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35

REPORT OF THE COMMITTEE ON FOLK DANCING

REPRINTED FROM
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1 MADISON AVENUE, NEW YORK CITY

COMMITTEE ON FOLK DANCING

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REPORT OF THE COMMITTEE ON FOLK DANCING *

INTRODUCTION

I. The first object of your Committee on Folk Dancing has been to determine those folk dances and folk-singing games that are most useful under the conditions found in American playgrounds.

A. We have considered three kinds of playgrounds found in this country:

1. Country places, or large outdoor, grass-covered spaces.
2. Ordinary playgrounds with dirt surfaces.
3. Indoor playgrounds with board, cement, or asphalt floors.

B. We have also considered the kinds of people who use these playgrounds:

1. Small children (boys and girls, mixed).
2. Larger boys, in separate groups.
3. Larger girls, in separate groups.
4. Grown men and women.

C. We have also considered these folk dances and games for their value to those for whom they are intended, and

* It is to be noted that the Committee on Folk Dancing has presented a report, not upon the social use of the folk dance, but upon the use of folk dancing where active exercise, large numbers of children and limited space are involved. Thus the lists of dances that are presented by this committee are designed to meet this particular need. This does not mean that there are not many other folk dances which are entirely suitable for social objects. For example, the Virginia Reel, which is referred to definitely as not being included in this list because it does not contain enough vigorous exercise, may be of great value from a social standpoint.

Attention was called to this matter in the conference on the report of the Committee at the Third Annual Congress, and instructions were issued that this explanation be added to the report.

LUTHER H. GULICK,
President

not from the standpoint of the spectator, eliminating the element of personal display and choosing those dances in which large numbers can take part, and which have, in addition to a social element, the virtues of (one) simplicity, (two) vigorous action, (three) wholesome, natural, out-of-door spirit.

We have, therefore, compiled a list of folk dances which have been found successful and well loved, and have classified them as to their suitability for use in these different kinds of playgrounds, and as to their suitability for use by small children, boys, girls and adults.

II. Our second object has been to prepare a list of dances which are of special significance and can be fitted into special occasions, such as festivals of the seasons, greeting, farewell, rejoicing, celebration of holidays, etc.

III. Our third object has been to make as complete as possible a list of printed matter relative to folk dancing, with a printed outline of the character and special value of each, specifying each of the dances on our list as described therein.

Out of a list of seventy-nine folk dances compiled by your Committee, we have chosen those which were known and especially approved of by at least two of the committee.

We herewith submit:

- First.* A selected list of folk dances, followed by various classifications of these dances according to their suitability under different conditions.
- Second.* A list of dances representing various occupations.
- Third.* A list of dances suitable for special occasions.
- Fourth.* A list of printed matter relative to folk dancing.

SELECTED LIST OF FOLK DANCES

Arranged alphabetically according to nationalities of dances.

<i>Nationality of Dance</i>	<i>Name of Dance</i>	<i>Name of Book where Descrip- tion or Music, or Both, may be Found*</i>
Bohemian.....	Komarno.....	{ 9. "Folk Dance Music"
		{ 10. "Folk Dances"
"	Strasak.....	{ 9. "Folk Dance Music"
		{ 10. "Folk Dances"
Danish.....	Ace of Diamonds.....	24. "Old Danish Folk Dances"
"	Dance of Greeting....	29. "Popular Folk Games and Dances"
"	Shoemaker's Dance....	24. "Old Danish Folk Dances"
English.....	Bean Setting }	{ 21. "The Morris Book"
"	How Do You }	
"	Do, Sir?... } Morris	
"	Laudnum } Dances.	
"	Bunches }	21. "The Morris Book"
"	Maypole Dance.....	13. "Guild of Play Book of Festival and Dance"
Finnish.....	Bounding Heart.....	11. "Folk Dances and Games"
"	Harvest Dance.....	11. "Folk Dances and Games"
Hungarian.....	Csardas.....	10. "Folk Dances"
Irish.....	Jig.....	{ 9. "Folk Dance Music"
		{ 10. "Folk Dances"
Italian.....	Tarantella.....	{ 9. "Folk Dance Music"
		{ 10. "Folk Dances"
Norwegian.....	Mountain March.....	24. "Old Danish Folk Dances"
Russian.....	Comarinskaia.....	{ 9. "Folk Dance Music"
		{ 10. "Folk Dances"
Scotch	Highland Fling.....	10. "Folk Dances"
"	Highland Reel.....	10. "Folk Dances"
"	Highland Schottische ..	11. "Folk Dances and Games"
Swedish Dance...	Bleking.....	28. "Old Swedish Folk Dances"
		{ 28. "Old Swedish Folk Dances"
"	Clap Dance.....	33. "Swedish Recreative Ex- ercises for Schools and Playgrounds"
"	Fjalnas Polska	32. "Swedish Folk Dances"
"	Oxdans	28. "Old Swedish Folk Dances"

