------|-------|
| yacht | yawn  | yeast  | yes       | yoke  |
| yard  | ye    | yell   | yesterday | you   |
| yarn  | year  | yellow | yet       | young |
| yawl  | yearn | yelp   | yield     | youth |

111. *Words beginning with "r"*

|      |      |       |      |      |
|------|------|-------|------|------|
| race | rasp | rid   | rob  | rule |
| rack | rat  | ride  | robe | run  |
| raft | rate | ridge | rock | rung |
| rag  | rave | rig   | rod  | rush |

112. *Words with "r" between vowels*

|         |        |        |        |         |
|---------|--------|--------|--------|---------|
| arrow   | errand | marry  | narrow | terrace |
| berry   | ferry  | merry  | parrot | terror  |
| current | garret | mirror | pirate | turret  |
| direct  | hurry  | moral  | sorry  | worry   |

113. *Words with "r" after a consonant*

|        |       |       |       |        |
|--------|-------|-------|-------|--------|
| braid  | bread | drive | dry   | fruit  |
| branch | break | droop | fraud | fry    |
| brass  | crab  | drop  | free  | grape  |
| brave  | drip  | drum  | frost | grease |

114. *Words beginning with "l"*

|      |      |      |      |       |
|------|------|------|------|-------|
| lad  | leaf | let  | lion | long  |
| lake | leak | lick | lip  | loose |
| lame | lean | lie  | live | lot   |
| lamp | left | limp | loaf | low   |

115. *Words ending with "l"*

|        |       |        |        |      |
|--------|-------|--------|--------|------|
| animal | avail | bell   | call   | deal |
| annual | owl   | bewail | camel  | dial |
| appal  | bail  | bill   | cereal | eel  |
| appeal | bawl  | boil   | chill  | fool |

116. *Words with "l" between vowels*

|       |       |          |          |          |
|-------|-------|----------|----------|----------|
| alarm | along | elegant  | eleven   | illegal  |
| alert | aloud | element  | elope    | illumine |
| allow | alum  | elephant | eloquent | illusion |
| alley | elect | elevate  | island   | olive    |

117. *Words beginning with "m"*

|         |        |        |         |        |
|---------|--------|--------|---------|--------|
| machine | magnet | major  | man     | milk   |
| mad     | maiden | maker  | measure | monkey |
| made    | mail   | malice | meat    | move   |
| magic   | mane   | mama   | meal    | must   |

118. *Words ending with "m"*

|      |       |      |      |       |
|------|-------|------|------|-------|
| aim  | gleam | jam  | ream | some  |
| beam | gloom | lamb | rim  | swim  |
| comb | gum   | limb | room | thumb |
| come | home  | ram  | seam | Tom   |

119. *Words with "m" in the middle*

|        |         |        |         |          |
|--------|---------|--------|---------|----------|
| amaze  | company | limit  | murmur  | summer   |
| amount | dreamer | mama   | plumber | summit   |
| bemoan | former  | mimic  | roomy   | swimmer  |
| comma  | hammer  | moment | steamer | trimming |

120. *Words beginning with "n"*

|      |       |       |       |          |
|------|-------|-------|-------|----------|
| name | niece | no    | north | nudge    |
| neck | niche | nod   | not   | number   |
| nest | night | noon  | note  | nurse    |
| nice | nine  | noose | now   | nutshell |

121. *Words ending with "n"*

|         |      |      |       |      |
|---------|------|------|-------|------|
| alone   | dawn | John | pine  | run  |
| balloon | fine | moan | pint  | ruin |
| bean    | gone | moon | prune | sun  |
| brine   | gun  | pan  | rain  | win  |



122. *Words with "n" in the middle*

|        |          |        |         |         |
|--------|----------|--------|---------|---------|
| Annie  | corner   | honor  | panel   | tender  |
| banner | counter  | lining | render  | whining |
| bonny  | dinner   | money  | running | winner  |
| briney | fountain | only   | sooner  | wonder  |

123. *Words with "ng"*

|         |          |          |           |         |
|---------|----------|----------|-----------|---------|
| ailing  | covering | having   | nothing   | ringing |
| bending | caring   | killing  | pudding   | singer  |
| being   | counting | laughing | remaining | willing |
| bringer | crawling | living   | ring      | wringer |



