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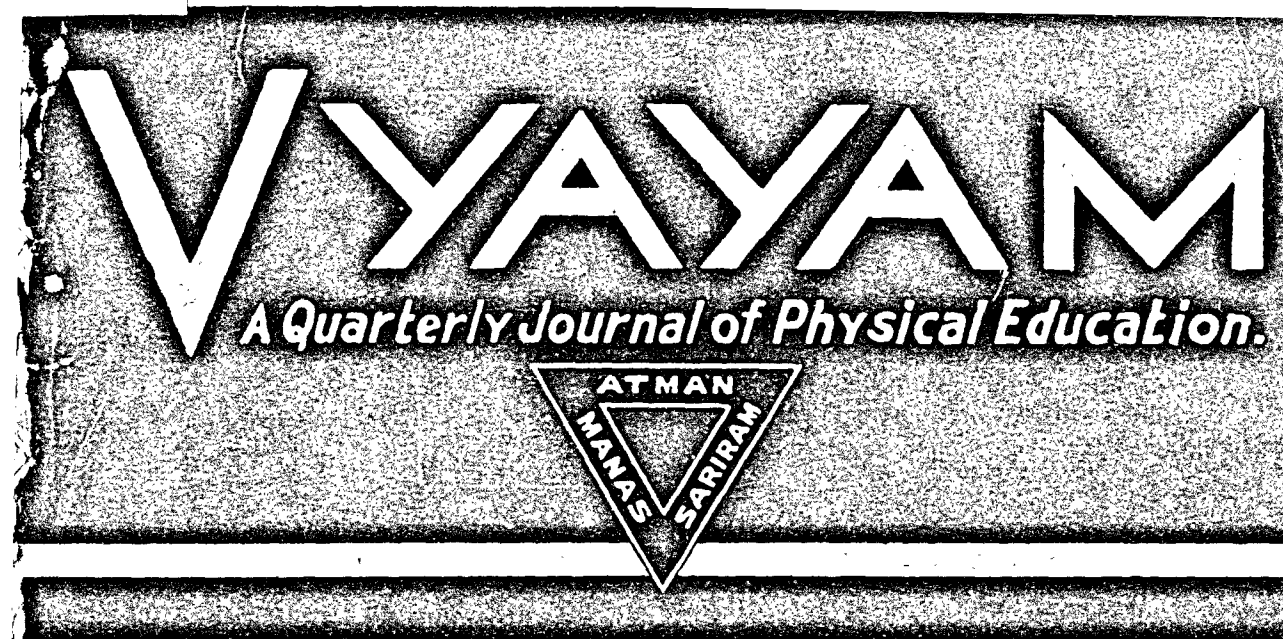
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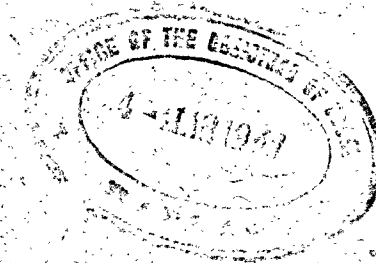
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FEBRUARY 1936