* The number prefixed to the name of the book corresponds in each case to that prefixed to the title of book in the list of books of folk dances.

<i>Nationality of Dance</i>	<i>Name of Dance</i>	<i>Name of Book where Description or Music, or Both, may be Found*</i>
Swedish Dance...	Reap the Flax.....	33. "Swedish Recreative Exercises for Schools and Playgrounds"
" "	...Trollen.....	10. "Folk Dances"
" "	...Varsouvienne.....	8. "The Folk Dance Book"
Swedish Song		28. "Old Swedish Folk Dances"
Play	...Carousel.....	31. "Song Plays"
"	...Hey, Little Lassie.....	15. "Gymnastic Dancing"
"	...How Do You Do, My Partner?.....	29. "Popular Folk Games and Dances"
"	...I See You.....	31. "Song Plays"
"	...Kull Dance.....	28. "Old Swedish Folk Dances"
"	...Ma's Little Pigs.....	10. "Folk Dances"
"	...Nigare Polska.....	33. "Swedish Recreative Exercises for Schools and Playgrounds"
"	...Peter Magnus.....	31. "Song Plays"
"	...Ritsh, Ratsh.....	31. "Song Plays"
"	...To-day Is the First of May.....	31. "Song Plays"

ADDITIONAL DANCES

Not folk dances, but found desirable.

<i>Name of Dance</i>	<i>Arranged by</i>	<i>Name of Book where Description or Music, or Both, may be Found*</i>
Chorus Jig.....	Mr. M. B. Gilbert, Boston, Mass.....	Not published
Christmas Dance	Mrs. M. H. Woolnoth, London, England....	13. "Guild of Play Book of Festival and Dance"
Dance of the Jump- ing Jacks.....	Mr. Hebbert, Provi- dence, R. I.....	14. "Gymnastic Dancing for Men"
Lilt.....	Mr. Thomas J. Brown, New York City.....	8. "The Folk Dance Book"
Spring Flower Dance.....	Mrs. M. H. Woolnoth, London, England....	13. "Guild of Play Book of Festival and Dance"
Ugly Mug.....	Mr. M. B. Gilbert, Boston, Mass.....	Not published

*The number prefixed to the name of the book corresponds in each case to that prefixed to the title of book in the list of books of folk dances.

DANCES SUITABLE FOR GRASS PLAYGROUNDS

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Ace of Diamonds.....	Danish
Bean Setting.....	English (Morris Dance)
Bleking.....	Swedish
Carousel.....	Swedish (Song Play)
Clap Dance.....	Swedish
Dance of Greeting.....	Danish
Fjalnas Polska.....	Swedish
Harvest Dance.....	Finnish
Hey, Little Lassie.....	Swedish (Song Play)
How Do You Do, My Partner?.....	Swedish (Song Play)
How Do You Do, Sir?.....	English (Morris Dance)
I See You.....	Swedish (Song Play)
Kull Dance.....	Swedish (Song Play)
Laudnum Bunches.....	English (Morris Dance)
Ma's Little Pigs.....	Swedish (Song Play)
Maypole Dance.....	English
Mountain March.....	Norwegian
Nigare Polska.....	Swedish (Song Play)
Oxdans.....	Swedish
Peter Magnus.....	Swedish (Song Play)
Reap the Flax.....	Swedish
Ritsh, Ratsh.....	Swedish (Song Play)
Shoemaker's Dance.....	Danish
Tarantella.....	Italian
To-day Is the First of May.....	Swedish (Song Play)