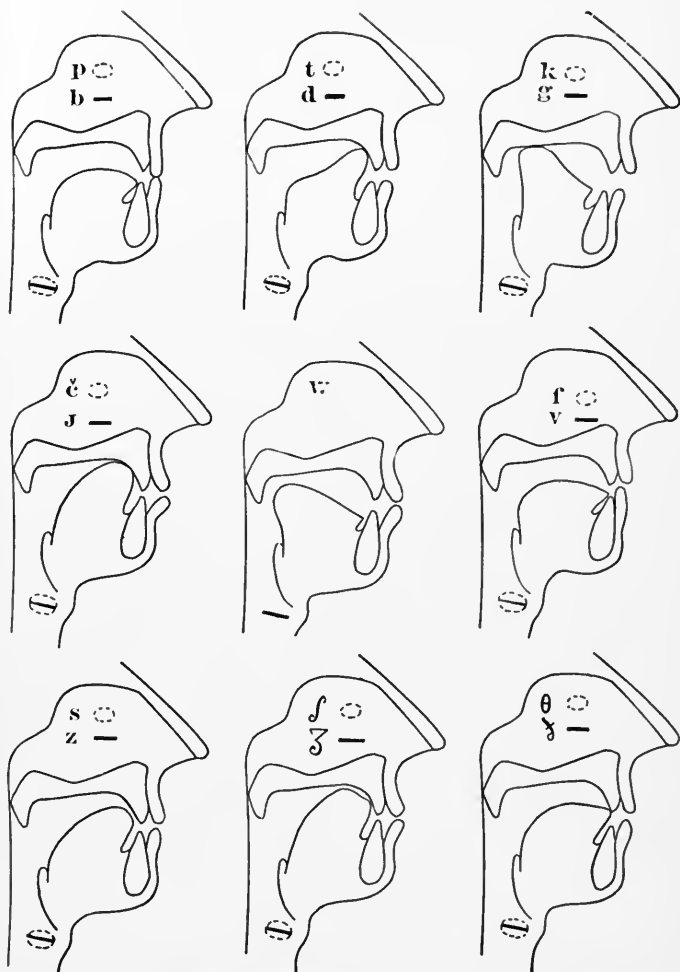


PLATE I. — Mouth Diagrams for Typical English Sounds.