The World Olympics

Programme

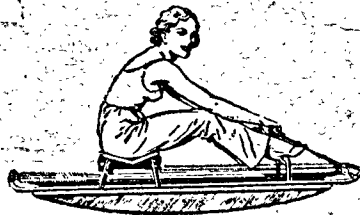
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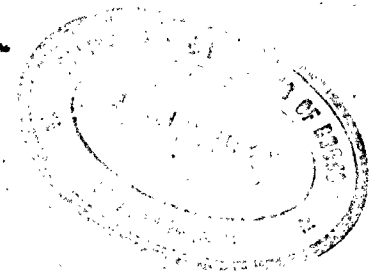
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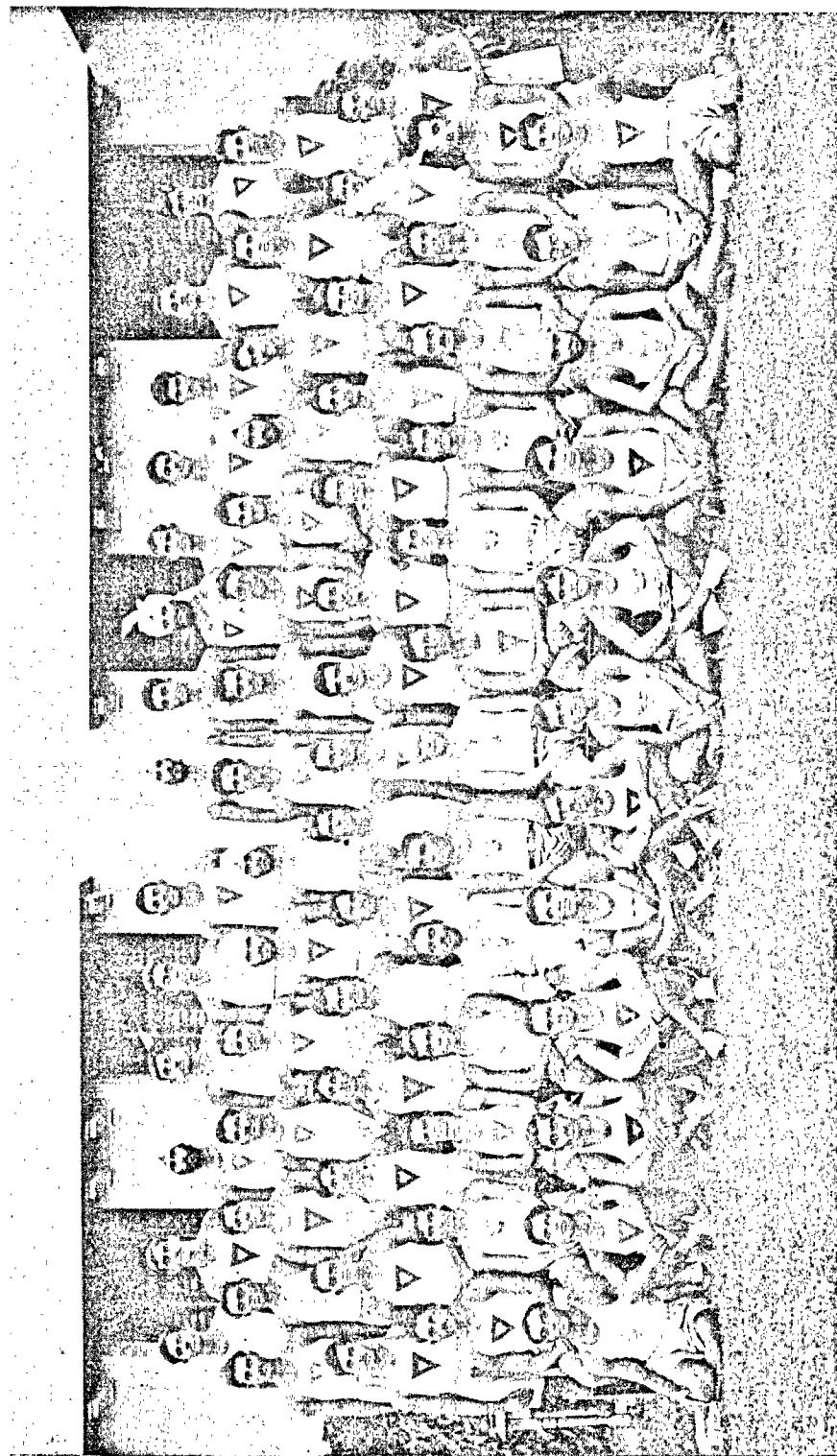
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Editorial

We have devoted this issue chiefly to information concerning the World Olympics. As such attractive travel rates are being offered, many of our readers may wish to enjoy them. We are glad to use our journal as a medium of information. It is rather generally expected that the next World Olympics will be held in Japan. Though very many may not be able to travel to Germany, we may confidently anticipate that a large group will accompany our Indian Olympic team in 1940.

