

INSTRUCTIONS ON HOW TO CRY

Putting the reasons for crying aside for the moment, we might concentrate on the correct way to cry, which, be it understood, means a weeping that doesn't turn into a big commotion nor proves an affront to the smile with its parallel and dull similarity. The average, everyday weeping consists of a general contraction of the face and a spasmodic sound accompanied by tears and mucus, this last toward the end, since the cry ends at the point when one energetically blows one's nose.

In order to cry, steer the imagination toward yourself, and if this proves impossible owing to having contracted the habit of believing in the exterior world, think of a duck covered with ants or of those gulfs in the Straits of Magellan *into which no one sails ever*.

Coming to the weeping itself, cover the face decorously, using both hands, palms inward. Children are to cry with the sleeve of the dress or shirt pressed against the face, preferably in a corner of the room. Average duration of the cry, three minutes.

INSTRUCTIONS ON HOW TO SING

Begin by breaking all the mirrors in the house, let your arms fall to your side, gaze vacantly at the wall, *forget yourself*. Sing one single note, listen to it from inside. If you hear (but this will happen much later) something like a landscape overwhelmed with dread, bonfires between the rocks with squatting half-naked silhouettes, I think you'll be well on your way, and the same if you hear a river, boats painted yellow and black are coming down it, if you hear the smell of fresh bread, the shadow of a horse.

Afterwards, buy a manual of voice instruction and a dress jacket, and please, don't sing through your nose and leave poor Schumann at peace.