DANCES SUITABLE FOR PLAYGROUNDS WITH DIRT SURFACE

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Ace of Diamonds.....	Danish
Bean Setting.....	English (Morris Dance)
Bleking.....	Swedish
Bounding Heart.....	Finnish
Clap Dance.....	Swedish
Fjalnas Polska.....	Swedish
Hey, Little Lassie.....	Swedish (Song Play)
How Do You Do, My Partner?.....	Swedish (Song Play)
How Do You Do, Sir?.....	English (Morris Dance)
Kull Dance.....	Swedish (Song Play)
Laudnum Bunches.....	English (Morris Dance)
Ma's Little Pigs.....	Swedish (Song Play)
Maypole Dance.....	English
Nigare Polska.....	Swedish (Song Play)

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Oxdans.....	Swedish
Peter Magnus.....	Swedish (Song Play)
Reap the Flax.....	Swedish
Shoemaker's Dance.....	Danish
To-day Is the First of May.....	Swedish (Song Play)
Trollen.....	Swedish

DANCES SUITABLE FOR INDOOR PLAYGROUNDS

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Ace of Diamonds.....	Danish
Bean Setting.....	English (Morris Dance)
Bleking.....	Swedish
Bounding Heart.....	Finnish
Carousel.....	Swedish (Song Play)
Clap Dance.....	Swedish
Comarinskaia.....	Russian
Csardas.....	Hungarian
Dance of Greeting.....	Danish
Fjalnas Polska.....	Swedish
Harvest Dance.....	Finnish
Hey, Little Lassie.....	Swedish (Song Play)
Highland Fling.....	Scotch
Highland Reel.....	Scotch
Highland Schottische.....	Scotch
How Do You Do, My Partner?.....	Swedish (Song Play)
How Do You Do, Sir?.....	English (Morris Dance)
I See You.....	Swedish (Song Play)
Jig.....	Irish
Komarno.....	Bohemian
Kull Dance.....	Swedish (Song Play)
Laudnum Bunches.....	English (Morris Dance)
Ma's Little Pigs.....	Swedish (Song Play)
Mountain March.....	Norwegian
Nigare Polska.....	Swedish (Song Play)
Oxdans.....	Swedish
Peter Magnus.....	Swedish (Song Play)
Reap the Flax.....	Swedish
Ritsh, Ratsh.....	Swedish (Song Play)
Shoemaker's Dance.....	Danish
Strasak.....	Bohemian (Song Play)
Tarantella.....	Italian
To-day Is the First of May.....	Swedish (Song Play)
Trollen.....	Swedish
Varsouvienne.....	Swedish

DANCES SUITABLE FOR SMALL CHILDREN

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Ace of Diamonds.....	Danish
Bleking.....	Swedish
Bounding Heart.....	Finnish
Carousel.....	Swedish (Song Play)
Clap Dance.....	Swedish
Csardas.....	Hungarian
Dance of Greeting.....	Danish
Fjalnas Polska.....	Swedish
Hey, Little Lassie.....	Swedish (Song Play)
How Do You Do, My Partner?.....	Swedish (Song Play)
I See You.....	Swedish (Song Play)
Komarno.....	Bohemian
Kull Dance.....	Swedish (Song Play)
Ma's Little Pigs.....	Swedish (Song Play)
Maypole Dance.....	English
Mountain March.....	Norwegian
Nigare Polska.....	Swedish (Song Play)
Oxdans.....	Swedish
Peter Magnus.....	Swedish (Song Play)
Reap the Flax.....	Swedish
Ritsh, Ratsh.....	Swedish (Song Play)
Shoemaker's Dance.....	Danish
Strasak.....	Bohemian (Song Play)
To-day Is the First of May.....	Swedish (Song Play)
Trollen.....	Swedish
Varsouvienne.....	Swedish

