

11

2

Vyayam

October, 1930

2L
T: 6m2, N29
N30.2.2
19309

digitized



A Quarterly Journal of Physical Education

Table of Contents.

**WHY PHYSICAL TRAINING IN SCHOOLS IN INDIA.
RECENT INTERESTING DEVELOPMENTS IN PHYSICAL EDUCATION
IN INDIA.**

**SOME PROBLEMS OF THE INDIAN OLYMPIC ASSOCIATION.
EDITORIALS. OLYMPICS. NEWS & NOTES.**

Published by

**THE NATIONAL Y. M. C. A. SCHOOL OF PHYSICAL EDUCATION
AND ITS OLD BOYS' ASSOCIATION,
*Madras, India.***

Per Annum : Rs. 2.

Single Copy : As. 12.

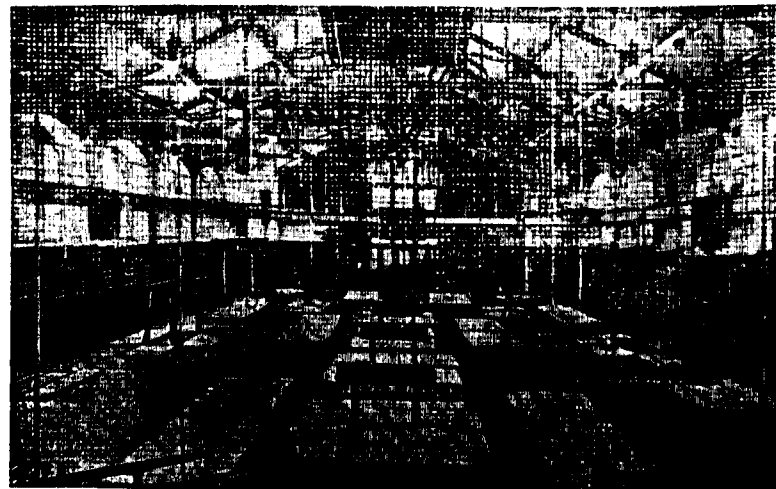
Phone. 3544.

VYAYAM

OCTOBER, 1930.

SPORTS & GAMES.

Direct
Importers
of all
Kinds
of
Sports
Goods.



High
Class
Goods
at
Competi-
tive
Rates.

THE ONLY SPORTS HOUSE GAINED THE CONFIDENCE OF THE
SPORTING PUBLIC, WITH GENUINE QUALITY & PROMPTNESS.
EQUIP YOUR STORE WITH SHARMAN'S GOODS AND
SAVE MIDDLEMAN'S PROFIT.

BASKET BALLS.			BASE BALLS.			VOLLEY BALLS.		
Match 18 Panels	Rs. 15 0		Spalding's:	Rs. 9-8 to 7		Match 12 Panels	Rs. 6 0	
" 12 "	12 0		" Bats:	4.0		" Junior	4 0	
" 9 "	9 0		Special Balls:	4.0		Nets	7 0	
Goal Rings etc.	9 0		" Bats:	3.0		Bladders	1 8	

DUMBELLS & INDIANS CLUBS, A SPECIALITY.
VARIOUS KINDS OF ATHLETIC BOOKS ALWAYS IN STOCK.

Consult us for Everything in:
TENNIS (ENGLISH & INDIAN), CRICKET, HOCKEY,
FOOT BALL, BADMINTON, & ALL KINDS OF
IN-DOOR & OUT-DOOR GAMES.

SHARMAN & CO.,
Sports Outfitters,
(Wallajah Road) Mount Road, Madras.

VYAYAM

VOL. II.

OCTOBER, 1930.

No. 2.

TABLE OF CONTENTS

ARTICLES

1. Why Physical Training in Schools in India—J. LAHIRI, M.A., B.T.
2. Recent Interesting Developments in Physical Education in India.
3. Some Problems of the Indian Olympic Association.

EDITORIALS

1. Editorial Comments.—J. H. GRAY.
2. Commercialisation of Sports—G. F. ANDREWS.
3. Co-operation Desirable—J. HENRY LALL.

PERSONAL EXPERIENCES IN SPORTSMANSHIP NO. 5.

OLYMPICS—International, Regional, Indian.

OLD BOYS NEWS & NOTES.

Management

A Quarterly Magazine Published jointly by the National Y.M.C.A. School of Physical Education and its "Old Boys" Association.

Royapet House, Royapettah, Madras, India.

Editorial Board

Dr. J. HENRY GRAY, Editor-in-Chief.

G. F. ANDREWS, Madras R. C. PATEL, Bombay.

S. K. MUKERJEE, Bengal. HENRY LALL, Punjab.

D. T. HLA, Burma. V. S. RAMACHANDRA RAO, Mysore.

N. K. MIA, Business Manager,

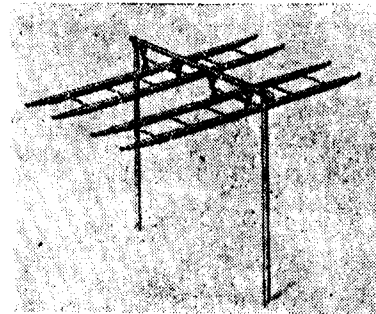
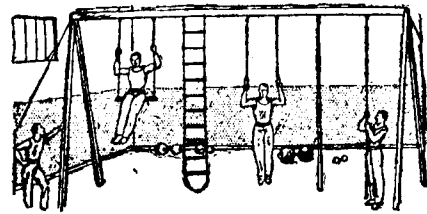
Royapet House, Royapettah, Madras.

Contributions, Original Articles on pertinent subjects pertaining to Physical Education, Health or Sports, are requested by the Editor.

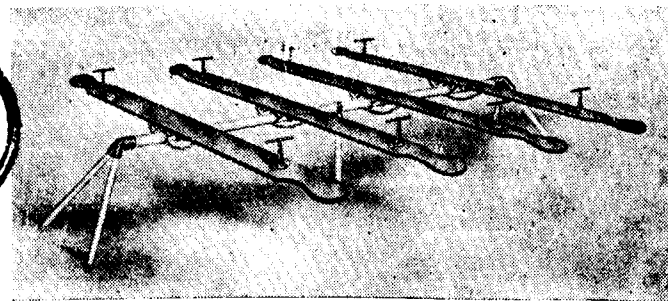
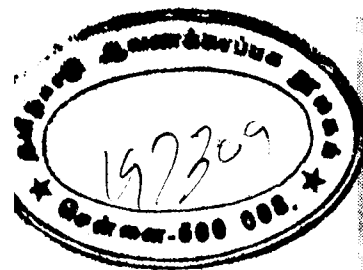
Advertising: For space, rates and other particulars please address the Business Manager.

Subscriptions: Rs. 2-0-0 per annum, post paid. Single copy Annas 12.

PLAY GROUND AND GYMNASTIC APPARATUS



ASK FOR PRICES



Head Office
and
Factories
Sialkot

from
our nearest
Branch to you

Uero's
LIMITED.

22 Mount Road, Madras.

Founders of Sports Goods Industry in India.

Largest Manufacturers of Athletic goods in the EAST.

Branches

CALCUTTA, MADRAS,
LUCKNOW, DELHI,
RANGOON, AGRA,
POONA, NAGPUR,
ALLAHABAD
KARACHI,
PESHAWAR,
BANGALORE, SIMLA,
RAWALPINDI, AJMER.

WHY NOT PLAY GIANT VOLLEY BALL?



ANY NUMBER ON A SIDE

FEW RULES

LOT OF FUN

LOW PER CAPITA COST

Two Sizes.

For Sale at

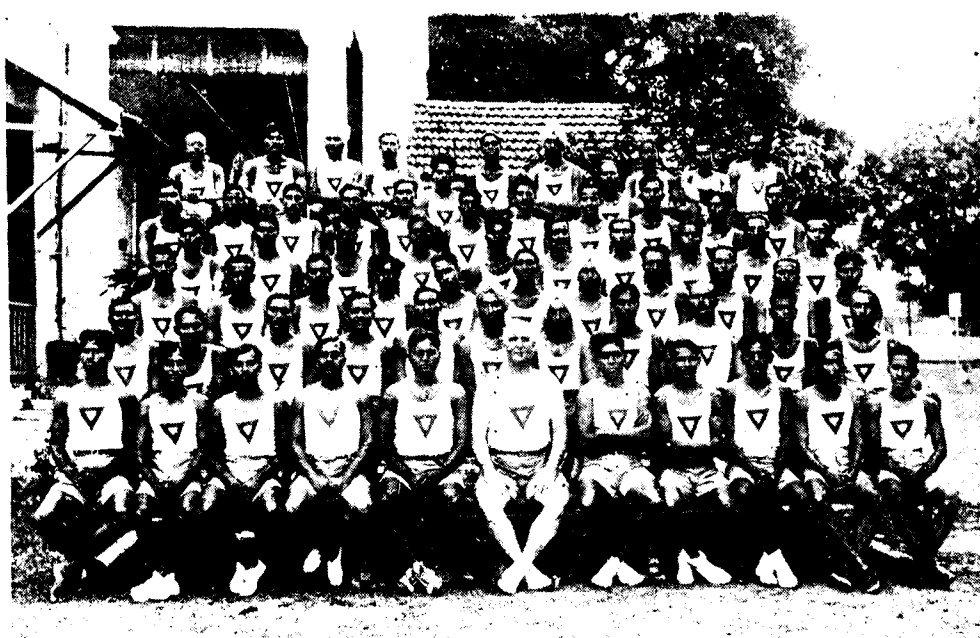
The National Y. M. C. A. School of Physical Education,

Royapettah, Madras.