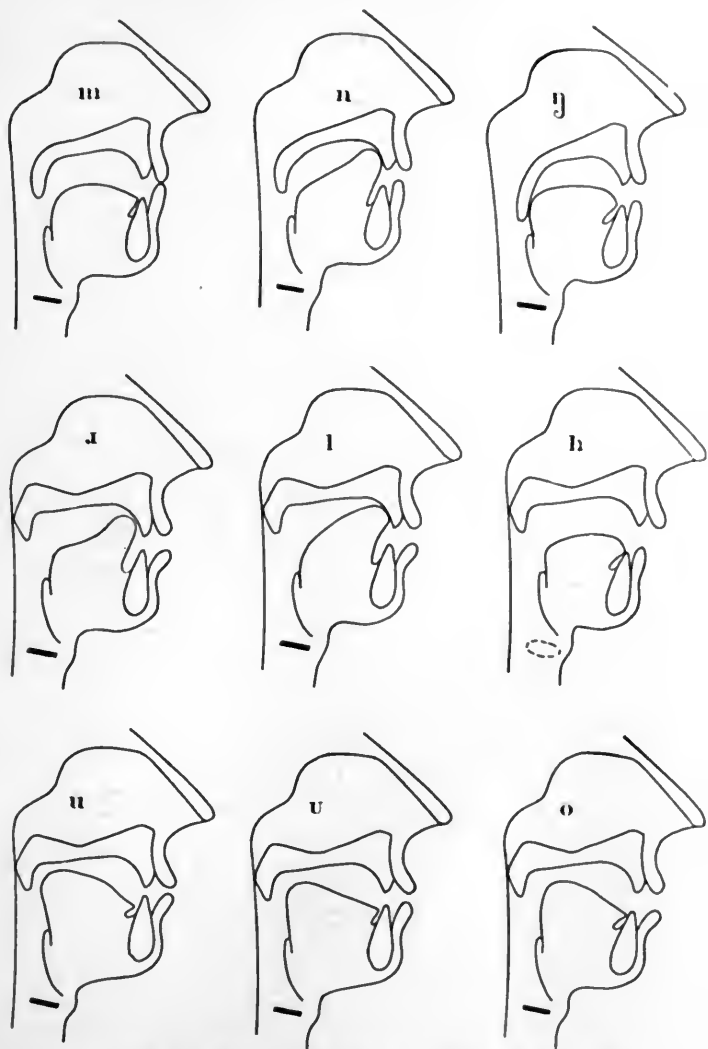


PLATE II. — Mouth Diagrams for Typical English Sounds

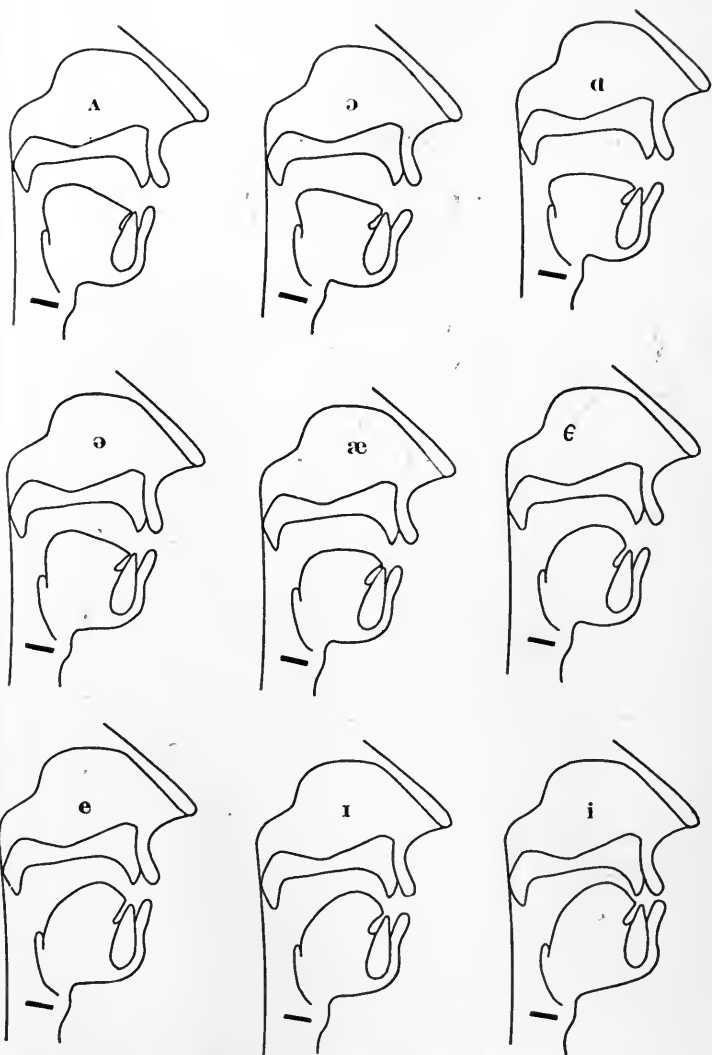


PLATE III. — Mouth Diagrams for Typical English Sounds

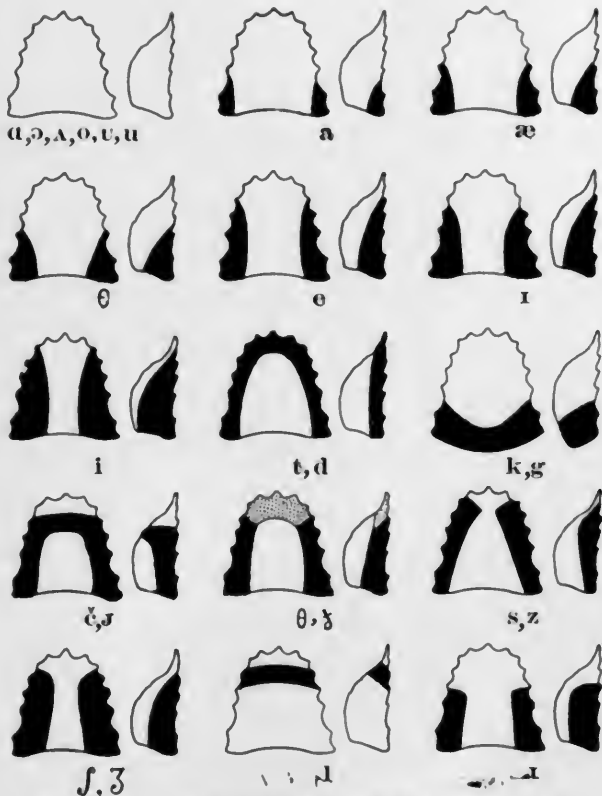


PLATE IV.—Palatograms for Typical English Sounds

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## TECHNICAL TERMS

**Cluttering**—The disease described on p. 187.

**Deltacism**—Defective pronunciation of "t" and "d" (p. 127).

**Frontal sigmatism**—See simple sigmatism.

**Gammacism**—Defective pronunciation of "k," "g" (p. 128).

**Lambdacism**—Defective pronunciation of "l" (p. 149).

**Lateral parasigmatism**—See lateral sigmatism.

**Lateral sigmatism**—Producing "s" and "z" with side opening (p. 133).

**Lisping**—The group of diseases described in Part II; another use of the word confines it to simple sigmatism.

**Nasal parasigmatism**—See nasal sigmatism.

**Nasal sigmatism**—Producing "s" and "z" with open passage through the nose (p. 151).

**Negligent lisping**—The disease described on p. 122.

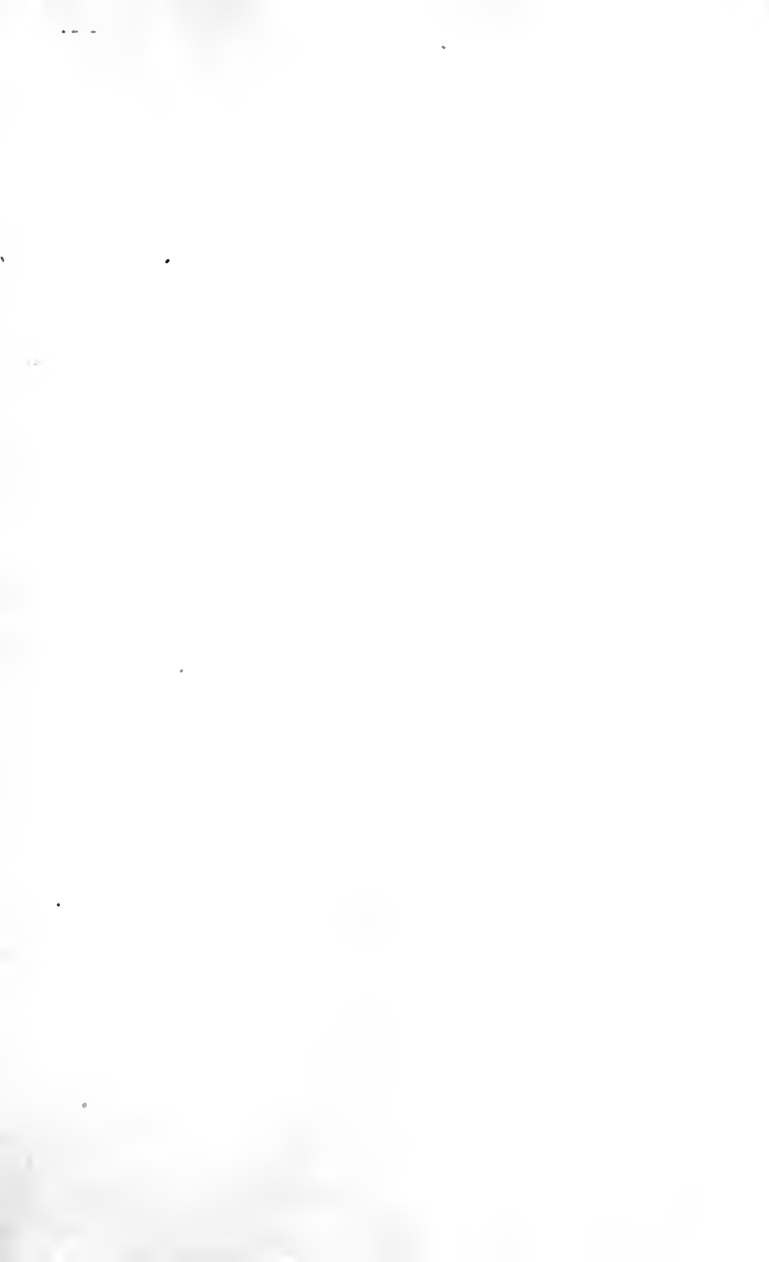
**Neurotic lisping**—The disease described on p. 173.

**Organic lisping**—The disease described on p. 162.

**Paragammacism**—Substitution of other sounds for "k" and "g" (p. 128).



- Paralambdacism** — Substitution of other sounds for “l” (p. 149).
- Pararhotacism** — Substitution of other sounds for “r” (p. 146).
- Parasigmatism** — Substitution of other sounds for “s” and “z” (p. 134).
- Rhinolalia** — Defective action of the nasal cavities in producing sounds (p. 150).
- Rhinolalia aperta** — Rhinolalia with improperly opened nasal cavities (pp. 150, 168).
- Rhinolalia clausa** — Rhinolalia with improperly obstructed nasal cavities (p. 170).
- Rhotacism** — Defective pronunciation of “r” (p. 146).
- Sigmatism** — Defective pronunciation of “s” and “z”; also sometimes defective pronunciation of “sh” (pp. 130, 140).
- Simple sigmatism** — Defective pronunciation of “s” and “z” whereby the sound of “th” is produced; the term lispings is often limited to this defect alone (p. 134).
- Stammering** — Stuttering.
- Stuttering** — The disease described in Part I.



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