

Music and movement

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sers are essential to a good appearance in the air.

For wear underneath the ski suit I recommend a light-weight pullover of the sleeveless kind and a shirt in navy blue or some dark material. Many of my readers will agree that after a little of this exercise one is apt to get over-warm, but with such a shirt one can discard the tunic and carry it strapped on one's back.

Then, again, underwear? That made of wool or silk and wool should be worn. With such violent sport it is necessary to provide against chill. I prefer the two-piece garment, an undershirt that is pulled on over the head, with short sleeves, and shorts. The latter do not ruck up around one's knees, as the old-fashioned drawers are inclined to do. Some great skiers, including H. R. Spence, swear by a combination suit, a one-piece affair which keeps in place if correctly fitted in the first instance.

After the ski-ing suit comes the all-important boot. It should be strong and pliable, with the uppers cut well forward, as the usual position of the ski-runner is slightly bent forward. The welts should be nearly square, so that the toe irons fit perfectly, the front plain and high.

There is also the Arlberg boot, the original of which hails from a small village in the Austrian Tyrol, an entirely different model, giving ankle support and at the same time plenty of room. This is being made in England, the uppers cut all in one piece from dark tan English calf, very supple, the soles of stout, strong leather.

Remember that the socks must be all wool or of goat's hair. The ski-sock in navy or a mixture, sometimes having a fancy-coloured top, as well as the ankle, and, perhaps, a brightly coloured woollen muffler are the only touches of colour which the male allows himself to-day.

Gloves are nearly as important as boots. From experience I recommend those made from fine cashmere, but the ordinary knitted kind is less expensive, wrist length, worn inside a leather of waterproof gauntlet of mitt shape. On the other hand, lots of beginners prefer the gauntlet lined with wool, but they are cumbersome and difficult to dry quickly if they get wet.

I have already referred to shirts, and suggested the navy blue, but for the man who does not want to go to the expense of a special one, taffeta or wool in any dark colouring is excellent. It is a mistake to wear a shirt that has an attached collar, for this involves tightness around the neck, detracting from one's comfort. On the other hand, a taffeta tennis shirt with a polo collar is very good.

Peaked caps of the same material as the suit have superseded all other kinds. They are workmanlike and keep the glare off the eyes. Those that have ear flaps are preferable to the plain.

Devotees of the skate are all in favour of knitted jerseys, be they cream carrying one's school or club colours, or in navy, black, scarlet, yellow or pale blue.

"PENALTY FOR IMPROPER USE—"

The Hon. Arthur Capell on Swiss Official Courtesy.

Sir.—On September 14th I travelled from Lausanne to Boulogne, leaving at 8.30 p.m., by the Rome-Milan Express. Shortly after leaving Lausanne I proceeded to pull down the blinds of the carriage before retiring to sleep. Over the door communicating with the corridor was a small handle. This, being extremely short-sighted, I thought belonged to the blind. I pulled it, and then to my dismay realised it was the alarm bell.

In less than a minute the train was at a standstill.

Officials from the engine and the guard's van hurried with torch lights and lanterns along the line, passengers without number also emerged from their various compartments. For a brief while I was the centre of an unwanted and undesired attraction.

The necessary explanation having been offered I was informed I must appear before the authorities at the frontier station, Vallorbes. This I duly did. I explained that my action had been due to my lack of sight, and offered with many regrets my profound apologies. They were received in the most friendly spirit, and I was informed that there was no alternative but to impose the regulation fine, but was told that in the circumstances a portion of it might be remitted.

The fine amounted to 50 Swiss francs, which I duly paid.

Last week I received the remission of the entire fine in an English postal order, amounting to £1 19s. 6d.

Would any other country in the world have treated a foreigner with such courtesy and consideration?

Morning Post.

MUSIC AND MOVEMENT.

Rhythmic movement in Europe has achieved rapid popularity during the past few years particularly in Germany and Austria wherever children receive some instruction in movement. England has been slow to recognise the educational value in rhythmic movement, although since 1913 London has been the British Headquarters of the Dalcroze Method of Eurhythmics, which combines the teaching of Music and Movement in a way no other method attempts and has given the impetus to the various Schools of Movement throughout the world.

