

### 'Harmonic Expression' Called Misunderstood By Most People

The phrase "harmonic expression" is one that you read and don't bother to look up in the dictionary, because, you tell your conscience, "I'll bet Mrs. Smith doesn't know what it means either. So what's the difference. It sounds pretty complicated, and wouldn't do me any good anyway."

Some of which is true and some of which is not true. Verily, Mrs. Smith is probably as little informed on subject as you are, but not so verily would it do you no good. Harmonic expression, according to Miss Nettie Bauer, who teaches

in both in her gymnasium classes at the Bloomsfield Hills School and in special classes at the Community House Monday afternoon, is a joyous form of movement which relaxes the body, refreshes the mind, and releases the spirit, at the same time controlling it.

"But," you will say, "what is just dancing," according to Miss Bauer. "It is just dancing to the same degree that acrobats are juggling lines. It is more than dancing, it goes beyond dancing to the fundamentals of the art of dancing, which are the fundamentals of all art," Miss Bauer said.

"I teach the pupils to feel," she explained. "If we want to teach them a slow way, we don't just tell them to sway, nor do we stop with illustrating what we want. We suggest to them the idea of a person who is pretending they are elephants. It seems funny to think of elephants in dancing, doesn't it, but there is a rhythm, a harmony about the elephant's movements just as there is about the deer's."

The idea of harmonic expression is to get the person to the very roots of what he is learning, both physically and mentally, Miss Bauer stated.

"By teaching him the natural movements of animals, he is made to feel the action he is to perform and of taking his mind off himself and relieving him of any signs of self-consciousness, which is one of the greatest difficulties every person has to overcome."

Reflected To Mind. Full expression of anything by the body can't help being reflected in the mind, Miss Bauer said. The spirit is interpreted through movement. The person thinks of what he is representing and tries to do what that person or animal would do until he finds himself in complete sympathy. In relaxation, he feels the complete softness of the seal.

"That is the most important thing that harmonic expression, in the long run, does. It teaches people to feel, it enlarges their sympathy. It gets them down to the fundamental facts, and makes petty things appear in their true light. It allows people to forget themselves, and accomplish the highest expression of harmony through the body," Miss Bauer concluded.

Studied in East. Miss Helen A. Curtin conducts the first School of Harmonic Expression, in Buffalo, and it was there that Miss Bauer received her training, which she is putting into active practice in her teaching. "The children love it," Miss Bauer said. "They'd actually rather work in this way, than play." As education progresses, it will more and more be based upon this theory of harmonic expression, Miss Bauer believes. "It is still in its very early stages," she said, "but the few teachers scattered over the country who do employ it are meeting with great success and praise."

Telephone your NEWS to The Eccentric—Phones 11 and 12

### Church and Sunday School

The Methodist Church, Maple avenue W., at Henrietta R. M. Atkins, Minister. 11 a. m. Sermon, "The Human Quality of Christmas."

7:30 p. m. The evening service is featured by a hearty song service conducted by F. S. Edwards, who is assisted by the choir and the girls' glee club. If you like to sing, come! If you enjoy hearing others sing, come! Mr. Atkins became a citizen of the United States of America last Monday morning, and will preach upon the theme "On Becoming An American Citizen."

10 a. m. Sunday School, M. M. Morgan, superintendent. Classes for everybody.

8:30 p. m. Epworth League for young people. The Epworth League is being sponsored by Mrs. and Mr. Mel Deery.

"We are welcome to worship with you. Are you trying to be 100 per cent in your church attendance during the month of the Lord's birth? Sunday, Dec. 19, will be observed as Christmas Sunday. The morning service will be at 10:30, with the sermon subject, "The Divine Quality of Christmas."

The choir, augmented by several voices, will sing "Bethlehem," by Maunier. The vesper service at 4:30 p. m. will be featured by the pageant "God With Us," by Thomas.

Birmingham United Presbyterian

O. Woodward at Forest Henry S. Evans, Pastor of Bible School, 10 a. m. Morning worship, 11:15 a. m. At 11:30 a. m. the Sacrament of the Lord's Supper will be administered. Also any parents having children to be baptized are asked to present them at this service. Members of the congregation are urged to make a special effort to be present. A cordial invitation is extended to everyone who does not have a church home in this community to come and participate in this communion service. These services of worship are for those of any denomination, who care to use them.

First Church of Christ, Scientist and Church Building, Woodward avenue, south of the D. U. E. Waiting Room.

Sunday 10:30 a. m. Sunday School for children up to 5 years old, 10:30; from 5 to 20 years old, 11:45.

Wednesday evening, 8 o'clock. Free reading room open daily except Sunday and holidays, from 11:30 a. m. to 4:30 p. m.

Chapel of the Holy Name, Harmon at Woodward Rev. William W. Ryan, Pastor Sunday Masses at 7:30, 9:30 and 11:30.

The First Baptist Church, Bates and Willets streets Thomas J. Edwards, Pastor Morning worship at 10 o'clock. The pastor will speak on "Principles of the Overcoming Life"; in the evening at 7:30 on "God's Claim on Us."