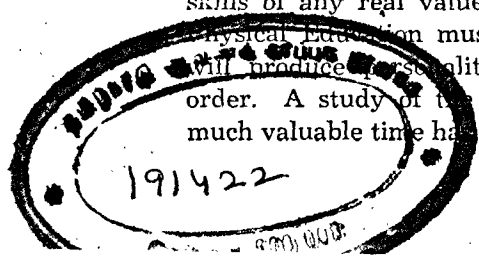
Physical Education—Its Place and Value in Modern Life

By

H. C. BUCK, M.A., M.P.E.,

Principal, Y.M.C.A. College of Physical Education, Madras.

In spite of an abundance of acceptable interpretations and advice from authoritative writers and speakers there is still a deplorable tendency to cling to outworn methods and systems of Physical Education, and to entrust the physical lives and desires of our developing youth to the unintelligent guidance of illiterate "drill-masters". Therefore, whether physical education has any place in the present social order, and whether it can contribute anything of value to modern life, will depend entirely upon whether we intend to continue to cling tenaciously to the traditional formalised and standardised schemes of Physical Education based on some artificial system of exercises; or whether we are prepared to study human nature and to base our programmes of Physical Education on the principles derived from that study. I think we may assume at the outset that in any educational procedure the sensible thing to do is to be guided by the facts obtained from a study of human nature and to build up our programmes in the light of the facts discovered therefrom. Physical Education is education. It is education of the whole man through the medium of physical activities. As such, the activities should be carefully selected as to kind, and just as carefully conducted for desirable outcomes or values. But Physical Education, in the past, has suffered from the same defects as has general education. There has been too great a tendency to follow the line of least resistance, and to fit individuals and groups to pre-conceived schemes of work instead of fitting the programme to the interests and needs of those being educated. Such misguided procedure is not likely to result in personalities possessing habits, attitudes, and skills of any real value for the present or for the future. Education and Physical Education must provide experiences that are life-like, and which will produce personalities capable of adjusting to the present-day social order. A study of the history of Physical Education reveals the fact that much valuable time has been wasted in quarrelling over the merits of systems.



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Exponents of various formalised systems have succeeded in inducing unimaginative people in all parts of the world to introduce these traditional standardised programmes. It has been firmly believed that this was Physical Education. But history also reveals the fact that the outcome of such procedure has been rebellion on the part of school pupils and college students, the creation of a great dislike for that to which we are content to attach the name Physical Education, and a great set-back to efforts to introduce Physical Education worthy of the name.

If one has in mind only those principles derived from a study of physiology and anatomy his programme is likely to be made up only of invented artificial exercises which may have a place for the purpose of body-building and posture training. But man is much more than mere muscle and bone and posture. Unfortunately this common narrow conception results in a therapeutic procedure wherein the participants are dealt with as hospital patients rather than as personalities with interests and emotions which must be catered to and moulded by providing activities that have meaning and which call for self-expression resulting in self-discipline and self-development. A comprehensive educationally sound programme of Physical Education is not confined to a consideration of the principles discovered by a study of physiology and anatomy alone. But in addition, it accepts and applies the facts revealed by psychology, sociology, anthropology, and allied sciences. And its values are attitudes and skills useful and acceptable throughout life, plus the necessary concomitants of health and presentable physique. In brief, Physical Education must not be thought of as a therapeutic measure, but as education. And as such it must conform to all the principles on which any sound scheme of education is based. And it must have just as intelligent leadership as any other phase of education, so that its net result may have truly educational values.

An eminent authority in the field of education has said that the aim of Physical Education should be to provide the leadership and the facilities that will make it possible for individuals and groups to react in situations that are physically wholesome, mentally stimulating and satisfying, and socially sound. Its objectives should be organic vigour, a reasonable degree of strength, physical skills useful now and throughout life, a good emotional attitude toward play and games, good social conduct, and wholesome living in every aspect of life. It seems clear that a standardised system and uneducated leadership will not make such an aim and objectives realisable.