DANCES SUITABLE FOR LARGER BOYS

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Bean Setting.....	English (Morris Dance)
Bleking.....	Swedish
Comarinskaia.....	Russian
Dance of the Jumping Jacks.....	Irish
How Do You Do, Sir?.....	English (Morris Dance)
Jig.....	Irish
Komarno.....	Bohemian
Laudnum Bunches.....	English (Morris Dance)
Lilt.....	Irish
Oxdans.....	Swedish
Reel.....	Scotch

DANCES SUITABLE FOR LARGER GIRLS

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Ace of Diamonds.....	Danish
Bean Setting.....	English (Morris Dance)

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Bleking.....	Swedish
Carousel.....	Swedish (Song Play)
Clap Dance.....	Swedish
Comarinskaia.....	Russian
Csardas.....	Hungarian
Fjalnas Polska.....	Swedish
Harvest Dance.....	Finnish
Highland Fling.....	Scotch
Highland Reel.....	Scotch
Highland Schottische.....	Scotch
How Do You Do, My Partner?.....	Swedish (Song Play)
How Do You Do, Sir?.....	English (Morris Dance)
I See You.....	Swedish (Song Play)
Jig.....	Irish
Komarno.....	Bohemian
Kull Dance.....	Swedish (Song Play)
Laudnum Bunches.....	English (Morris Dance)
Maypole Dance.....	English
Mountain March.....	Norwegian
Nigare Polska.....	Swedish (Song Play)
Peter Magnus.....	Swedish (Song Play)
Reap the Flax.....	Swedish
Shoemaker's Dance.....	Danish
Strasak.....	Bohemian (Song Play)
Tarantella.....	Italian
To-day Is the First of May.....	Swedish (Song Play)
Trollen.....	Swedish
Varsouvienne.....	Swedish

DANCES SUITABLE FOR ADULTS

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Ace of Diamonds.....	Danish
Bean Setting (men).....	English (Morris Dance)
Bleking.....	Swedish
Bounding Heart.....	Finnish
Clap Dance.....	Swedish
Comarinskaia.....	Russian
Csardas.....	Hungarian
Fjalnas Polska.....	Swedish
Harvest Dance.....	Finnish
Highland Fling.....	Scotch
Highland Reel.....	Scotch
Highland Schottische.....	Scotch
How Do You Do, Sir? (men).....	English (Morris Dance)
Jig.....	Irish
Komarno.....	Bohemian
Kull Dance.....	Swedish (Song Play)

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Laudnum Bunches (men).....	English (Morris Dance)
Maypole Dance.....	English
Mountain March.....	Norwegian
Oxdans (men).....	Swedish
Strasak.....	Bohemian (Song Play)
Tarantella.....	Italian
Varsouvienne.....	Swedish

DANCES OF VARIOUS OCCUPATIONS

<i>Name of Dance</i>	<i>Nationality of Dance</i>
Carousel (Riding in the Merry-go-round)	Swedish
English and Roman Soldiers.....	Traditional Singing Game
Jolly Is the Miller	Traditional Singing Game
King of France.....	Traditional Singing Game
Milking Pails.....	English Singing Game
Mountain March.....	Norwegian
Oxdans (mock fight).....	Swedish
Sailor's Hornpipe.....	English Navy
Shepherds, Hey.....	English Morris Dance
Shoemaker's Dance.....	Danish
Tailor's Dance.....	Swedish Singing Game
Washing Song and Dance.....	Swedish Singing Game
Weaving Dance.....	Swedish

DANCES SUITABLE FOR SPECIAL OCCASIONS

<i>Special Occasion</i>	<i>Name of Dance</i>	<i>Name of Book where Description or Music, or Both, may be Found*</i>
Christmas.....	Christmas Time.....	1. "Book of Song Games and Ball Games"
"	Christmas Dance	31. "Song Plays"
		13. "Guild of Play Book of Festival and Dance"
Easter.....	Christmas Time (Last stanza sung first)...	1. "Book of Song Games and Ball Games"
		31. "Song Plays"
Farewell.....	To-day Is the First of May (2d Part).....	31. "Song Plays"
	(Substitute any other special day.)	
	The second stanza contains the farewell.	

* The number prefixed to the name of the book corresponds in each case to that prefixed to the title of the book in the list of books of folk dances.