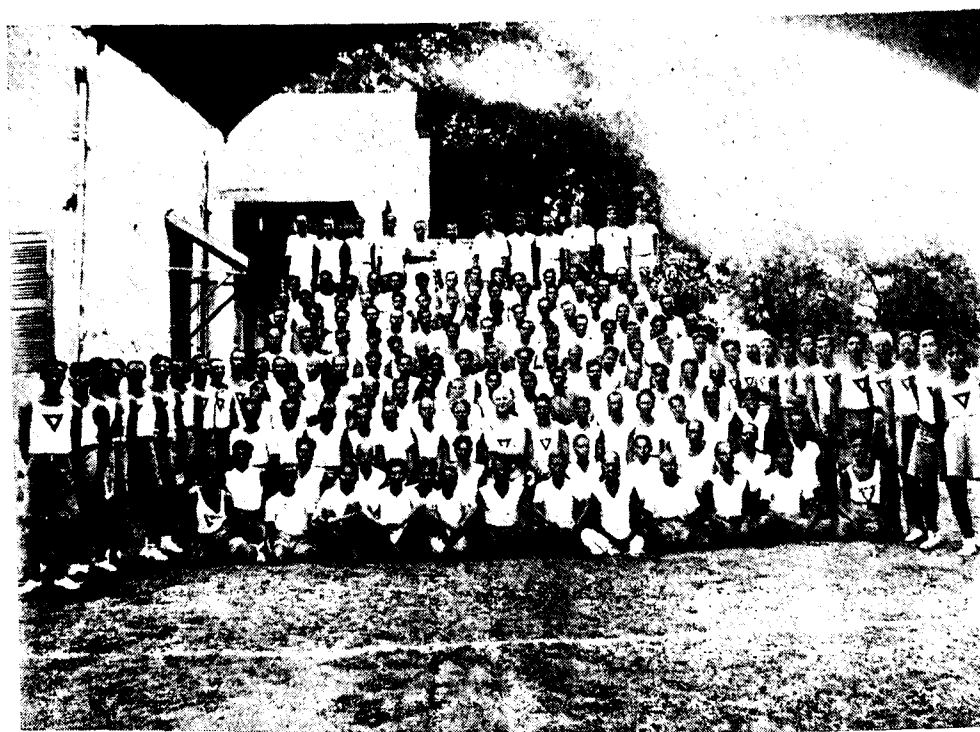
G
R
O
U
P
S

I
N

T
R
A
I
N
I
N
G



THE CLASS OF 1930—31. AT THE
NATIONAL Y. M. C. A. SCHOOL OF PHYSICAL EDUCATION MADRAS.



THE ONE HUNDRED ODD ELEMENTARY SCHOOL TEACHERS TRAINING CLASS
WITH STUDENT INSTRUCTORS.

A
T

T
H
E

M
A
D
R
A
S

S
C
H
O
O
L

Why Physical Training in Schools in India

BY J LAHIRI, M.A., B.T., Assistant Head Master, Ballygunge
Government High School, Calcutta.
(On deputation to England).

(a) The case for compulsion in Physical Training:

1. THE HISTORICAL PERSPECTIVE.

It is interesting to observe that in times past and in our own time Physical Training has been tolerated, stressed, neglected, denounced and emphasised according to prevailing conceptions as to the nature of the human body and of its relations with the mind. These conceptions have varied with the changing ideals of human excellence held by leading philosophers of our country at different ages. The ascetic ideal of the ancient *Rishis*, as set forth in the *Rig Veda*, the earliest literary work of the Hindus, and other works of the Vedic Age, exercised a profound influence on the life and thought of the times. According to this ideal all flesh was an impediment in the passage of the soul from this life to the next, and hence we find constant references to the body and the soul regarded as independent and mutually antagonistic entities. This ideal subsequently became the basic principle of two heterodox religious systems formed as a natural reaction against Brahmanical intolerance in later times *viz*, Buddhism and Jainism, according to which spiritual health could only be secured by bodily weakness. In the Epic Age there comes, however, a

refreshing change. The Epic ideal recognised the unity or symmetry of body and mind, but this ideal was confined to the *Kshatriyas* or the warrior class alone. To the great majority of the intellectuals, that is the Brahmins, life still remained "a strict school of mental discipline" with only this difference that physical training on informal lines was tolerated but not stressed. In the Middle Ages the military ideal of the warrior class found its best exponents in the Rajputs and existed side by side with the ascetic ideal of the ancient *Rishis*, reinforced from time to time by great religious reformers like Sankaracharya, Kumarilabhatta and others in their philosophical writings.

2. THE MODERN VIEW.

The modern view owes its origin to the repeated insistence on compulsory Military Training of youths in Schools and Colleges by leaders all over the country in their speeches from Congress platforms and articles in newspapers. The interdependence of the body and mind, the belief that "to work the mind is also to work a number of bodily organs and that not a feeling can arise, not a thought pass without a set of concurring bodily processes"* can, in

* McDougal : *Social Psychology*.

Note: This article was awarded the first prize in an Essay competition conducted by Messrs. Macmillan & Co., and of which the Editor-in-chief was one of the Judges. So ably is the case put that we have decided to reprint portions of it in Vyayam. We have altered the heading from "Compulsory," Physical Training to "Why Physical Training".

Bengal, he traced to the educational writings of Pundit Iswar Chandra Vidyasagar, Bhudev Mukherji and Sir Gurudas Banerji. The impact with western ideals and thoughts dispelled all vestiges of the old-world ideal of the body as an enemy of the mind. So the modern view of progressive Indian Educationists may be said to be perfectly on a line with that of their western compeers. But in actual practice most Indian Schools remain far behind the ideals of educationists. This is because the state has so far failed to take upon itself its primary obligation of organising a free and compulsory system of elementary education with adequate provision for Physical Education and because public conscience in certain provinces has yet to be aroused as regards the need of such a system supported partly by local rates and partly from provincial revenues. In certain provinces private initiation by philanthropically minded persons has been responsible for the introduction of physical education, but these are very rare and hardly touch the fringe of the whole problem.

3. PHYSICAL TRAINING AS PART OF THE LARGER PROBLEM OF EDUCATION: THE BIOLOGICAL PERSPECTIVE.

What is the end of human life? Certainly individuality or self-realisation. Since education is a preparation for the serious business of life, it cannot certainly have a less noble aim. In the words of Sir T. P. Nunn, "Dare we take a lower, and can we find a higher ideal to be our inspiration and guide in education?" (*Education—its Data and First Principles*: p. 9). In education we must see that the most favourable conditions necessary for the development of

individuality along right lines is secured. Man is a living soul. Life is of the essence of selfhood. From the moment a living thing is brought into being, it works unceasingly and indefatigably at the realisation of its true self—of the ideal form which may be said to be latent in the "germ-plasm" and which by a slow but unceasing process of growth, little by little, is brought out into actual being. The function of education, then, may as well be said to foster growth in all its aspects, the development of a well-balanced personality, "in dynamic relation with the world"† but striving to maintain its characteristic contribution to its environment. It is to help the growing child to advance towards the happy consummation of the excellence of which his nature is capable. Biologically viewed, every living organism is a centre of energy in constant "dynamic relations with the world." Hence the need of adjustment which is going on unceasingly every moment of our life. What, then, is education but a partial aspect of this large adjustment going on in life? Education must fortify the child with all equipments so as to make him in every way—physically and mentally—capable of making his characteristic contribution to the environment by proper adjustment. The school is therefore concerned in the main with *three* things *viz*, bodily development, intellectual progress and formation of character. They are however not to be understood as three different aims, but are ultimately resolvable into one. Thus physical education cannot be said to have a purely physical end in view, *viz*, *bodily training*, which is again a valuable

† Nunn: *Education: its data and first principles*.

instrument for furthering intellectual and moral training. Neither can intellectual education be said to be a matter of intellect alone, for, all mental acts such as knowing, feeling and willing have their physical basis in that the nervous system is intimately connected with each of them. The education of the mind is intimately connected with the activity of the muscles. "Every mental phenomenon has, therefore, its physiological determinants."* This leads us to a very sound conception of the real nature of the mind in relation to the body, advocated by the leading psychologists of the day, especially by Sir William Mac Dougal and Sir T. P. Nunn, *viz*, that whatever man does or thinks is an affair of the whole organism or "*body-mind*" and not of mind or of body alone. This is supported by biological facts. Mind is therefore no longer to be regarded as "a self contained field of events and causation with some inscrutable connection with bodily events but playing no part in determining them,"† as *Descartes's doctrine of psycho-physical parallelism* would have us believe. Neither is the *mechanistic conception of life* a true one, in spite of Dr. Jacques Loeb's experiments on artificial fertilisation, for all phenomena of life can hardly be explained in terms of facts and notions derived from physics and chemistry. We all know that the human mind has certain innate tendencies which are the essential springs or motive powers of all thought and action, and are the bases from which the character and will of individuals are gradually developed under the guidance of intellect. These are our *instincts*. The

* Terman: *Hygiene of the school child*.