The London School of Dalcroze Eurhythmics is holding a Christmas Holiday Course which promises to be unusually interesting. In addition to Miss Ethel Driver, L.R.A.M., Dalcroze Diploma, Mistress of Method in the Training Department of the School, who will be in charge of the course, there will be two teachers of note who have been making special post-graduate study of Movement in its latest developments in Geneva and in Australia. Miss Constance Hook, L.R.A.M., has lately taken a course of study in Geneva, under Monsieur Jaques Dalcroze in person, while Miss Gell comes to the Holiday Course fresh from her teaching experience in Australia.

The course begins on December 29th and lasts until January 3rd. It will consist of class lessons in rhythmic movement, solfège (ear training) and improvisation (practical harmony). In addition it will be possible to arrange for private lessons. The course forms an admirable introduction to the Dalcroze Method. It enables those who have not yet decided on a career to obtain an insight into the aim and scope of eurhythmics. In many cases this short course has convinced students that eurhythmics is an inevitable necessity for the modern world and has impelled them to enrol in the training course. Both professional and amateur will find that Dalcroze Eurhythmics restores and stabilises the balance and just equipoise of their natures. Moreover, there is always delight in bodily movement, and Dalcroze Eurhythmics unites bodily movement with alertness of mind. No one can form an idea of the sense of well-being which Eurhythmics imparts unless he has himself taken active part in the lessons; it cannot be understood except at first hand. And should we not be thankful that here at least is a subject that cannot be lectured about indefinitely to somnolent audiences? It must be experienced as a living thing by the students themselves.

This course gives a unique opportunity for people to become acquainted with the Dalcroze Method in its recent aspects. It will cater for the newcomer in search of information, the teacher anxious for refreshment, the artist desirous of experiencing beauty in form and sound, the student of music, the student of the dance, all of whom will gain help and inspiration from it.

PROBITE.

Un pieux Londonien avait perdu son parapluie, un dimanche à l'église. Il en était fort marri, car c'était un parapluie neuf en soie, acheté trois jours auparavant.

Plein de foi dans l'efficacité des annonces, il courut à son journal et rédigea quelques lignes, promettant une superbe récompense à qui lui rapporterait son beau parapluie.

Au bout de quelques jours, ne voyant rien venir, il vint se plaindre à l'administration du journal d'avoir perdu, en sus de son parapluie, le montant de son annonce.

"De quoi vous plaignez-vous?" lui fut répondu: "votre annonce était stupide."

"Hein? Comment?"

"Promettre une récompense à un voleur. Vous n'y songez pas monsieur. Voici comment il faut procéder."

Et l'administrateur libella l'insertion suivante:

"Une personne dont le nom est connu a été aperçue, à l'église Saint P., au moment où elle s'emparait d'un parapluie qui ne lui appartenait pas. Si cette personne tient à garder sa réputation de bon chrétien et à éviter une affaire désagréable, elle est priée de rapporter le dit parapluie, High Street, N.10."

Dès le lendemain, le volé trouva dans son antichambre, non pas un, mais douze parapluies en soie, tout neufs.

LES PETITS ENFANTS.

Loulou a une maman atteinte de la manie de la propreté. Elle le lave du matin au soir. Et les mains, et la figure (jusqu'au fond des oreilles, s'il vous plaît, avec une petite eurette qui passe partout mais qui est bien désagréable!) et les jambes et encore les mains et de nouveau les genoux, parce que Loulou s'est traîné à terre et que "on ne sort pas avec des genoux comme ça!" Sans compter le bain quotidien. Et que sais-je encore. Loulou exaspéré, passe son temps à se sécher...

"Comme vous grandissez, mon petit Loulou, le complimente aujourd'hui cousine Anne-Marie."

"Oui fait l'enfant s'excusant, ce n'est pas ma faute, elle m'arrose tellement!"

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