The question may then be asked, what constructive proposals can be put forward to give Physical Education an acceptable place and to make it of real value in modern life? The answer to that question might be, depart from the traditional and experiment with a programme built upon the following guiding factors:—

- (1) The inherent interests and desires of the participants.
- (2) The needs of the participants.
- (3) The Physiological or health values of activi-

ties. (4) The social values of activities. (5) The carry-over values of activities. A physical education programme constructed and conducted along these lines may reasonably be expected to elicit voluntary response because the activities are more likely to have meaning, and the outcomes should be more acceptable than those obtained from a barren meaningless programme of formal drill. It would take too much time and space to outline in detail the selection and arrangement of suitable activities for each section of this suggested natural programme, but we shall as briefly as possible indicate the possibilities.

(1) The inherent interests and desires of the participants. Every normal child or adult desires to express himself through play, and every person must have this expression through play if he is to develop normally and if he is to maintain normality. Reference to literature on the philosophy of play will suffice to convince us that any programme of physical education that does not afford adequate opportunity for play and games activities suited to the age characteristics of the participants, is not educationally sound. Well selected and intelligently-conducted play activities elicit voluntary response and therefore produce desirable outcomes. If we should ask the school-going and college-going population what physical activities should be included in the programme I am sure we would find play and games at the top of the list and formal artificial activities at the bottom.

(2) The needs of the participants:—The needs may be functional, or structural, or psychological, or all of these. But participation in natural, racially-old activities is more likely to cater to all of these needs because they are the activities that have made man what he is to-day; and the natural activities must be included to prevent the human race from becoming physically illiterate. Our physiological functions, our anatomical make-up, our bodily mechanics, and our mental poise all demand life-long participation in those activities through which the human race has expressed itself from its very beginning. The programme of physical education must therefore make ample provision for maintaining and improving the fundamental physical skills of man. Such activities have meaning.

(3) The physiological or health values of the activities:—Some physical activities have a greater physiological effect on the body than others. Intelligent selection is, therefore, necessary to ensure that activities are well within the capacity of the participants to perform. And that the result will be improved organic vigour rather than detriment to the vital organs of the body. Our hearts, lungs, muscular systems and other vital capacities can be more readily influenced through games, athletics, sports, etc. than by any other means. But these must be rational and not beyond the endurance or skill of the performers. The mental health also is preserved in such participation because of the joy and satisfaction of expressing oneself physically through activities that have meaning.

(4) The social values of activities:—The present-day social order requires citizens of good character, citizens possessing good social conduct. A good society is made up of people possessing a sense of justice and fair play; a spirit of co-operation; loyalty to worth-while causes; initiative; resourcefulness; courage; physical, mental and moral stamina. These qualities can be developed only as we provide experiences requiring the practice of such qualities. The qualities are not inherent in the practice of purely individualistic activities, but in those which call for co-operative effort. Team games, if well organised and well supervised, afford the greatest opportunity for developing the qualities of character which make for good citizenship.

(5) The carry-over values of the programme:—The modern physical education programme must include activities that will result in skills enabling people on their own initiative to find satisfying and wholesome physical recreation during their leisure time, and after they have passed out of school and college. It is a most pathetic sight to see such large numbers of people who have had only a "physical exercise" programme during their school and college days and who afterwards have neither the games skills nor the play habits which they should have to enable them to play throughout life. In other words the traditional physical education programme is defective in that students leaving educational institutions are still physically illiterate. We must educate for leisure time and our physical education must be so planned and conducted that it may result in knowledge, habits, attitudes, and skills useful for the present and throughout life.

In conclusion we may say that such a programme of physical education calls for intelligent leadership. It requires the best products of our universities; intelligent, educated persons with service motives and willing to devote one or two years to a special study of the philosophy and technique of physical education and of the sciences from which its guiding principles are formulated. Nothing short of this will suffice, if physical education is to deserve a place in the general scheme of education and of life, and if it is to make any valuable contribution to the present-day social order.