† Nunn: *Education: its data and first principles*.

essence of all instinctive activity seems to be liberation and direction of energy which is *psycho-physical* in character. Physiologists believe that each kind of instinctive activity is bound up with and dependent on the normal development and integrity of certain parts of the nervous system. Hence with every functioning of the mental life there is a change in nervous adjustment. Thus a motor element is present in all our thinking. We cannot, therefore, be said to have possessed a certain body of knowledge until we have *used* it, for "our idea of it is determined by our *motor attitude* towards it."* This is why educationists now emphasize the importance of motor training in teaching school subjects. Children *learn by doing*. "When we have applied this biological point of view in our educational psychology we shall less often exalt knowing above doing. Much of the time we now give to book instruction will be replaced by opportunities for activity. The educational aim will, then, lose its bifurcated aspect and the child will be recognised as an organic unity. The child's mind will cease to be the enemy of the body, and the welfare of each will be sought in the maximum culture of the other."† The body is then, the instrument by which the mind brings itself into relation and interaction with things external to self. So it is only through the instrumentality of the body that the mind can function in every act of knowing the not-self and applying that knowledge to the welfare of the self. Every school worth the name should, therefore, provide for both the training of the body and of the mind.

* Terman: *Hygiene of the school child*.

† Welpton: *Physical Education*.

4. THE AIMS OF PHYSICAL TRAINING

The modern ideal of physical training recognises two chief aims *viz.*, (1) the maintenance of health by securing the normal growth and development of the body as an efficient organism; and (2) psycho-motor education with emphasis on bodily control and the expression of personality or character of the individual. To the physical instructor the application of the principle of "*mens sana in corpore sano*" is certainly a matter of vital importance. Too often we notice cases of failure in life—all for the want of a little bodily stamina, a little bodily capacity for the endurance of fatigue, anxiety or disappointment. Indeed there is no profession in life in which a normally developed frame will not be needed. Statistics clearly show that departures from a *normal* standard of power, stamina and endurance based on the averages of a very large number of cases are so frequent during the two great periods of growth *viz.*, childhood and adolescence, that normal developments can only be secured for all when individual differences and defects are adequately recognised. Physical training must fit the child for taking part in those practical aspects of life in which mental powers act in co-operation with physical powers in the common routine-work of everyday life."† Hence all physical training must be *bipolar i.e.*, its object would be *physical* in that it is its business to produce a sound and vigorous constitution, and *mental* in so far as it seeks to train those qualities of intelligence and will in close conjunction with the bodily powers "so as to make practical action effective and successful in the co-operative and competitive work of life."† What then do we mean by health? The implications are plain. "The nerves must be well nourished, the

heart strong, and the circulation vigorous, the blood pure and nourishing, the lungs sound and capacious, the digestion good and the skin and kidneys energetic in action."† Again it is equally essential that the different bodily organs should be in their normally developed condition so as to be of service to the mind for intellectual education. A great part of our knowledge of the external world comes through the organs of the senses which are, as it were, the gateway of our perceptual learning followed up by conceptual thinking. It is, therefore, essential that they should be sound and serviceable. Every school subject has its *dynamic aspect* as most of our knowledge of these subjects is largely determined by our motor attitude towards them. Hence it is also necessary that the organs of movement should be sound and capable of being worked together in co-ordination or harmonious correlation in the skilled action. We now come to the aim of education with regard to the mind. Success in life comes only to the strong man—in character as well as in body. This strength of character may be said to be a sum total of such qualities as alertness of mind to seize on opportunities, keen insight, ready ingenuity to make the most of one's chances, quickness of judgment, promptitude, self-assertion, independence, co-operative action, self-confidence, courage, hardihood, a spirit of give and take and endurance to bear trials. These qualities are best developed by physical training and by various other school occupations that call for free co-operation and competition in practical activities involving strength, skill, intelligence and spirits. "Thus mind and body must be viewed as two well fitting halves of a perfect whole, designed to sustain and support each other and each worthy of our attention."†

† Board of Education Bulletin.

Recent Interesting Developments in Physical Education in India

Physical Education in Loyola College.

Though the Madras University introduced Physical Training as a compulsory subject for all Intermediate Students only from July 1930, we made it compulsory even in July 1929 for our I U. C. students. From the beginning the work was confined to a "Play for all" programme. There were difficulties such as control of attendance and getting all the students interested in play. The Director had no control of the finance set apart for the Physical Training. With all these difficulties, work was pulled on. About 72 classes were held during the year 1929-30 for Junior Intermediate and the average attendance in these classes was about 85 per cent of the No. on rolls. Towards the end of the year practically the whole body of students liked these games classes and they arranged themselves to run off a Basket ball and a Volley ball Tournament within the College—about 48 students competed for Basket ball and about 54 for Volley ball.

College Day Sports. 1930 (Feb). The Physical Director conducted the above Sports. The audience felt a clear change a change from disorderliness to a systematic track and field meet, a change from items spectacular in effect and not conforming to high standard of athletics to standard items conforming to the Olympic rules, and a change from waste of time between items to quick succession of one item after another. Discus throw, Javelin throw and Pole vault were altogether new items introduced. Efforts

are made to continue and improve on the type of sports carried on last year. The number of students who participated in the Sports was 98 as against 74 in the previous year.

Academic Year 1930-31. The introduction of Physical Training last year has simplified matters a great deal. Trained leaders of the 2nd class help the Director in the matter of conducting the classes for the Junior Intermediate. Traditions have been established by the Senior class and adopted by the Juniors. The authorities note with pleasure the congregation of youths playing actively for one hour every evening—perspiring and feeling tired at the end of the hour.

Both the Basket ball grounds are overcrowded as also the playground ball diamond. Hockey and Foot ball are also fully attended, whereas only three out of the four courts in Volley Ball are engaged. The juniors have 3 classes a week and the seniors 2. In addition to the regular classes between 4 and 5 p.m., the Director owing to the entreaties of the students of the P. T. Classes and others has to stay till 6-30 p.m., to organise, and conduct.

It may be noted that from this year the P. T. Funds are at the disposal of the Director, who gets the requirements himself. A full time attender has also been sanctioned for the department.

Arrangements are being made to start a health association in the College. When this project materialises a series of discussions on subjects pertaining to health and exercise will be arranged for.

Inter-class matches in group games are already going on and in some instances the Junior class students have beaten the seniors.

Arrangements are being made to introduce Basket ball, Volley ball and Play ground ball as items for the College Day competitions of 1930-31.

S. NARAYANAN,
Physical Director.

PHYSICAL TRAINING IN SECONDARY SCHOOLS IN MYSORE.

The Department of Public Instruction in Mysore appointed some time ago a Committee of responsible educationists, official and non-official, to report on the means to be adopted to promote Physical Training among students and the following notes are drawn from the report as being of interest to our readers.

The object aimed at, the report says, should be that every pupil should make some effort every day to improve his physique.

Following are portions of a circular issued by the Department of Public Instruction in Mysore, with the object of systematising physical instruction and is published here as being of interest to our readers. It is understood that the schools are making an effort to put the scheme into effect and the results may be watched for with interest.

I. The Heads of schools should take steps to see that every pupil makes effort every day to improve his physique.

II. Every school shall provide for physical activity of every pupil for half an hour at a stretch in each of the five full working days of the week :—

(a) Of these, two days a week shall be devoted to group exercises which may

consist of Foot drill, Wand drill, Swedish Drill, Scout Exercises, Lezim, Lathi, Clubs, Dumb.bells, Suryanamaskar or any other form that may be devised by the school subject to the approval of the Department.

(b) The three other days of the week shall be devoted to games like (1) Cricket, Football, Hockey, Volley Ball, Basket Ball "Kok", Rounders, "Gudu-Gudu", etc., or (2) Athletic practice in running, jumping, putting the shot;

or (3) Gymnastics, Indian or Foreign.

III A record of attendance of every pupil for all the 5 days should be maintained.

IV. For the purpose of physical culture, the school shall be divided into groups irrespective of the classes to which the pupils belong, particular teacher or teachers being attached to each group.

V. Marks should be allotted to every pupil for physical culture as for other subjects to a maximum of 100, the marking being done at the end of the term in the IV, V and VI Forms in the following manner.

(i) 30 marks be assigned as maximum for attendance *i.e.*, a pupil having put in 50 per cent of his attendance at physical culture will get 15 marks under this head and so on proportionately.

(ii) 20 marks be assigned as maximum for special aptitude in games, exercises, efficiency, etc. This is an impression mark to be assigned by the Head Master in consultation with the sports Secretary, the class teacher or the Physical Instructor.

(iii) 50 marks shall be assigned as maximum for athletics. Every pupils shall take four items for test and the marks he obtains calculated as per table attached and will be added and reduced to a maximum of 50. The tests should be held once in a term.

