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MUSIC IN THE CHURCH

BY
WILLIAM T. GRIMES

CORRECT METHODS OF BREATHING FOR THE SPEAKING OR SINGING VOICE

The importance of breath control cannot be over-emphasized. It must be acquired in order to handle the voice correctly and artistically. The vocal apparatus may be considered a reed organ—the vocal cords representing the reeds and the lungs representing the bellows. The vocal cords should be allowed to function automatically and the lungs, like the bellows, should have ample capacity, and be correctly and steadily controlled. Perfect control of the breath relieves all rigidity and clutch of the throat muscles and permits the vocal cords to vibrate freely and produce their clearest, fullest and most beautiful tones.

Proper breathing when mastered and practiced sufficiently, will become a habit. It will then need little further consideration.

When there is plenty of time, breath should be taken freely through the nose. It should never be taken through the mouth unless there is some condition which prevents taking it through the nose. Expiration should always immediately follow inspiration in speaking or singing. Holding the breath tends to tense some of the breathing muscles which will affect the tone.

There should be no conscious tension in the neck or throat muscles. The chest should be held up and never allowed to fall or slump while talking or singing. The shoulders should never be permitted to rise or fall in breathing but should be held quietly and comfortably back.

When the chest is held up it helps keep the upper part of the chest filled with air which makes it a better resonator or sound-board for the vibrating vocal cords and adds to the resonance and quality of the voice.

In taking in the breath, the diaphragm, a strong sheet of muscles separates the chest from the abdomen, contracts and flattens downward pulling the domed shape of the diaphragm out of it; this increases the depth and capacity of the chest and draws the air down into the lungs.

In passive or involuntary expiration the diaphragm relaxes and is drawn and domed upward again into the chest by the contraction of the lungs which expels the breath. In forced expiration, however, is aided by the contraction of abdominal muscles. This is called "diaphragm breathing."

This method of breathing is greatly recommended by instructors of voice.

I will continue the explanation of breathing methods in my next article.

OWNERS OCCUPY FIRST HOME IN LINCOLN PARK

Mr. and Mrs. Johnny W. Henderson, Jr. and their family moved into their new home located at 532 Leggett Road in beautiful Lincoln Park, Rocky Mount's newest and finest Negro development. The Hendersons and their new home are shown above.



The Henderson family are shown standing in front of their new home in Lincoln Park, recently completed housing development for Negroes in Rocky Mount.

On last March 16th Wimberley and Gregory, local realtors, announced plans for a development to provide modern, well-designed homes in an attractive subdivision for our Negro residents. This subdivision, known as Lincoln Park, is located in the northeastern section of the city on, and north of, Leggett Road.

Lincoln Park is the first Negro development planned especially and exclusively for Negro Home Owners and the completion of the first homes in this well-planned restricted community begins a new era for the purchaser of these homes.

These homes, designed by Thomas B. Herman, Wilson architect, consist of living room, two bedrooms, kitchen and full bath. Some of the outstanding features found in these homes are: spacious lots, sub-flooring, storm sheathing, hot water system, asphalt tile floors in kitchen and bath, hardwood floor in living room and hall, plaster walls throughout, clothes closet for each bedroom, 216 lb. asphalt composition roof, municipal water, lights and sewage and other features which will be painted in various colors all of which are popular and will be appealing to the owners.

OMEGAS TO HOLD ANNUAL MEET IN ATLANTIC CITY

ATLANTIC CITY, N. J. — The Second District Conference of the Omega Psi Phi Fraternity, Inc., comprising chapters located in New York, New Jersey and Pennsylvania will hold its annual meeting here on October 15, 16th and 17th with the local Epsilon Alpha Chapter acting as host.

According to information released by Rev. H. Albion Ferrell, District Marshall, plans have been completed for what promises to be the largest attended meeting in the history of the conference. The three-day confab gets underway on Friday of this week with the registration at the headquarters at the YMCA at 1711 Artie Avenue.

The first social event, a closed Cabaret Party, is scheduled for Club Harlem following the completion of registration. All Business sessions will be held at the YMCA in Saturday morning and afternoon, at which time several of the national officers will be heard.

The social activities conclude with a formal dance at the All Stars Memorial Building on Saturday evening.

The visiting delegates will attend special services conducted at Jethro Presbyterian Church, Atlantic City, and the Chapel of St. Mary the Virgin of Pleasantville, N. J., Sunday morning. All activities will be concluded with a public meeting at 3:00 P. M. on Sunday at the YMCA. Officers of the District are: Miffen T. Gibbs, District Representative; Nathaniel A. Burrell, President; Chester Jackson, vice president; Marion S. English, secretary; George E. Nevers, treasurer; Ludlow W. Werner, director of publicity; Donald D. Adams, director of public relations; Richard E. Carey, Counselor; C. V. Harris, sergeant-at-arms and Rev. H. Albion Ferrell, chaplain.

Patterson Renamed Head Of United Negro College Fund At Annual Confab

NEW YORK — Dr. F. D. Patterson of Tuskegee Institute, was re-elected President of the United Negro College Fund at the 15th annual meeting of its board of directors, held at Atlanta University on October 6. It was announced today by William J. Trent, Jr., executive director of the fund.

Dr. Patterson will serve for the next fiscal year; he has been president of the organization since its inception in 1944. Thomas A. Morgan who presided at this meeting was also re-elected to his post as chairman of the board of directors. Others re-elected to offices in the fund were President, Florence M. Read of Spelman College, Atlanta, Ga., vice president, and Robert P. Daniel of Shaw University, Raleigh, N. C. who continues as secretary to the organization.

HOWARD WITHDRAWS

Additional business of the day at the Directors' meeting included a report on the 1948 campaign by Mr. Trent, the authorization of the distribution of money to member colleges, the laying of plans for the 1949 campaign and an announcement of changes in school membership of the organization since its inception at Howard University. It is our considered opinion that our withdrawal under the present circumstances may operate positively to strengthen the movement.

In addition to the President of the member colleges who are directors of the fund, the directors-at-large present at the Board meeting were Mrs. Catherine Hughes Wadell, daughter of the late Chief Justice Hughes, of New York City; Mr. Lindsey Kimball, President of USO and Mr. Arthur Brenner of New York City.

The United Negro College Fund enjoys the distinction of being the only cooperative educational fund-

raising organization in America. It is composed of 32 private accredited Negro colleges and universities located throughout the country.

Toasted cereal flakes high in protein content are the result of a newly patented breakfast food process, according to National Patent Council. Finely ground soya bean flour, mixed with cereal grain, is cooked, then formed into flakes and toasted.

One of the advantages claimed for the product is that it will not absorb large quantities of milk or cream.

A pressure cooker with heating element built into the bottom has been patented. A double switch permits use of low and high heats.

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