

# **Nasality**

By Pamela Haig-Bartley

There are only three legitimate nasal sounds in spoken English. They are: **m, n, ng**.

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## **Experiment:**

Pinch your nostrils together and read aloud this passage:

*“Life is too short to waste,” said the philosopher. “You should catch the hour, seize the day. Today is the first day of the rest of your life.”*

There are no nasal sounds in this passage. Read it again without pinching your nostrils. The two versions should sound the same. If in reading it, you sound “stuffed up,” you are using too much nasal resonance.

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## **Building Control:**

The soft palate (velum) acts as a “switch” between the oral and nasal cavities. With excessive nasality, your velum is not closing off the passage of vibrated sound to the nose. You therefore need to work toward building control. This can be remedied as follows...

- Stand in front of a mirror.
  - Observe yourself as you yawn.
  - Now, force the soft palate (velum) to raise without yawning. Try this several times until you can perform the lift easily.
  - Read the above passage with your nostrils pinched together. As you do so, concentrate on bringing the sound forward in your oral cavity. Once you can recite the passage without a stuffy sound, release your nostrils and recite it again.
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## **The following sentences and passages contain no nasal sounds:**

1. I thought I could do it.
2. High-school days are over.
3. He that dies pays all debts.
4. Every dog will have his day.
5. Eat to please yourself, but dress to please others.
6. Bread is the staff of life. Faith is the force of life.
7. Of two evils choose the least.
8. It is easy to flatter; it is harder to praise.
9. Look before you leap; see before you go.

10. The safety of the state is the highest law.
11. She is his sister.
12. Take the street to your right.
13. I have a bad headache.
14. Will you look at this?
15. It is a good cause to celebrate.
16. The idea is to choose the best.
17. Years ago the hoola hoop was a fad.
18. Her eyes are blue.

**The following two paragraphs have no nasal sounds:**

Through the woods, beside the river lived a beautiful, youthful girl called Ruby Twoshoes. She was called that because she had acquired two shoes that were coloured a scarlet red. At break of day she would rise to go to the village to buy bread, eggs, or cereal for her breakfast. All the villagers liked to see her pass by with her bright red shoes. They would cry out, "Hey, Ruby, click your heels together!" They had thought of The Wizard of Oz. The day Ruby actually tried to click her heels together was the day she lost her shoes. There is a precept here: If crowd rule prevails, you could lose your shoes.

These are a few outdoor, beach fire safety rules you should follow. Fire pits are provided for your lit fires. Keep lit fires checked. Water should be close by. Be sure to put out fires totally. Cover with lots of dirt. If possible, tell a lifeguard or a firefighter that your beach stay is over; the fire is out. You should be happy with your stay at the beach or park, but be respectful of others, cautious of fires.