(iv) 40 per cent should be considered as minimum for Physical Culture and marks in Physical Culture be given the same importance as marks in other subjects in

regard to deciding promotions from class to class. The marks need however find no entry in S. S. L. C.

VI. In regard to the Physical Culture for girl pupils, two days in a week may be allotted to Drill, Marching, Rhythmic Exercises Kolatam, Wand Exercises etc., and the other three days to Tennis, Badminton, Basket Ball, Deck Tennis, Ping Pong, Rally Races, Skipping; See-Saw.

(i) Marks may be allotted for attendance to a Maximum of 60, and for aptitude in games and exercises to a maximum of 40 until suitable objective standards and tests, as for instance in 50 yards Dash, Foot ball throw skipping, etc., are evolved as has been recommended for pupils in Boys' schools.

VII. It is not necessary that every school should provide for all kinds of exercises and such of the schools as have necessary appliances may introduce exercises requiring appliances and the others may resort to exercises which require no appliances. Game which require equipment will have to be provided for out of sports funds.

The Committee consider that in the interests of the physical well-being of the Youth of the country, Government should supplement the Sports Fee collections by generous grants. It is also desirable that in the case of private institutions grants should be enhanced to avoid additional expenditure that may have to be required to place physical education on a proper basis.

While admitting that the present staff allowed for each High School is fully occupied with teaching work, the Committee observe that enough interest is not taken by the members of the staff in the sports activities of their schools. It is hoped that with the change of vision regarding the scope and meaning of edu-

cation the teachers will evince much greater appreciation of the physical side of education.

There is a great deal of force in the contention that poorly fed boys should not be compelled to undergo physical training close upon a day's hard intellectual work. It is clear from the reports that several boys are not in a position to get a mid-day meal and feel too jaded towards the evening to enter into sports with any zest. The difficulty is real and may be met in one of two ways. The hours of school work may be changed to two sessions—7-30 A.M. to 11-30 A.M. and 5 to 6-30 P.M.—the afternoon session being devoted mainly to physical exercise. This is the recommendation made by the Sub-Committee of the Board of Education. If for one reason or another, the change cannot be brought about, provision has to be made for lunch to the deserving poor boys in the afternoon leisure period. Apart from any Government aid in this direction, local philanthropic help has to be sought for supplying cheap and wholesome food to those who cannot afford it themselves.

The poor physique of our boys is as every one will admit the result of several factors, the most important being the absence of systematic attention to bodily development. To say that poor physique is an obstacle to physical training is to argue in a circle.

The Committee have come to the conclusion that unless some modes of evaluation of physical efficiency of scholars is devised, there seems to be no chance of extending the benefits of physical education in general. It is within the experience of all teachers that unless proficiency in a subject is tested by public examination

it is not likely to receive as much attention as its importance demands. Hence the Committee recommend that marks should be assigned for the physical efficiency of pupils in all High Schools and that eventually success at the public examination be made to depend upon marks obtained for physical efficiency also. The Committee fully realise the difficulties involved in devising objective tests which will admit of uniform application but trust that the tests suggested here will enable

the heads of institutions to ascertain with a fair degree of accuracy the progress in physical efficiency of individual pupils as well as of the school as a whole. These tests are only tentative and may have to be revised when circumstances warrant any change. It is hoped that the adoption of the Scheme and its practical application in the High Schools of the State arrest the physical deterioration of the Youth in the country and make for national efficiency.

ATHLETIC STANDARDS FOR DIFFERENT WEIGHT GROUPS.

(The minimum of Zero point).

	Between.	Between	Above	
Boys below 80 Lbs.	81—95.	95—100.	100.	

GROUP I.

50 Yds. Dash.	10 Seconds.	...	...	...
75 do	...	13 Seconds.	...	...
100 do	...	...	16 Seconds.	10 Seconds.

How to assign marks. For every second gained 25 marks. Thus if a boy below 80 lbs runs 50 yds in 9 Seconds, 25 marks, 7 2/5 Seconds: 65 marks and so on.

GROUP II.

2 Standing Broad Jump.	3" 5"	3" 11"	4" 5"	4" 11"
3 Running Broad Jump.	5" 10"	6" 10"	7" 10"	8" 10"
4 High Jump.	2" 2"	2" 5"	2" 8"	2" 9"
2 marks for every inch extra.	1 mark for every inch extra.	8 marks for every inch extra.		

GROUP III.

5 Putting the 8 lbs shot.	5" 6"	9" 6"	13" 6"	15" 6"
6 Throwing the Cricket Ball. 80 ft.	110 ft.	140 ft.	155 ft.	
7 Pull up to chin.	...	...	...	...
1 mark for every 3 in. extra.	1 mark for every foot extra.	8 marks for every pull up to chin.		

Note: Every pupil will be required to offer himself altogether for four tests at least one from each or no group being neglected. The marks in each tests will be entered and the aggregate divided by 8 to be entered as marks for Athletics which carries a maximum of 50 in the scheme now proposed.

The Physical Culture expert attached to the Department may be requested to issue detailed instructions in regard to the conduct of these tests, etc.

Prevention Versus Cure ?

'Twas a dangerous cliff, as they freely confessed,
Though to walk near its crest was so pleasant ;
But over its terrible edge there had slipped
A duke, and full many a peasant.
So the people said something would have to be done,
But their projects did not at all tally:
Some said, " Put a fence around the edge of the cliff ";
Some, " an ambulance down in the valley."

But the cry for the ambulance carried the day,
For it spread through the neighbouring city.
A fence may be useful or not, it is true,
But each heart became brimful of pity
For those who had slipped over that dangerous cliff ;
And the dwellers in highway and alley
Gave pounds or gave pence, not to put up a fence,
But an ambulance down in the valley.

" For the cliff is all right if you're careful," they said,
" And if folks even slip and are dropping,
It isn't the slipping that hurts them so much
As the shock down below when they're stopping."
So day, after day, as those mishaps occurred,
Quick forth would these rescuers sally
To pick up the victims who fell off the cliff,
With the ambulance down in the valley.

Then an old sage remarked, " It's a marvel to me
That people give far more attention
To repairing results than to stopping the cause
When they'd much better aim at prevention.
Let us stop at its source all this mischief," cried he
" Come, neighbours and friends, let us rally !
If the cliff we will fence we might almost dispense
With the ambulance down in the valley."

" O, he's a fanatic," the others rejoined.
" Dispense with the ambulance ? Never !
He'd dispense with all charities, too, if he could !
No, no ! We'll support them for ever !
Aren't we picking folks up just as fast as they fall ?
And shall this man dictate to us ? Shall he ?
Why should people of sense stop to put up a fence
While their ambulance works in the valley ? "

But a sensible few, who are practical too,
Will not bear with such nonsense much longer
They believe that prevention is better than cure,
And their party will soon be the stronger.
Encourage them, then, with your purse, voice, and pen
And (while other philanthropists dally)
They will scorn all pretence, and put a stout fence
On the cliff that hangs over the valley.

Better guide well the young than reclaim them when old,
For the voice of true wisdom is calling :
" To rescue the fallen is good, but 'tis best
To prevent other people from falling.
Better close up the course of temptation and crime
Than deliver from dungeon or galley ;
Better put a strong fence round the top of the cliff
Than an ambulance down in the valley."

—JOSEPH MALINES.

Some Problems of the Indian Olympic Association

Copy of a letter, dated the 29th July, 1930, Dehradun, from the Hony. Secretary Indian Olympic Association to the Editor. The Sportsfolio, c/o The Editor, The Illustrated Weekly of India, Bombay.
(VAYAM would welcome discussion on these problems, write the *Editor-in-chief*).

DEAR SIR,

I am writing to you with reference to your note on Indian Athletics in the Sportsfolio of July 20, 1930. Your remarks relate to several points and I shall deal with them seriatum. I want, however, to make it absolutely clear that I am writing to supply you with information and explanation on the points raised by you, (as far as I can within the compass of this letter) and not to raise a controversy.

1. Regarding the sending of a team to the Far Eastern Games:—The chief reasons for sending the team were, (i) the advice given by Mr. Edstrom, the President of the International Amateur Athletic Federation, who on his way through India had seen the officials of the Far Eastern Games in Japan. (ii) The desirability of affording encouragement and experience to Indian athletes. On this point I would like to draw your attention to the interview with the Captain of the Indian Teams published in the Pioneer of July 19.

From my own experience of the 1928 Olympiad I can definitely say that some, if not all, members of the Indian Team of Athletes profitted most considerably from the visit. Mr. Abdul Hamid, who was a member of the 1928 team has for instance, done more for the improvement of athletic standards in the Punjab in the last 2 years than had been done in many years previously (iii) The performance of the three athletes sent compared very favourably with the Far Eastern Records

of the 1927 Games. (I am writing from memory as I have not got the records with me at this place, but I am sure that) Abdul Hamid's time in the 120 yds. Hurdles was better than the F. E. Games records, and Sutton's time for the 100 yds. of 10 secs. was equal to the best done in the Games. Abu Yusuf's performance in the High Jump of over 6 ft. was quite good enough to secure his inclusion in the team. At the time of decision we had only the records of the previous F. E. Games to go by; and judged by these our athletes were worthy of being sent.