<i>Special Occasion</i>	<i>Name of Dance.</i>	<i>Name of Book where Description or Music, or Both, may be Found*</i>
Fourth of July	Minuet.....	13. "Guild of Play Book of Festival and Dance"
"	" .. Indian Dance.....	17. "Indian Dance"
Greeting.....	Danish Greeting Dance	10. "Folk Dances"
"	" .. Gustaf's Skol (Toast to Gustaf).....	11. "Folk Dances and Games"
"	" .. How Do You Do, My Partner?.....	29. "Popular Folk Games and Dances"
"	" .. How Do You Do, Sir?...	21. "The Morris Book"
"	" .. Kull Dance.....	28. "Old Swedish Folk Dances"
"	" .. Nigare Polska.....	33. "Swedish Recreative Exercises for Schools and Playgrounds"
Hallowe'en.....	Hallowe'en.....	1. "Book of Song Games and Ball Games"
Harvest Time...	Finnish Harvest Dance	11. "Folk Dances and Games"
"	" .. French Vintage Dance.	11. "Folk Dances and Games"
"	" .. Reap the Flax.....	33. "Swedish Recreative Exercises for Schools and Playgrounds"
"	" .. Oats, Peas, Beans.....	4. "Children's Singing Games"
"	" .. Mow, Mow the Oats	4. "Children's Singing Games"
Rejoicing.....	Carousel.....	31. "Song Plays"
"	" .. I See You.....	31. "Song Plays"
"	" .. Tarantella.....	{ 9. "Folk Dance Music"
		10. "Folk Dances"
Springtime.....	Bean Setting and other Morris Dances.....	21. "The Morris Book"
"	" .. Cornish May Dance.....	29. "Popular Folk Games and Dances"
"	" .. Maypole Dance.....	13. "Guild of Play Book of Festival and Dance"
"	" .. To-day Is the First of May	31. "Song Plays"
St. Patrick's Day	Irish Jig.....	{ 9. "Folk Dance Music"
		10. "Folk Dances"
"	" .. Irish Lilt.....	8. "The Folk Dance Book"
Washington's Birthday....	Minuet.....	13. "Guild of Play Book of Festival and Dance"
"	" .. Indian Dance.....	17. "Indian Dance"

*The number prefixed to the name of the book corresponds in each case to that prefixed to the title of the book in the list of books of folk dances.

BOOKS ON FOLK DANCING

1. **BOOK OF SONG GAMES AND BALL GAMES.** Kate F. Brenner.
Published by George Philip & Son, 32 Fleet St., E. C.,
London, England. Price, 3 shillings 6 pence.

Contains music and descriptions of twenty-one Swedish ring games, with words translated and altered so as to be more suitable for school children. Among them are:

Christmas Time
Hallowe'en

2. **CHILDREN'S SINGING GAMES (First and Second Series).** Alice B. Gomme. Published by David Nutt, 57 Long Acre, W. C., London, England. Price, 3 shillings 6 pence.

Contains a clear and definite description and music for about a dozen of the traditional children's games of England. Among others are:

Green Gravel
Milking Pails
When I Was a Young Girl

3. **CHARACTERISTIC SONGS AND DANCES OF ALL NATIONS.** James Duff Brown and Alfred Moffat. Published by Bayley & Ferguson, 2 Gt. Marlborough St., London, England. Price, \$2.25.

Contains songs of all nations, a small proportion of them folk dance melodies. There are a few notes on the general character of some of the dances, but no descriptions of the dances themselves are given.

4. **CHILDREN'S SINGING GAMES.** Mari R. Hofer. Published by A. Flanagan Company, 266 Wabash Ave., Chicago, Ill. Price, 50 cents.

Contains, among others, music and descriptions of:

Oats, Peas, Beans
Mow, Mow the Oats

5. **DANCE SONGS OF THE NATIONS.** Oscar Duryea. Published by Oscar Duryea, 200 W. 72d St., New York City. Price, \$2.00.

6. DANCING. Mrs. Lily Grove. Published by Longmans, Green & Co., 91 Fifth Avenue, New York City. Price, \$2.50.

Contains a few folk dance descriptions.

7. DANISH FOLK DANCE MUSIC. Published by the Danish Folk Dance Society, Denmark. Obtainable of G. E. Stechert & Co., 129 W. 20th St., New York City. Price, \$1.50.