The Health Programme in Pasumalai Schools

By

MRS. F. J. LAWSON, B.A.,

In Pasumalai we have a community of about one thousand students, attending High School, Training School, Model School, Trade School, and Seminary. The community is built up around these schools so that much of it is under the direct control and supervision of the school management. Here in Pasumalai, three years ago, we started a constructive programme towards better health for all our students. This programme is centred mostly in the High and Training Schools, but indirectly it affects every student in Pasumalai. It is hoped that, later on, we can apply it directly to all who are enrolled.

We believe that every student in our school has the right to be stronger physically, mentally and morally when he leaves the school than he was when he entered. In an abundant life, the physical, mental and moral are so inter-dependent and bound together that they can not be separated. Vigorous physical health is the foundation for mental vigor and moral stability. Thus, schools everywhere are waking up to the importance of a real Health Programme, giving support with equipment and funds, supplying well-trained teachers, and (what is most difficult) giving this programme sufficient time in an already overcrowded curriculum. A health programme to be vital, must have provision in funds and equipment; must have expert supervision; and cannot be pushed off into the late afternoon hours.

Our programme here at Pasumalai is in its beginnings, and more or less incomplete. It has been possible only because of the co-operation of the Management and Staff. We hope it will develop from year to year until it will insure a fuller and more abundant life for every student in the school.

This work is headed up by a regular, standing Committee on Physical Education which reports regularly, through the Teachers' Association to the Pasumalai School Council. The convener of this committee is a graduate from a School of Physical Education in America. On the committee are the school Doctor and Compounder. The men in charge of physical activities in the High and Training Schools the convener of the Child Welfare Committee, and three representatives from the community.

Our Aim is four-fold: (1) to build up the bodily health of each student by personal attention to his needs, (2) to surround him with healthful conditions, (3) to teach him the general laws of health so that he may learn how to maintain his own physical and mental vigour, and (4) to teach him how to guard the health of his community, and to be of service in maintaining that health. There must be a very definite correlation, in such a programme, between the doctor (pathological) the Physical Education Expert (practical and orthopedic) and the Teacher (educational). Thus our work falls under four heads, and these four phases are worked out along the following practical lines.

We plan to have a physical examination once a year of each student in the school, with results tabulated on a card and kept in a card-file for frequent reference. This card should be checked up at least twice a year, to note improvements in health, height, posture and weight. This work can be well done in connection with the school hospital or clinic, by the school doctor. But, to be most useful the examination should be done in the presence of the doctor, physical instructor and the teacher. We feel that this work is of little consequence unless frequent reference is made to the files, and unless follow-up work is not pushed. Defects should be noted and corrected, and the boy should be taught how to avoid them in the future.

Records are made of age, height, weight, lung capacity and strength tests; Condition of eyes, ears, throat, skin, back, feet, heart and lungs are noted. Physical peculiarities and weaknesses are diagnosed, and lines of individual attention are recommended.

In this connection we are trying to have a monthly check-up on students' weights. Each hostel is visited, with weight-book in hand, at a stated time of day each month, and each boy steps on the scales. These weights are carefully scrutinized. Remembering that most of our boys are in their growing years, we insist on a general gain in weight. In cases where weight is lost, the boy is watched, and steps are taken to improve his condition. We find that a number of malnourished boys need extra nourishment in the way of cod liver oil or supplementary food. When it is necessary, we see that they get it.

Another special drive we are making is against Itch in the school. The first year it seemed a hopeless task. The second year it was also a discouraging fight, but in this third year there has been a tremendous improvement. We are hoping eventually to eradicate this curse, or at least to make it very unpopular.

Our second great task is that of furnishing hygienic living conditions for our students. This works out along two lines,—general sanitation of the community, and better hostels. The committee is actively engaged in improving the sanitary conditions of our village. This subject is taken up as a project in our Hygiene classes. Much has been accomplished in better drains, cleaning up of refuse, latrine inspections, and in creating more civic pride in cleaner village conditions.

The problem of well supervised hostel is always with us. Clean quarters, frequently inspected kitchens, protected drinking water, sanitary latrines, nourishing food, isolation of infectious diseases, and the immediate treatment of any sick or wounded,—these are ever present questions.