2. The reasons for the non-success of the Indian athletics in the International contests do not lie so much in their lack of potential capacity as in the absence of sufficient and expert coaching. Athletics in India are seriously handicapped by three things, lack of money, lack of expert coaches, and by the absence of a large enough field of choice. As you have rightly observed most of the coaching in India is provided by the Y. M. C. A. people, and they deserve our warmest thanks for it, but the time has come for whole-time experts. Further must be considered the factor of climate. The most suitable months for training in India are the months from November to March ; whereas all the important International fixtures take place during the summer months.

We must either send our athletics abroad many weeks ahead, or must give them systematic training at a hill-station. Both

these alternatives are costly.

If inspite of these handicaps the Indian Olympic Association sends teams abroad, it is to keep the objective—the attainment of world standards—alive before the coming athletics. The I O A. has limits to the work it can do. Most of the work in raising funds, training athletics and organising sports meetings so as to encourage larger numbers to take part in athletics, must be done by Provincial Associations. Apart from Bengal, Madras and the Punjab, the Provincial Associations seem to be far from active. Bombay, strangely enough, is the worst offender. For years it has held no Provincial Trials and for the last 4 or 5 years has not paid in its annual subscription to the I. O. A. The tale of many other associations is the same. It is impossible for the I. O. A. to function usefully under these conditions. I am sending you a report of the work of the Punjab Olympic Association, to show you the work done in one year 1928-29. The progress made in 1929-30, in the number of associations formed in the numbers of competitors taking part and in the making of new records is still more remarkable. The Punjab Government has been quick to acknowledge the value of the work done by making an annual recurring grant of Rs. 1,500. If all over India the Provincial Associations were to take up the work in right earnest Indian athletics capable of equalling world standards, may be forthcoming in a few years. I may also point out that there is a tendency in the country to expect wonders in a short time. The success of the Indian Hockey Team seems to have raised our hopes too high in athletics. It is forgotten that whereas organised Hockey is many decades old, organised Athletics is barely six years old.

Can we match the world yet at Tennis and Cricket? And yet there are more people playing tennis or cricket in India than practising athletics. Not only have we a great lee way to make up yet but the world standards are rising tremendously. England, the home of out-door sport, is forced to take the 4th or 5th place in World Athletics now. I may also point out that China inspite of a much larger contingent did no better than India in Athletics in the Far-Eastern Games. There is no reason to be down hearted, however as the standard of athletics as shown in the results of Provincial and All-India competitions is fast rising throughout India. Every year in the Punjab 3 or 4 new records are set up. New records are made in the All-India Trials too. I believe at present there is no record standing prior to 1924—the date of the organisation of the I. O. A.

3. The I. O. A. has striven as much as it can to interest the Government and the people in its work and programme. I enclose a short report of its working during the last three years. You will notice that we have three objectives in front of us.

(i) To start regional Olympic Associations to take up the work of encouraging athletics in their regions.

(ii) To have a well-equipped Stadium at Delhi and one in each Province. It is quite possible that we might get a stadium at Lahore before anywhere else.

(iii) To have a committee appointed to go into the matter of Playing-fields For-All Movement.

There is some hope that as the result of the representations to the Government of India an annual recurring grant may be sanctioned. The Press could use its influence here with great effect.

1. Regarding the importation of a coach:—

There are two considerations that stand in the way of this. The high cost of a really good coach, and the large size of the area over which he will have to work. One coach however good he may be will be like a needle in a hay-stack. No Province would be able to get much out of him. The best scheme would be for each Province to have its own coach who should in addition to coaching train a number of young men in his own line. This is what President Edstrom told me was done by his country—Sweden.

2. To discharge all their functions properly the Provincial Associations must put their finances on satisfactory footing.

They must get their governments to make suitable grants to them, for there are definite limits to public support.

I can not help adding that so far it has been the lot of the I. O. A. except in Northern India, to get more criticism than help from the Press, in the way of constructive suggestions or of help in propaganda. I would request you to use your influence to get the I. O. A. a handsome grant from the Government of India, and to galvanise the Bombay and other branches into activity.

Yours faithfully,

G. D. Sondhi,

Hony. Secretary.

Indian Olympic Association.

A Slant on Mathematics

I am not much of a mathematician said EXERCISE but.—

I can add to your length of life.

I can add vitality to your system.

I can add resistance against disease.

I can add the feeling which comes with good health.

I can add a hobby to your life.

I can increase the strength of your heart and lungs.

I can subtract from your aches and pains.

I can subtract from your sleepless nights.

I can subtract from your constipation and indigestion.

I can subtract from your waist line.

I can subtract from your lethargy.

I can decrease your headache and stomach disturbances.

I can divide your spare time valuably.

I can divide your work and make it part play.

I can divide your interests better.

I can divide the little ills of your life by half.

I can divide the periods you spend wastefully and make them valuable.

I can separate some of the things which now seem distant and make them a part of you.

I can multiply your ability to do things.

I can multiply the days when you feel good.

I can multiply your business efficiency.

I can multiply your friendships.

I can make your life proficient as well as efficient.

To sum up I can stretch out your years of happiness and make you a MAN.

(Submitted by Paul Favor, Quincy, Mass.)

EDITORIALS

Editorial Comments.

This number of VYAYAM is in many ways an Olympic Number. At various places will be found reports of the progress of the Tenth Olympiad to be held in Los Angeles in U. S. A. in 1932, reports of the British Empire Games held in Canada during the month of August just passed; scattered reports regarding the Far Eastern Games held in Tokyo just past this hot season and a letter by the Honorary Secretary of the Indian Olympic Association answering some criticisms levelled against the Indian Olympic Organization. All these items portend a very marked activity all over the world in Olympic matters, and in some ways India is having her share although the Editor agrees with Mr. Sondhi in his article that there is not the support both official and non-official, given to the Indian Organization that it should have.

On the other hand there are certain comments in regard to these articles found elsewhere which the Editor would like to express himself in respect to.

1 The need for a large development in standard athletic equipment throughout India expressed by Mr. Sondhi. In no place in India is an adequate Track and Field equipment found and particularly is this true in regard to a pucca cinder track. It has been proven that much faster time and better running can be done on a cinder track than on grass and India certainly needs to be censured for having failed in the course of the past 15 years to develop cinder

tracks and train her runners to use them. This lack must now be met.

2 The report of Mr. Mukerji on the Far Eastern trip illustrates again the tendency of Press Men to try and mix up athletics with politics. The universal experience of the writer in oriental countries during the last twenty years has always proven that any attempt to mix the two results in the failure of athletics. Therefore while it may make good copy for the Press the relationship of politics with athletics is poison to athletics and every attempt should be made to absolutely separate them and every attempt to combine them should be blocked completely.

3 Mr. Mukerji makes certain recommendations. So far as VYAYAM is concerned we would support all of them except No. 1. We would consider 1 impossible.

4 It is the opinion of the Editor that too much emphasis is placed by Mr. Sondhi on the importation of expert coaches and not enough on the thorough development of our own organization for competition within the country. Record breaking athletes come out of a large number of competitors and not necessarily by the skilled coaching of one man with a few athletes. Too few boys take part at the present time to produce record breaking athletes on the basis of international standards. India must therefore be prepared to continue to send teams abroad and

not expect to win many points. Never will India win abroad until she is thoroughly organized within. It was the observation of the writer at Amsterdam that the Indian Athletes lacked more in track experience and in the competitive spirit than they did in the lack of technique or skill. What therefore we urge is the development of a large number of athletic contests extending over a period of months rather than the selection of a few athletes for expert coaching from too restricted a number of athletic meetings in India each season.

J. Henry Gray.

Commercialisation of Sports.

At the last annual meeting of the Bengal Olympic Association Sir R. N. Mukerjee, who was re-elected president of the Association, in the course of his speech urged the cause of a stadium for Calcutta and is reported to have said—"I am convinced that, if properly launched and conducted on sound lines, the stadium proposition can be made a commercial success." Commercialisation of sports is all right so long as the accruing benefits are utilised for the advancement of sports. But, when such a venture leads to profiteering by individuals, all that is good and true and beautiful in sports is reduced to nothing.

Recently, an announcement was made that a gold cup would be presented to the winning team of a certain tournament and that replica cups would be given to the members of the winning team. It is true that an individual wants his prize to wear or treasure and a group its trophy to display. But, when the award is an

extravagant one, instead of being a symbol of achievement, it becomes a prize whose merit lies in its monetary value. The greatest award for which athletes have ever striven is that of the olive wreath with which the Old Greek Olympic victors were crowned. When this award was later replaced by prizes possessing commercial significance, the professional spirit replaced the amateur one of participation in sports for the mere love of sports, and athletes began to vie for gain rather than for honour. Sportsmanship—that high idea of the athlete—was laid low.

Let us by all means provide ways and means for financing sports activities; let us be prepared to recognise achievement adequately. But, when degeneration sets in through commercialisation of sports, it is up to every one interested in sports and its lofty ideals to discourage and to fight against such tendencies. —*G. F. Andrews.*

Co-operation Desirable.

In August 1931 the twentieth Y.M.C.A. World Conference will be held in America to discuss the work, past present and future, in the various fields of endeavour of the Association. For this purpose a good many study outlines have been prepared to help towards an intensive study of the multifarious subjects involved, so that at the Conference itself the representatives of local Associations and National Councils will meet thoroughly prepared.