Contains the music to the dances described in "Old Danish Folk Dances".

8. FOLK DANCE BOOK, THE. Dr. C. Ward Crampton. Published by A. S. Barnes & Company, 11 East 24th Street, New York City. Price, \$1.50.

Contains, among others, music and description of:

German Hopping Dance	Stuyvesant Dance
Irish Lilt	Trollen

9. FOLK DANCE MUSIC. Elizabeth Burchenal and Dr. C. Ward Crampton. Published by G. Schirmer, 35 Union Sq., New York City. Price: paper, \$1.50; cloth, \$2.00.

Contains seventy-six folk dance melodies. Among others, the most popular are the following folk dances:

Comarinskaia
Irish Jig
Komarno
Strasak
Tarantella

10. FOLK DANCES. Elizabeth Burchenal. Published by G. Schirmer, 35 Union Sq., New York City. Price, \$1.50.

Contains dance music, descriptions and illustrations of twenty-five of the folk dances introduced by the author in the Public Schools Athletic League of New York City. Among others are:

Comarinskaia
Csardas
Irish Jig
Ma's Little Pigs
Scottish Reel and Fling
Strasak
Tarantella

11. **FOLK DANCES AND GAMES.** Caroline Crawford. Published by A. S. Barnes & Co., 11 E. 24th St., New York City. Price, \$1.50.

Contains, among others, music and descriptions of:

Bounding Heart
Finnish Harvest Dance
French Vintage Dance
Gustaf's Skol
Highland Schottische

12. **GRAMMAR OF THE ART OF DANCING.** Translated from the German by Frederick A. Zorn. Price, \$10.00.

This is the most complete work on the technique of dancing. It also suggests various national dance characteristics.

13. **GUILD OF PLAY BOOK OF FESTIVAL AND DANCE.** G. T. Kimmins. Published by J. Curwen & Sons, 24 Berners St., W., London, England. Price, 5 shillings.

Contains music and descriptions of old English dances arranged by Mrs. M. H. Woolnoth and dance at Bermondsey Settlement in London, by the Children of the Guild of Play. Among other charming dances are the following:

Christmas Dances
Maypole Dance
Minuet
Spring Flower Dance
Welsh Dance

14. **GYMNASTIC DANCING, RHYTHMIC EXERCISES FOR CLASSES OF BOYS AND MEN.** Published by the Y. M. C. A. Press, 124 E. 28th St., New York City. Price, \$1.00.

Contains, among other drills and fancy steps, the following:

Dance of the Jumping Jacks, by O. L. Hebbert
Highland Fling (Simplified)
Sailor's Hornpipe, by O. L. Hebbert

15. **GYMNASTIC DANCING.** Mary Wood Hinman. Published by Mary Wood Hinman, University of Chicago High School, Chicago, Illinois. Price, \$2.00.

Contains music and a number of folk dances, mostly Swedish. Notes on the accompanying dances are given with each piece

of [music, which are of use to those familiar with the dances. They are not intended as descriptions. The dances that could be followed from the notes are:

Clap Dance
Doves
Hey, Little Lassie
Nursery Rhymes

16. HISTORY OF DANCING, A. Gaston Vuillier. Out of print, but some copies can be obtained through G. E. Stechert & Co., 129 W. 20th St., New York City. Price, \$4.00.

Contains profuse illustrations and gives a general historical review of the development of the art of dancing.

17. INDIAN DANCE. Published by Thomas Charles Co., 80 Wabash Avenue, Chicago, Ill. Price, 15 cents.

18. LEKSTUGAN. Hirsch's Forlag, Stockholm, Sweden. Obtainable of G. Schirmer, 35 Union Sq., New York City. Price, \$1.50.

19. MAYPOLE EXERCISES. Published by J. Curwen & Sons, 24 Berners St., W., London, England. Price, 1 shilling.

20. MAYPOLE POSSIBILITIES. Janette C. Lincoln. Published by F. A. Bassette Company, Germona Bldg., Springfield, Mass. Price, \$1.00.

Contains descriptions of maypole events used at the University of Illinois.