The Presbyterian Church, Floyd Emerson Logee, Minister Bible School at 10:00 o'clock. Morning worship at 11:00 o'clock. Subject: "The Quest of Wise Men." Evening service at 7:30. Subject: "A Study in Soils." The mid-week fellowship supper and service is Wednesday at 6:30 o'clock. We welcome you and your friends.

Southfield Methodist Calvin M. Thompson, Minister SPECIAL RALLY DAY Sunday, December 12 will be another special day at this church. The services are as follows: Sabbath School at 10:30. The pastor teaches the adult Bible class. Harold G. Noble, superintendent. Divine worship at 11:30. The pastor will preach to both juniors and adults. The girls choir will lead the singing. The pastor will sing a solo, "The Ninety and Nine." At three o'clock in the afternoon there will be special evangelistic service conducted by the

same group of workers who gave such fine services in November. This group from St. Paul's church Detroit, will render a fine program of solos, duets, quartets, choruses and addresses. And at 7:30 in the evening the same group will give another program. Come and enjoy these fine meetings.

Redeemer Lutheran Church Lincoln at Woodward R. E. Seeger, Minister Regular services every Sunday morning at 11 o'clock. In keeping with the present Advent season special services will be held, every Wednesday evening at 8 o'clock. In his sermons for these special services the pastor dwells chiefly on such subjects as concern the second coming of Christ to Judgment. Preparations are under way for a Christmas program to be held in the church on Christmas Eve, Sunday School every Sunday 9:30 a. m.

FIRST NATIONAL BANK OF BIRMINGHAM, MICH. Notice To Stockholders

Notice is hereby given that the Annual Meeting of the Stockholders of this Association for the purpose of electing Directors, and the transaction of all such other business as may properly come before such a meeting will be held, pursuant to the By-Laws of the Association, at the Banking House of the Association, in the Village

of Birmingham, Michigan, on TUESDAY, JANUARY 11, 1927 at 12:00 M. Central Standard Time.

The Polls for the election of officers will be open from 12:00 M. until 2 P. M.

T. R. DONOVAN, President Birmingham, Mich., Dec. 8, 1926. 34-37

Frank Margy, a Hungarian of Hammond, Ind., bound his wife with ropes and shaved her head because she had bobbed her hair.

HAVE you paid the Jack and Jill Gift Shop that visit that you have meant to do—for here you will find the Right Gift—for the Right Person—at the Right Price. Prices as low as twenty-five cents—every article worth its price, chosen because of its intrinsic worth as well as its intrinsic beauty.

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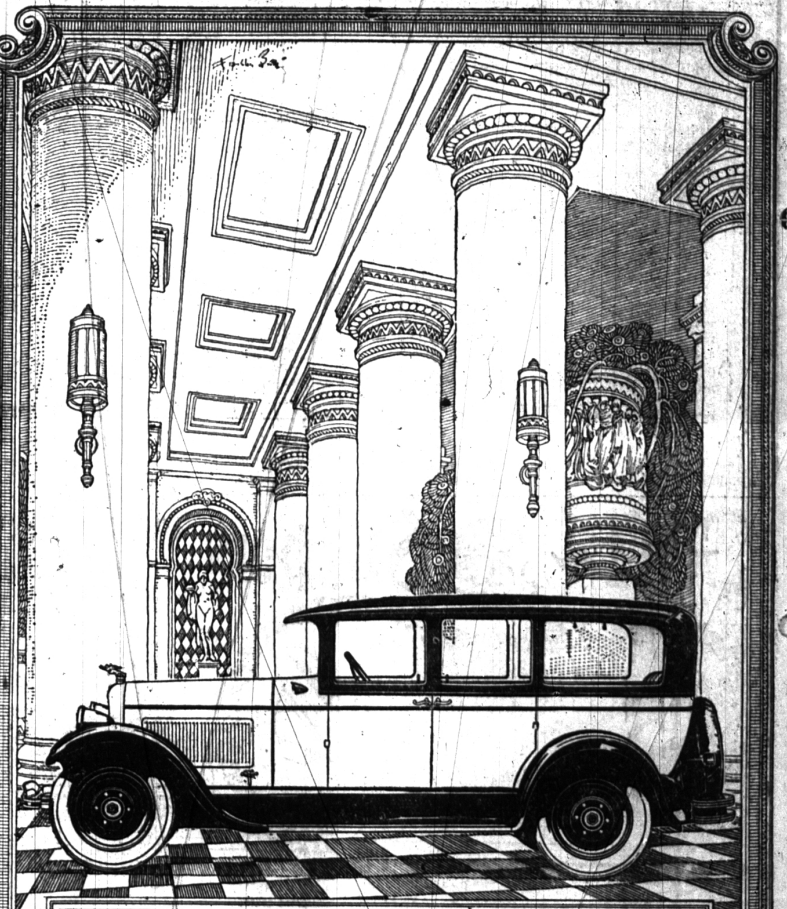
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### Halts Enforcers

The winning by Ohio State Senator George H. Bender (above) of a \$25,000 damage suit against State Prohibition Inspector W. J. Patrick for a raid on Bender's home on an improper warrant is expected to open the way for many similar suits.



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