Amongst others, Physical Education is one of the subjects on the Conference programme, and it will surely be exceedingly interesting and instructive to know what representatives from all over the world think and decide about it.

In India certainly, and as far as the writer knows in many other countries too,

especially in the Orient, the Y.M.C.A. is the organizing pioneer and foster mother of Physical Education and therefore the deliberations of its representatives on this subject will contain much food for thought, and new ideas for us, who are doing this self-same work in India.

As far as our work is concerned, whether in Schools or Colleges or playgrounds or in any other institutions it is always a great advantage to work in the closest possible collaboration with the Y. M. C. A., and specially its Physical Director, for he can, and will always help us and sometimes it is our privilege to be in a position to render him some service. Besides the question of helping each other, two heads are always better than one and close contact with another person doing the same sort of work will always help us to avoid running in a rut and carrying on just those sides of the work that appeal to us most and leaving out the rest.

There is no subject in the world—Art or Science or anything else—on which the last word has been said and it therefore behoves us to keep abreast of the times and always be introducing new ideas and plans so as to keep our fellows interested and up-to-date. Books, Magazines, etc. are very useful in this respect, but contact with a good live Physical Director is even better, for he can generally help us to 'see ourselves as others see us'.

We are all of us apt to work in grooves. The man who has been good at games and athletics stresses this side of the work and neglects the other, and the good gymnast builds his programme round the gymnasium; yet another is keen on boxing, or tumbling, or swimming, and these items form his main work. We have got to remember that every good programme of

Physical Education must embrace all games and sports, gymnastics, formal work, play-grounds, and in fact, every activity that can possibly be included. It is not necessary for every Physical Director to have been good at all events, in fact such a paragon has yet to be born, but it is just in this respect that live contacts are so essential. If you are keenest on athletics get hold of some one else to help you run the other activities. May be you can swim and dive a little, and perhaps stand a round or two of boxing and a bout of wrestling or single stick fencing, but if you are not good enough to teach these things, it is really the best thing and usually quite easy to get someone who is good at them to come down and conduct classes occasionally. One man cannot possibly manage all the activities that should be found in every programme of Physical Education and the only way to do it is by means of your leaders corps, and the help of friends, particularly the Y. M. C. A. Physical Director, if you are lucky enough to have one in your City. In any case Physical Education does not mean games or sports or gymnastics or callisthenics or physica-medical examinations, or corrective work, or lectures on hygiene and sanitation etc etc, but it does mean all of these things and many more. In the last analysis the work of a Physical Director will be judged by the extent and scope of his programme, by the quality of his work, in each of its branches, and the up-to-dateness of his ideas. Extent will of course be governed in a great measure by the facilities available and very often these leave much to be desired, but where there is a will there is a way and there are plenty of friends always ready to be made and to help.

Henry Lall.

PERSONAL EXPERIENCES IN SPORTSMANSHIP. No. 5.

How Would You Decide?

(By J. M. Ghosh)

In a Volley Ball match a player of a contesting side put the ball up near the net within his own half of the ground and another player of the same side spiked the ball to the other side of the net which his opponent failed to return. Immediately after the Referee decided the point in favour of the team whose player spiked. The player who spiked having brought to the notice of the Referee that he had touched the net in his attempt to spike which the Referee could not see, the Referee thereupon changed his decision in favour of the other team on the strength of that player's statement.

Under the circumstances was the Referee justified in changing his decision? or would it be a piece of good referring on his part to stick to the decision once given on the strength of what he himself actually saw? or was the conduct of the player who told the Referee what he actually felt, sportsmanlike in consideration of the fact that he had no business at all to suggest to the Referee at that stage what he himself experienced when the decision was already given and thus indirectly interfering with the decision of the Referee? Besides, the law on the point stated above reads that a player is not to give any decision whatsoever on any matter in the course of a game unless when asked for.

Subsequently a protest was lodged with the committee after the completion of the match by the Captain of the team, who won and in whose favour the point in question was finally allowed, saying that they wanted to play the game once again

in view of the controversial nature of the deciding point of the match and that they did not like to associate themselves with a victory of such a doubtful nature.

Reviews of Replies to No. 4.

We had more than 50 answers attempting to solve the problem "Is it sportsmanlike" sent in by J M Ghosh and published in our last issue. Opinion is unanimous on the first part of the problem that the Captain was not justified in refusing to take the shot since it involved disobedience to the referee to the extent of slighting his authority, which attitude should not be encouraged.

Opinion is divided on the second part of the problem. Majority are in favour of the conduct of the other player in kicking the ball purposely wide out of the mark, thereby giving his opponents a fair chance. A fair victory is always better though it might involve violation of the spirit of the rules governing the game.

As regards the third part of the problem, some are of opinion that if the team had won in the manner stated it would be highly reprehensible since they have taken advantage of an error of the referee knowing it to be such. It may be a legal victory but not a moral one. Few express the opinion that no team is morally bound to give the opponents any chance in a well-contested match. A referee's decision is fair chance for both teams and the team could be justified for its victory even though it won by a wrong decision on the part of the referee.

OLYMPICS

"DIFFICULTIES are what show men's character. Therefore, when a difficult crisis meets you remember that you are as the raw youth with whom God, the trainer, is wrestling " To what end?

"That you may win at Olympia; and that cannot be done without sweating for it."

Epictetus A.D. 60.

International

International:—

An Expression

By Baron Pierre de Coubertin.

Founder of Modern Olympism.

The main issue in life is not the victory but the fight; the essential is not to have won but to have fought well. To spread these precepts is to pave the way for a more valiant humanity, stronger, and consequently more scrupulous and more generous. These words extend across whole domains and form the basis of a healthy and happy philosophy.

The Olympic movement gives the world an ideal which reckons with the reality of life, and includes a possibility to guide this reality towards the great Olympic Ideal "Joie des muscles, culte de la beaute, travail pour le service de la famille et de la societe; ces trois elements unis en un faisceau indissoluble."

May joy and good fellowship reign, and in this manner, may the Olympic Torch pursue its way through the ages, increasing friendly understanding among nations, for the good of a humanity always more enthusiastic, more courageous and more pure.

The Official Closing of the IX Modern Olympiad.

In accordance with the Protocol of the International Olympic Committee, the Games of the Ninth Olympiad at Amster-

Regional

Indian

dam were officially closed when Count de Baillet-Latour uttered the following words:—

"In the name of the International Olympic Committee, after having offered to the Queen of Holland and to the Dutch population and to the authorities of the City of Amsterdam and to the organizers of the Games our deepest gratitude, we proclaim the closing of the Ninth Olympiad and, in accordance with tradition, we call upon the Youth of every country to assemble in four years at Los Angeles, there to celebrate the Games of the Tenth Olympiad. May they display cheerfulness and concord and thus the Olympic torch may be carried through the ages for the good of a humanity more eager, more courageous, and more pure."

The Olympic flag, symbolic of that cheerfulness and concord referred to in the closing ceremonies at Amsterdam, now reposes in that city.

In 1932 it will be raised above the great Olympic Stadium in Los Angeles, which city, in 1920, extended its first invitation to the International Olympic Committee to celebrate there the next Olympic Games.

Regional:—

America

The X Olympiad Opens

Hon. Herbert C. Hoover, President, United States of America, writes.

"A CORDIAL welcome awaits the delegations which will come to the United States to participate in the Xth Olympic Games in Los Angeles in 1932. These gatherings for friendly competition in athletic sports foster a form of sympathetic understanding between the peoples which deserves every encouragement."

India is included.

It is not too soon for India to begin planning to accept this invitation. Not that she will send necessarily—a winning team, but at least a worthy one and so share in the great feast of athletic fellowship that these International Olympics produce. India the land of romance and mysticism is also the land of stalwart athletics and the world needs to know it and to see them. It is true that India has a great load of physical disability to carry due to poverty, social orthodoxy and preventable diseases, but the sending of teams to participate with other nations is an expression on India's part that she is making some effort to overcome and do away with this stifling disabilities.

The Olympics of 1932.

Definite dates for the celebrations of the World Olympic Games in Los Angeles, California, U. S. A. in 1932, will be from Saturday, July 30, to Sunday, August 14, according to an official announcement from the Organising Committee, following the return of its representatives from the recent Olympic Congress in Berlin.

The programme, which will continue for 16 days and nights, will consist of 135 distinct events, including athletics, gymnastics, boxing, wrestling, fencing, rowing, swimming, equestrian sports, Modern Pentathlon, road cycling, weight lifting, vachting, polo, field hockey, water polo,

shooting at 50 meters and Olympic fine arts.

At the Berlin meeting of the International Olympic Committee, the Organising Committee made its report, which showed that nearly all facilities are already available for the celebration of the Games of the Tenth Olympiad. The greatly reduced costs in travel for participating nations, shown in the report, resulted in enthusiastic response from the European Committees and assurances of fully representative teams from the Olympic countries.