This year we are working very hard on establishing better balanced diets in the hostels. At the beginning of the year we called all who were directly concerned in the question, for a Conference on Food. Hostel managers, purveyors, wardens, and teachers of "diet" came to the conference. First, we discussed the principles of balanced diet. Then we took up the menus of two of our poorer hostels, worked out in calories and percentages. Here we could very plainly see the glaring deficiencies in the diets, and the lines along which we should work to improve them. Then, with our purveyors, we discussed the practical problems of what changes we should make without over-running our budget. We feel that this conference this year has been the greatest help in education of teachers and boys towards better ideals in food.

Physical Activities in our schools are in charge of well trained and experienced men, and carried on, along accepted lines. We feel that each

student should have one period of each school day devoted to required and supervised physical activities. While as yet this is impossible, we hope to be able to accomplish it in the future. After school hours there should be play and recreation for all. With the help of the Training School students who supervise different groups, our playgrounds are crowded at five o'clock. One protected playground is kept for girls and little children.

In each class room we have a large card, with the names of those in the class, recording the physical efficiency tests of each boy. We use five or six of these tests, such as "push-ups," "pull-ups," broad jump, 100 yard dash, etc. Each month or so the boys are given an opportunity to better their records, and some very keen competition is aroused. At the end of the year each boy is given a card. On one side is printed the twelve rules of the health game. On the other side his latest record in physical efficiency. We hope in this way to keep up their interest through the holidays.

One thing we feel that needs stressing is the keeping on of all physical activities during examination weeks, and in times of especial mental stress. It is all too easy to thus crowd out physical activities when they are most needed.

Perhaps the most important item of all our programmes is the education of the student in the general laws of health. Without this, much of what we are trying to do could not be carried on. Our educational classes are planned as follows:

1. **Physiology** in the Third Form—i.e. the study of the normal functions of the human body.
2. **Personal Hygiene** in the Fourth Form,—i.e. the care of our own body in health.
3. **Social Hygiene**, in the Fifth Form. Here we are concerned with carrying of infections, treatment of wounds, simple bandages, disinfections, study of foods, and project work in connection with the food of the hostels, the study of latrines and sanitation, etc. This course aims to give some practical knowledge of Domestic Hygiene, which will help to keep the home and the community in a more healthy condition.
4. In the Sixth Form we take up the subject of **First Aid**. This distinctly brings in the idea of service to others. It is taught along the lines that are followed in the St. John's Ambulance Association Course in First Aid.
5. **Sex Education**.

In these courses you will see that we are trying to find out what each student needs in his own life-equipment, to teach him how to guard and

to promote his own health, and then how to use his knowledge to help the community in which he lives.

Sex education should be an insistent, practical living problem to all teachers in schools. But, our aim is not to give it as formal courses in class work. We try to work it out along the following lines:—

1. To change the whole attitude towards the subject from that of evasion and prudery to that of a frank and courageous facing of facts, whenever and wherever the subject comes up. This attitude should permeate the whole staff of the school, no matter what subject is taught.
2. Somewhere in the school curriculum should be taught the facts about reproduction, and the hygiene of the sex organs. This had probably better come in connection with courses in biology, anatomy, and physiology.
3. We try to get every student out on to the playgrounds in the afternoon in vigorous physical activities.
4. We try to supervise the leisure time of our students, so that they may be kept busy and interested.
5. We are against direct policing of hostels, but try to keep sleeping quarters open, airy and roomy enough to insist on separate mats and pillows, and hygienic conditions.

In conclusion, let me say again; our aim is towards helping our students to a more abundant life,—overflowing with health and vigour, with a keen mind and steady morals. Our health programme is only in its beginnings, but we are, each year, feeling our way forward and finding new ways in which we can, through patient and intelligent effort, come a little closer to our ideal.

The World Olympics

OLYMPIC IDEAL SERVES WORLD PEACE

"Sport creates amongst its adherents a true comradeship in accordance with the law of 'fair play.' It contributes perhaps more than any other social movement to smooth out differences between nations and thus to create an atmosphere of understanding and peace. That such a result could be achieved, we owe above all to the modern Olympic Games and the spirit which the pioneers of the Olympic ideal have introduced into the sport movement."