21. MORRIS BOOK, THE. Cecil J. Sharp and H. C. MacIlwaine. Published by Novello & Co., 21 E. 17th St., New York City. Price, \$1.25.

Contains very clear and definite descriptions of twelve of the best Morris dances in England. Among them are:

Bean Setting
How Do You Do, Sir?
Laudnum Bunches

22. MORRIS DANCES. Collected and edited by John Graham. Published by J. Curwen & Sons, 24 Berners St., W., London, England. Price, 2 shillings.

Contains music and descriptions of eleven Morris dances, among them:

Constant Billy
Bluff King Hal
Shepherds, Hey

23. MORRIS DANCE TUNES (Sets 1 and 2). Cecil J. Sharp and H. C. MacIlwaine. Published by Novello & Co., 21 E. 17th St., New York City. Price, \$1.00 each.

Contains music for the dances described in "The Morris Book".

24. OLD DANISH FOLK DANCES. A translation by Lida S. Hanson and Laura W. Goldsmith, of the Hand Book of the Danish Folk Dance Society. Published by G. E. Stechert & Co., 129 W. 20th St., New York City. Price: description, 75 cents; music \$2.70; both, \$3.45.

Contains descriptions of forty-four Danish folk dances, and is especially useful to those who are already familiar with Danish dances. Among others, the following are described:

Ace of Diamonds
Mountain March
Shoemaker's Dance

25. OLD DEVONSHIRE DANCES. Mildred Bult. Published by J. Curwen & Sons, 24 Berners St., W., London, England. Price, 1 shilling.

Contains music and descriptive outlines of six Devonshire dances, among others being:

The Triumph

26. OLD FAMILIAR DANCES WITH FIGURES. Arranged by C. Gott. Published by Oliver Ditson, 150 Tremont St., Boston, Mass. Price, 50 cents.

Contains music and descriptive outlines of a number of Contra dances and French dances.

27. OLD ENGLISH GAMES AND PHYSICAL EXERCISES (for children). Mrs. Florence Kirk. Published by Longmans, Green & Co., 91 Fifth Avenue, New York City. Price, 50 cents.

28. OLD SWEDISH FOLK DANCES. A translation of the Hand Book of "The Friends of Swedish Folk Dances." Published by Niels Bergquist, Tompkinsville, Staten Island, N. Y. Price, 75 cents.

Contains, among others, descriptions of:

Clap Dance
Oxdans
Varsouvienne
Weaving Dance

The music for these is found in "Lekstugan".

29. POPULAR FOLK GAMES AND DANCES. Mari R. Hofer. Published by A. Flanagan Company, 266 Wabash Ave., Chicago, Ill. Price, 75 cents.

Contains music and descriptive outlines, among them the following:

Dance of Greeting
Twining Wreath

30. SINGING GAMES. M. C. Gillington. Published by J. Curwen & Son, 24 Berners St., W., London, England. Price, 1 shilling.

31. SONG PLAYS. Jakob Bolin. Published by Jakob Bolin, 645 Madison Ave., New York City. Price, 75 cents.

Contains, among others, music and descriptions of:

Carousel
Christmas Time
To-day Is the First of May
I See You
Peter Magnus
Ritsh, Ratsh

32. SWEDISH FOLK DANCES. Annie Barr Clapp and C. G. Bjerstedt. Published by Annie Barr Clapp, University of Nebraska, Lincoln, Neb. Price: description, 75 cents; music, \$1.50; both, \$2.25.

Contains, among others, descriptions of:

Fjalnas Polska
Weaving Dance

33. SWEDISH RECREATIVE EXERCISES FOR SCHOOLS AND PLAY-
GROUNDS. Grace McMillan. Published by McDougall's

Educational Co., 8 Farringdon Ave., London, E. C., England.
Price, 2 shillings.