In Olympic Park in Los Angeles are the Olympic Stadium, the fencing pavilion, the Olympic Fine Arts Museum and an excellent exercising field. The Olympic Swim Stadium will be built here. Close by are 15 training fields for visiting teams. Near Olympic Park are Olympic Auditorium for the wrestling, boxing and weight lifting events, polo fields, the equestrian field, the yachting course, rowing stadium and the cycling and marathon courses.

Representatives of the Organising Committee, who attended the Olympic Congress in Berlin, are enthusiastic over the reception of their report and plans, and predict an overwhelming success for the Games at Los Angeles.

Canada

British Empire Games

The idea of holding British Empire Games was borne in the mind of J. H. Crocker—a pioneer Physical Director and a Strong Leader of athletics in Canada—who put the proposal to the representatives of various parts of the British Empire at the Olympic Games in Amsterdam in 1928, inviting the Empire to send its athletics to Canada for the competition. There has always been a feeling of some dis-satisfac-

tion on the part of England's representatives even though she has persistently participated in the Olympic Games. Hence the idea of a set of Empire Games appealed to her and she cordially responded. The games were held last July in and near Toronto, Canada, and teams representing England, Ireland, Scotland, South Africa, Canada, Bermuda, Australia and a few other of the smaller possessions were there. These games are to be held every four years between the International Olympics or in the same years as the far Eastern games. Let us hope that the day will not be far off when India will send here teams to the Empire Games.

A full schedule of Olympic Events was conducted and the athletes from England won the meet.

Far Eastern Championships.

How China prepared for the Far Eastern Games.

In the All China Athletic Meet recently conducted, more than fifteen hundred athletes competed in the various events. They came from many parts of China. 16 out of 18 Provinces being represented.

In the men's division, Shanghai, Hongkong and Canton tied in the National Championship. Individual championships came out as follows:—

Field and Track	...	Liaoning
All round	...	Shanghai
Football	...	"
Baseball	...	Hongkong
Swimming	...	"
Volley Ball	...	Canton
Tennis	...	"
Basket Ball	...	Tientsin

In the girls' division, the National Championship went to Canton. Tientsin, Peiping, Harbin tied for second place.

The individual championships were distributed as follows:—

Field and Track	...	Tied between Canton and Harbin
Volley Ball	...	Canton
Tennis	...	Tientsin
Basket Ball	...	Peiping

Apart from the value of athletics in itself, the National Meet has left two valuable impressions in the minds of the people. The first impression is the solidarity of the people of China in spite of political divisions. Athletes from provinces engaged in civil warfare against each other met and competed without any sense of division. It is this sense of solidarity which has held the country together all these years and the National Meet once more made tangible, for us this spiritual sense of unity as one people. The second impression is the great advance made by Chinese women in athletics. No event during the last 20 years has done more for the cause of womanhood in China than this National Meet. For the man, it has taught him to think of woman as his equal and partner. For the women, it has broken once for all the cramping limitations and conventions which have bound her life in the past.

Report of the Coach and Manager-Delegate Indian Olympic Team for the Far Eastern Games, Tokyo—1930.

The Indian Olympic Athletic Team which was originally selected in consideration of the results of the All-India Olympic Meet at Allahabad were as follows:—

M Sutton	...	Sprints; Hop Step & (Bengal)
		Jump and Running Board Jump.

D'Costa (Madras) Running Board Jump and Sprints.
 G. P. Bhalla ... Half-mile and quarter mile.
 (Punjab)
 Gurbachan Singh Mile and Long Distance runs.
 (Punjab)
 S.K. Mukerjee, ... Director of Physical Education of the Calcutta Y. M. C. A's, and Hony. Secretary of the Bengal Olympic Association was selected as Coach and Manager Delegate.

It was decided that as the funds were not very promising, these four only who would make a fair showing in the Far Eastern Games, should be sent.

The team was selected a few weeks after the Allahabad Meet and the head of the delegation was announced towards the end of March.

In getting in touch with the men who were selected for the Far Eastern Games, the Manager of the team and the Secretary of the I. O. A. had great difficulties in as much as three of the men were not available to accompany the team; Bhalla and Gurbachan Singh could not get leave from their respective offices, while D'Costa had to wait for his chance in securing admission to a Medical College. This necessitated the addition of two more names—Abdul Hamid (Punjab) Hop, Step and Jump and Hurdles; Abu Yusuf (Bengal) High Jump.

There was very little time available prior to the departure of the team and as the sailings to the Far East were not as good as those towards the west, the only boat available was the B. I. Co's S. S. "Tilawa" leaving Calcutta on the 10th April. However, as the boat was stopping at Rangoon for six days it was possible for the team to leave Calcutta on the 13th April by Rangoon mail and tranship at Rangoon.

Before the team sailed, the members of the Bengal Olympic Association were at Home to them, and the team members were garlanded at the pier. The Manager also received a telegram from the Hony. Secretary, I. O. A. wishing the team bon-voyage and success at Tokyo.

The voyage to Tokyo took 27 days, though we were given to understand by our agent that it would take about 22 days. The sea was calm all the way except between Amoy and Shanghai when Hamid was the only member who got sick, but he was alright as soon as we reached Shanghai. The first day on the boat, the team selected Hamid as its Captain. The Manager made it a special point to interview the press and the Local Indian Associations in all the ports touched on the voyage, and were entertained by the local Indians at all of these ports.

The officers of the boat were very nice and friendly to the team and placed all facilities at the team's disposal for its training on the boat. Early every morning after Chotahazri, the team was out for brisk setting up calisthenics, after which slow jogging around the decks for endurance was taken. Then after breakfast half an hour's talk on the theory of various events were given by the Coach. After lunch the team had a compulsory two hours' rest in bed. At 3-30 in the afternoon, the team was out again for training. The men were given special conditioning exercises suitable for their respective events. Several starts for Sprints, practice over the Hurdles, Springs, and Swings for the Jumps were practised. A medicine ball provided by the ship helped a lot in reducing weight and in taking an endurance work-out; 9-30 every night saw the team in bed while the lights were out by ten.

The team reached Moji, the entrance to the inland water of Japan on the morning of the 8th and as the boat would not get to Yokohama before the 14th, we decided to disembark at Moji at night and proceed to Tokyo by train and thereby save three days. We left Moji at night and reached Kobe on the morning of the 9th. The Local Indian Association received and entertained the team as we halted at Kobe for the day. We left Kobe at night of the 9th and reached Tokyo on the morning of the 10th when the representatives of the Japanese Athletic Association met us and escorted us to our quarters in Nogizaka Club, where we stayed for eight days before transferring to Nihon Seinan Kan, which was the official headquarters of all the participating teams.

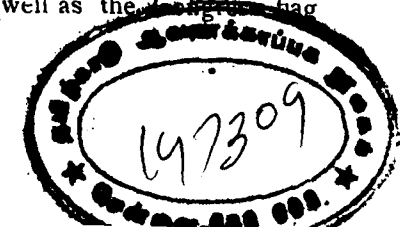
This building is owned by the Japanese Youth Association and is within a stone's throw from the Stadium, the Swimming Pool, Basketball Arena and the Baseball Diamond. Immediately on our arrival here started the flag dispute.

Before the team's arrival in Japan, the Japanese Amateur Athletic Association consulted the British Consul regarding India's flag, who gave the marine flag as the proper flag, i.e. Union Jack on the left hand top corner with the Star of India at the bottom right corner of a red ground flag; while the Reception Committee who were responsible for housing and making arrangements for the food of the visiting teams invited a local Indian resident on the Committee and asked his advice as to which was India's flag. The Reception Committee, was given the Congress flag as India's flag.

On arrival at Tokyo, the Manager gave the flag he brought from India, which was the Viceroy's Standard, i.e. the Union Jack with the star in the centre and the crown on the top of it—this flag was used in Amsterdam in 1928 by the Indian team.

This at once brought about the dispute as there were three suggestions regarding the official flag; this was however settled after a call at the British Embassy, where it was officially decided that the flag which the Manager brought from India, as was given to him by the Executive Committee of the I. O. A. was the official flag of India, which was then accepted by the Japanese Amateur Athletic Association.

When we moved into Nihon Seinan Kan we found that the Congress flag was used on top of the building side by side with the flags of other competing nations. The flag used for the Philippine Islands was their national flag and not the Star Spangled Banner. The Manager interfered and referred the Hostel Secretary of the Nihon Seinan Kan to the Indian official flag, and requested him to hoist the proper flag. As soon as the flags were made the J. A. A. sent the official flag to Nihon Seinan Kan, it was hoisted in place of the tricolour. The next day it was taken down without any consultation with the Manager. The Manager on coming to know interfered again and was informed that the Newspapers criticized them badly citing the Philippino case, and the Nationalist party and the prominent members of the Youth Association interfered and also threatened. At this juncture the Manager was interviewed by the no less than 38 representatives of the press. The Manager took a definite stand and said that he would not discuss politics but would like to discuss athletics, and all he was interested in was that the flag which the team brought from India, i.e. the Viceroy's Standard should be used. The Pole was kept empty for one day. In the meantime, the J.A.A.A. and the Youth Association and the Nationalist party compromised and in spite of protests from the Manager, both the official flag as well as the Congress flag were used.



