

**Violin Playing for Women**  
**by Maud Powell**  
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There are three essentials necessary to violin-playing for a woman, – musical talent, health, and application.

The first is God-given and unless a girl possesses perfect physical strength she can never endure the extremely rigorous practice necessary in such a training – a training which requires from two to four hours of practice daily, standing with the violin in position, in order to acquire even ordinary execution; and from four to seven hours to attain to the highest artistic excellence.

For a girl in good health the training is most beneficial, if the position held during practice is the correct one. For then the shoulders are so thrown back that the lungs and chest secure proper expansion and development.

As standing motionless for even the space of five minutes is so intensely wearying, the usual method of practising should be while quietly and gently walking about. This calls into play all the muscles of the arms and back. The exercise tends to impart a graceful carriage, a flexibility and grace in the use of the arms, wrists, and hands, and a roundness and firmness to the flesh of the arms.

*From the Archive of The Maud Powell Society for Music and Education*