Contains, among others, music and descriptions of:

Clap Dance

Nigare Polska

Reap the Flax (or Linen Weaving)

Weaving Dance (or Wool Weaving)

FOLK DANCING*

A study of the various dances used by the peoples in different parts of the world has revealed the fact that a large number of these dances are not suitable for us. In some of the dances, for example, but few individuals are dancing at a time, the rest remaining still, thus involving a waste of time. An excellent example of this type of dance is the Virginia Reel, known also as Sir Roger de Coverly; a dance interesting in itself, excellent from the social standpoint, but lacking from the standpoint of physical exercise. Therefore, one of the first principles of selection was the picking out of those dances in which most of the individuals are active most of the time.

Then, again, some folk dances require for their performance more space than is commonly available in the gymnasium, the school basement, or the schoolyard. Thus space, as well as time considerations, are involved in the selection of each dance. Those dances are chosen which can be done by the largest number in the most limited space.

As far as possible dances have been selected which involve large movements of the body, arms and limbs. This at once removes from the possibility of use such a large group of dances as that represented predominantly by the dances from Java, in which much symbolic work is done by the forearm and wrist.

Another consideration is that the postures involved in the dances shall be graceful and such as do not tend in any way to the forming of habits of movement or posture which are disadvantageous from the standpoint of health. As an illustration of the dances that have been avoided on this score may be cited

*This article and the one following are abstracts from the paper on "The Girls' Branch of the Public Schools Athletic League of New York City," by Luther Halsey Gulick, M.D., printed in the Proceedings of the Second Annual Congress.

those Indian dances in which for a considerable portion of the time the body is bent forward, the individual dancing with bent knees and in a crouching position. While it has not been possible to avoid these positions altogether, no dances have been selected in which such postures are predominant.

Another most important consideration is that the dances shall be sufficiently simple, so that children can learn them without an undue amount of training.

It has also been found necessary to avoid using a large number of folk dances because of their unsuitability from the emotional standpoint. For example, the love dances of the East, however beneficial they may be from the standpoint of the bodily movements involved, are entirely unsuited from the standpoint of their emotional content and their relation to the morals of our civilization.

It will thus be seen that the range of available folk dances meeting these various conditions is comparatively small. The work consists only in the teaching of those folk dances which meet these physiological, moral and social conditions.

In considering these various questions, the dangers of dancing, it is believed, have been largely met. It is recognized that there are many people who are not only fearful of dancing, but who see in it genuine evil. That to which these persons object is also objected to by us. Experience indicates clearly that the joyous freedom of those dances which are suitable from the various standpoints mentioned tends to minimize rather than to increase the dangers that were anticipated from the start. The attractiveness of the dance hall has been lessened for those who can have in school the beautiful old world folk dances.

Another and an entirely different aspect of the case is also important. The parents as they come to school and see their children taking part in the dances of the various races have come to feel that there are ties existing between themselves and their own children and the historic past of their own peoples, an appreciation of which ties had formerly been lacking. On the other hand, the children, who are doing the dances which their parents before them have done as children and as young people, coming to understand something of the meaning of those dances, have had interpreted to them in a way which it is hardly possible to accomplish by any other means their ancestral history. These dances constitute a real tie between the old and the new.

EXHIBITIONS OF FOLK DANCING AND ATHLETIC COMPETITIONS

Recommendations of the Girls' Branch of the Public Schools Athletic League of New York City

In the development of the good which we see in physical exercise for girls, including folk dancing and athletics, we recognize that there are certain real dangers. Our problem is to secure the good results without fostering the evil possibilities. We believe that the danger may be avoided at least in a great measure by the following steps:

1. By having the dancing as genuine play, rather than primarily as a means of public display or money getting.
2. By having the work of such nature that it can be done by large classes, for the exhibition of one or even a few girls in special work leans toward the stage. We feel strongly that this idea should not be the trend of our work.
3. By avoiding undue expense of time and money in the preparation of dances for exhibition purposes, or of money for the purchase of costumes for the several dances. Where the national costumes are used, serious difficulty has been developed. If the costumes are paid for by the girls themselves, social class distinction has been found between those who can and who cannot afford to make the purchase. This is unfortunate. When paid for by the teachers, a condition of unfairness is introduced which is not to be tolerated. The impression of unity which it is desired to give to a class can be accomplished by the use of some simple decoration, such as a ribbon in the hair, uniform in color and form throughout the class, or through a sash or scarf. The latter may be made of cheesecloth, which is relatively inexpensive.