All this dispute took place only with reference to the Nihon Seinan Kan where the team resided, but all over the Stadium, Swimming Pool, Basketball Arena, Baseball Diamond and other decorations, the official flag of India was used. The official flag was also used by the team during the March Past at the opening ceremony of the games, and also at the International Meet at Osaka.

The team had 15 days at their disposal between the arrival and the opening day; of these 4 days were used up for rest at intervals, and the team had actually 11 days of training before the meeting. This was too little to get acclimatised and to get used to the Cinder Track. The team members were medically examined and X-rayed to test their stamina and physical efficiency and were found quite fit.

The Championship Games: I describe below the parts taken by the Indian team in the Olympic Games:—

24th May: The Manager and the team took part in the March Past and Opening Ceremony, during which the Manager was invited to speak on behalf of India. The same day at 3 p. m. the heats of the Track events and finals of some of the events commenced. By this time Sutton had not recovered completely from "Shin-splits" which was the inevitable result of not having long enough of practice on the Track, but in spite of this he ran a good race in his heat in 100 meters and came in 4th; his heat being the fastest heat. The men who came in 1st and 2nd in the final were in his heat. He was however about 4 ft. behind the 1st man. The time of the heat was 10.8, which was also the time of the final run. In the 200 meters, Sutton ran 4th from the beginning but gradually gained and towards the tape he almost came abreast with the 3rd man, but was not placed. According to his timing Sutton was expected to do 100 meters in

11 seconds in his event. Winner's time was 10.8 which meant that Sutton had to be 6 ft. behind the first man but he was only 4 ft. off the tape; in other words he did run his race better than his own timing. He also competed for the Hop, Step and Jump, and Running Broad Jump, and placed 7th in the Broad Jump, and therefore could not qualify for the final three Jumps.

Hamid was not feeling very fine owing to his thigh trouble and so he, in consultation with the Manager, gave up his events of Hop, Step and Jump and Broad Jump, but concentrated on Low Hurdles, in which he had a very good chance for placing. However, in the heat of Low Hurdles he started very well and was going in great style till at the 6th Hurdle he pulled his thigh muscle again and had to retire an injured man and completely out of any further competition.

Abu Yusuf in his event did very well and finished 5th with a height of 5 ft. 11½ in., while the 1st man cleared 6 ft. 7 in.

The Indian team was invited to compete at the subsequent International Meet held at Osaka and organised by the Osaka Itchi-Nitchi (Daily News). Immediately after the closing ceremony at Tokyo on the 31st May, the team left at night for Osaka, arriving there next morning. The Osaka Meet started the same day (1st June) at 2.30 p.m. On the first day Hamid tried again for Low Hurdles but had to give up as his thigh had not recovered. Sutton competed in 100 meters and 200 meters in the heat of the former; he finished 4th, but in the latter he finished 6th. In the Broad Jump he finished 5th. On the 2nd June Abu Yusuf again jumped 5-11½ and tied for the 4th place, thereby securing 1 point for India. If India had a Relay Team, she could have scored a few more points.

Although the team did not succeed in any great measure, yet the most encouraging facts of the trip were experiences that

the men had gained and the rude shock which they had received at finding that even in the oriental countries, India was way behind in the matters of athletics. Both of these facts will spur us on to providing better facilities for Indian athletes, so that they could improve their records and compare them favourably with those of Japan, China and Philippine Islands.

The team further succeeded in making friends among the best of Japan, China and Philippine Islands, and thereby placing India on the map as it were. The men did not merely go to compete in the games, but also went as India's ambassadors, which part they had played well to the glory and credit of India.

Lessons learnt from this visit are:—

- 1 That there should be a period of at least six weeks for the team's training abroad.
- 2 That the announcement of the entire delegation should be done well in advance, so that arrangement can be made in good time.
- 3 That the Provincial Olympic Association should provide better training facilities such as Cinder Track, permanent training grounds, official implements, full time Coach, etc.
- 4 That State Aid should be secured for India's participation in the Olympic games. The Far Eastern games have a definite political, athletic, social value, and in the long run the country is the gainer, and for this the country should pay. The Philippine Government allocated 85,000 Pesos for its team's participation in the games this year; similarly China had allocated a certain portion of their revenue. Japan had 2 million Yen from their Government for this purpose.
- 5 India should participate regularly in the Far Eastern games and should send teams not only in Track and Field, but also in Soccer, Football, Hockey, Water Polo. In these events we are sure to come first.

India should also send teams in Tennis, Boxing and Swimming. In these events we are sure to place 2nd or 3rd.

6 India should play Volley Ball and Basket Ball and work up strong organizations, so that she could send teams in Basket Ball and Volley Ball, as well.

7 In each of the ports that the team touched in going to Japan, we should have agents of the Indian Olympic Association, whose job would be.

(a) to secure publicity and entertainment for the team passing through.

(b) to keep their eyes open if any Local Indian excels in any form of sports and is eligible to represent India.

(c) to secure funds for the I.O.A. China had a Basket Ball team from Honolulu, while the Tennis team came from Java. I am sure we can also do this and do it to our advantage in matters of both money and men.

8 No man with any injury should be sent to any Olympiad. It is not worthwhile spending money on men who may be nursing an injury which will incapacitate his doing his best for the country.

9 A definite programme of the team's departure, activities and return should be done well ahead so that the men may know what they are expected to do and how long they are expected to be away from the country.

10 Every member of the team should sign a declaration before leaving India to the effect that they will place themselves exclusively and entirely under the directions of the Coach or the Head of the Delegation in all matters.

S. K. MUKERJIE,
Coach and Manager Delegate,
Indian Olympic Team.

"OLD BOYS" NEWS NOTES

Old Boys' Association of the The National Y.M.C.A. School of
Physical Education.

Assam.

We understand that three of the Physical Directors working in that area are given Rs. 25 as an increment in recognition of their good services in the schools in physical work during the first-year. Keep it up Boys!

Bengal.

The following have been definitely appointed in the Government Schools, Mojumder in Patna, P.K. Sen in Uttarpara and I. B. Sircar in the normal training school in Rungpur.

S. K. Mukerji who accompanied the Indian team to the Far Eastern Olympic meet held in Tokyo in May last has given us a report of the doings of our athletes, which is found elsewhere, and should be read with great interest.

Burma.

James has been appointed in the Mission High School, Henzada.

Madras.

G. F. Andrews could not go abroad this year for further study in physical education; however, he hopes to try next year once again.

P. M. Joseph (1928-29) has proceeded to America to get further training in physical education in the Association College at Springfield Mass, U.S.A.

R. P. Joseph is developing a strong leaders' corps in the Madras Christian College school and we wish him success in his endeavour.

Plans for the school in our new site are partially ready and we are expecting that Government will hand over the site at an early date so that we may make necessary arrangements for the removal of our school from next school year.

Dr. Gray is now working for the development of playgrounds in the city so that adequate facilities for physical activity may be given to 6000 school children at an early date, we wish him every success.

Punjab.

Jaggannath is having a very busy time with boys in the Y.M.C.A. Boys' Camp in the cold climate of the Murree Hills.

U. S. A.

We understand that Mr. Buck is settling down to some hard work in Columbia University from this fall.

"REBUILDING VILLAGE INDIA"

SET 135.

Twelve Parts and more than 200 lantern slides, many of them beautifully coloured.

Eight Parts now ready.

Part I—"Dig a pit"—Get your village out of Debt, Dirt, Disease and Death.

Part II—Our "Better Half"—The Women.

Part III—Smallpox is no divine visitation but an avoidable scourge.

Part IV—Air, Light, Rat-Traps and a little energy will prevent Plague.

Part V—Guard your *Drinking Water* and prevent Cholera.

Part VI—"The Female of the Species is more dangerous than the Male". Get a Mosquito Net.

Part VII—Our Villagers Marry Early and Die Young.

Part VIII—The Why and the How of good Crops and Strong cattle.

Other parts will be ready shortly.

These slides illustrate "Socrates in an Indian Village".

A complete lecture with each part.

Ready for sale now and will be available for rental after 1st January, 1931.

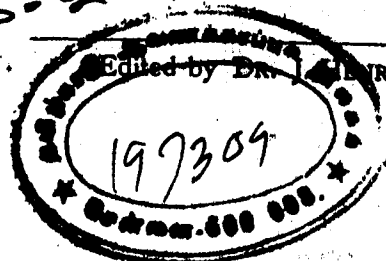
Get particulars from:—

The Secretary,

LECTURE DEPARTMENT,

5 Russell Street, CALCUTTA.

Edited by DR. HENRY GRAY, and Printed at the Hogarth Press, Madras.



SPORTS AND ATHLETIC GOODS

“THE BEST in the MARKET”

is a trite phrase, but the testimony of constant users is not to be underestimated, and that is the verdict of thousands of Players, Leading Clubs, Colleges, and Schools who have experimented and now stipulate our recognized qualities, simply because OUR goods have proved for themselves.

“UBEROI MAKE is the BEST”

**Head Office
and
Factories
Sialkot
Established
1888**

**Uberoi
LIMITED.**

22 Mount, Road, Madras.

Branches :—
Calcutta,
Lucknow, Delhi, Ran-
goon, Agra, Poona
Nagpur, Allahabad,
Karachi, Peshawar,
Bangalore, A j m e r.
Simla, and Rawalpindi.