

## TWO DESIRABLE OCCUPATIONS.

## KINDERGARTEN TEACHING.

Every woman has some talent which, if cultivated, would enable her to provide for herself, both pleasantly and profitably.

In occupations there is none more distinctly womanly than the Kindergarten. Upon woman rightly falls the care and training of little children in the nursery, the school and the church. Here she is doing noble work, for she is laying the foundations of character for the future mother, citizen and statesman.

The Kindergarten, as an occupation, is not overcrowded by good workers, nor is it likely to be for many years to come—not till every city, town and village has roomy accommodation for all children of primary school age and an equal provision for previous Kindergarten training. It is doubtful if there is a single large city, to say nothing of smaller towns, in this country to-day where half of the children in the primary public schools have had the benefit of Kindergarten teaching. Think of the children from three to six years of age literally living on the streets who need the refining influence of the Kindergarten! San Francisco has demonstrated the fact that to establish a Kindergarten is a direct saving to the government, for out of a large number of children taken from the slums and brought under Kindergarten influence, not one was afterward an inmate of the reform school or prison.

Besides the opportunities for Kindergartners in the public schools, there are also places for them in private institutions, in parish Kindergartens and Sunday schools, in mission and social settlement Kindergartens, in orphan homes and day nurseries, in connection with the new movement for public Summer playgrounds, in "Little Mothers' Clubs," in private visiting classes among the wealthy, in directing children's entertainments and parties, in caring for children when mothers are shopping and as educated nurses and governesses.

These are some of the phases of Kindergarten work in large cities, but calls for Kindergartners do not come from large cities alone. Towns and villages are inquiring into the work and many a young woman could win success and ample remuneration without leaving home.

Some special training must be taken before undertaking a Kindergarten, both from books and actual observation and contact with the work. A beginning may be made in a Summer School, in one year, either under a training teacher, or as an unpaid assistant in some good Kindergarten. These means, made the most of and followed by private study, the reading of Kindergarten periodicals and quickness of observation, would suffice for several of the phases of Kindergarten work before enumerated, but if the young woman wishes to fit herself for more ambitious and responsible positions, she must take more training.

One of the most important things in any branch of intellectual work is the study of good literature. This, especially, the Kindergartner must have. But from the increasing list of books on this subject what shall she choose? Kindergarten books are expensive, and after expending \$2 or \$3 and often more for the purchase of a book, one is exceedingly disappointed to find that it cannot be much used in one's particular line of work or that it does not lead out into broader fields of thought. For a general view of the subject and its practical teachings the *Kindergarten Papers*\* of Mrs. Sara Miller Kirby will prove a valuable book to Kindergartners, or those about to take a course of Kindergarten training. It will also meet a long-acknowledged void in home study, and in mothers' classes and clubs. These are the topics treated in its pages.

Froebel's Life and Principles. The Gifts and Occupations explained with illustrations of their use. Sequence and Lesson Plans. The Occupations applied to Christmas Work. The Place and Management of the Games. An Exhaustive Analysis of the *Mobius-play*. Lessons for Home Work, Training and Training-schools. Qualifications, Salaries, etc. Lists of Works for Additional Study. The Selection of Kindergarten Materials. Outline Topics for the Year's Work with the Children.

*Kindergarten Papers* will certainly be an addition to the library of all who are interested in the Kindergarten cause.

\* *KINDERGARTEN PAPERS*, by Sara Miller Kirby. Published by the Butterick Publishing Co. [limited], and sent post-paid to any address on receipt of 4s. or \$1.00.

## THE DELSARTE SYSTEM OF PHYSICAL CULTURE.

"A little knowledge is a dangerous thing." No better proof of the essential truth and vitality of the Delsarte system can be adduced than the fact that it has triumphantly survived the flood of non-sense and half-truths put forth in its name and won acknowledged standing as a beautiful and symmetrical system of physical culture and the only attempt to formulate a philosophy of dramatic expression—the generally accepted basis of instruction in schools of oratory and the animating principle of most of the systems of calisthenics taught in public schools.

The disorderly and chaotic state of public information in regard to the system was the unfortunate but inevitable result of the manner in which it was formulated and given to the world. Francois Delsarte (1811-1871) was a savant, a dreamer, a true artist in theory and practice, but anything but a practical man. He left a great mass of manuscript notes but no finished work. From the careful observation of a vast number of individual cases he deduced certain general laws of dramatic expression. His system comprises two sets of exercises, de-composing motions for relaxing muscles made rigid by hard and fixed modes of life, and re-composing motions whereby the emotions and thoughts may be harmoniously and artistically expressed.

The practical benefit of Delsarte's discoveries to most people lies in the admirable system of physical culture which has been based upon them, rather than in the way they explain the laws of dramatic expression. Comparatively few of us aspire to be actors, orators or preachers, but we all desire health, strength, grace and freedom of action. Every lady wishes to know how to enter and leave a room, how to manage her train, how to rise and sit, to go up and down stairs, to bow and to shake hands in the most natural, easy and graceful way. Hence the necessity for a concise and practical hand-book in which this primary instruction and the exercises whereby it can be put in practice shall be clearly set forth. This necessity is admirably met in Eleanor Georgen's handsomely illustrated manual, *The Delsarte System of Physical Culture*.<sup>†</sup> This phase of the work is particularly useful among those of Anglo-Saxon parentage, a race by instinct and training habituated to repress rather than express emotion, to settle into narrow and rigid modes of bearing and gesture which must first be broken up before the methods of dramatic expression natural to Latin races can be acquired. No more eminent and emphatic endorsement of the merits of Mrs. Georgen's book and of the standing of its author is needed than that given by Franklin H. Sargent, director of the American Academy of the Dramatic Arts, in these words:

"This printed work will give a permanent life to the sincere, sensitive and scientific spirit of your teaching. This result of your scholarly investigations in the art of expression and of your extensive experiences in the science of teaching—this work which you present to your profession and to the public, can not prove otherwise than most valuable. It is plain, practical and picturesque."

It will thus be seen that the teaching of the Delsarte System of physical culture affords to women the opportunity which their generous natures crave—a chance to do missionary work in the cause of grace, beauty and good manners, an ideal career of doing good and getting paid for it. That the profession is one which can be made to pay—and that richly—the experience of Mrs. Georgen herself, of Misses Stebbins, Thompson and many others, amply attests. Of course, not all teachers can command the \$5 per lesson received by those who have won national reputation in this field, but so far the demand for well trained instructors is largely in excess of the supply, and whether in schools of their own or in connection with collegiate or public schools they have no difficulty in making a good living. A series of lectures on the system combined with class work and private lessons, whether given in one large city or consecutively in a number of smaller ones, should afford a woman adequate to the work a very desirable income.

At a time when physical culture is receiving so much intelligent attention this little manual should prove especially attractive to women seeking an occupation wherein they must inevitably themselves benefit and grow in grace and the knowledge of the true, good and beautiful in helping others along this gracious pathway.

† *THE DELSARTE SYSTEM OF PHYSICAL CULTURE*, by Eleanor Georgen. Published by The Butterick Publishing Co. [limited], and sent post paid to any address on receipt of 4s. or \$1.00.