"I am convinced that sport, through its own ardour and its value for the well-being of mankind, will ever strive towards higher aims; and I assert that sport will be one of the most powerful levers for the general welfare of the individual nation as of the nations, from the national as well as from the international point of view."

(Extract from a speech by M. Trygve Utheim, Norwegian Minister for Social Questions)

"God grant that the XIth Olympiad may be the dawn of an era of peace, filled with cordial understanding between the youths of all nations who in joint labour desire to ensure the prosperity and happiness of their fatherland."

(Extract from a speech by Count Baillet-Latour, President of the International Olympic Committee, of the session of the I.O.C. on the 25th February, 1935, in Oslo)

Our appeal goes out to all Olympic nations to devote the year now commencing to serious preparation and to harmonious co-operation with the organizing Committee so that the Games may fulfil what Baron Pierre de Coubertin has described as their meaning: a festival of joyfulness and of concord; and so that the "Olympic Torch," to be brought for the first time through seven countries from the site of the old Olympic Temple by means of a gigantic relay run in which more than 3,000 young athletes will participate, "may be carried on with ever greater eagerness, courage and honour for the good of humanity throughout the ages."

H. v. TSCHAMMER UND OSTEN,

Reich Sport Leader, President of the German Olympic Committee.

ENGLAND'S ACCEPTANCE

England, the "Motherland of Modern Sport," has accepted the invitation to participate in the forthcoming Olympic Games, and the British Olympic Association has proclaimed unanimously through the mouth of its President, Sir Harald Bowden, its loyalty to the Olympic cause. England has been linked up with it from the beginning. It was through his occupation with English education, and especially with the English pedagogues Arnold, that the idea of reviving the Olympic Games came to Baron de Coubertin. In this he was tenaciously supported by his friends, including the unforgotten Reverend R. S. de Courcy-Laffan. England's support was essential for the establishment of the Games, and to-day also no Games could be regarded as fully successful if England were not represented. England plays the role of a good compass for the Olympic Games. To English influence must be thanked the ever-recurring recognition of true amateurism. This Festival will only find acceptance so long as it remains a Festival of Idealism; it will be rejected by those who only see in it a spectacle. Typical for England are the Olympic axioms, drafted by Laffan and adopted by the Olympic Congress at Prague in 1925:

ARE YOU A SPORTSMAN?

1. Do you play the Game for the Game's sake?
2. Do you play for your team and not for yourself?
3. Do you carry out your captain's orders without question or criticism?
4. Do you accept the umpire's decision absolutely?
5. Do you win without swank and lose without grouching?
6. Would you rather lose than do anything which you are not sure is fair?

England demonstrates to the remainder of the athletic world that true amateurism is better assured through self-discipline and control than through the most exact amateur regulations. England has won many proud victories in the Olympic Games, but she has also encountered many failures with sincere congratulations to the victors: in the fine words of Baron de Coubertin, the essential matter is not to win but rather to have struggled honourably. England is far from bringing her whole athletic life into line with the Olympic Games.

The essence of English sport is cheerful play, that is only earnest in the moment of the game and is exercised with sacrifice. The English principle is that Olympic successes must develop naturally, and the fine list of English victories proves that they do so when healthy manhood is allied with the true sporting spirit. Of these English triumphs only a few need be recalled, as for instance the victory of Flack in the 800 metres at the Athens Games in 1896 which initiated the long list of English successes over middle and long distance stretches. Other English victories in the 300 metres were gained by Tysoe in 1900, Hill in 1920, Lowe in 1924 and 1928, and Thomas Hampson in 1932. Hampson's record of 1 min. 49.8 sec. at Los Angeles was decidedly a proud English achievement. Still remembered is the success of Jackson in the 1500 metres race in 1912, when the young Englishman, who had not been taken into consideration as on paper form the American competitors were completely superior to him, exceeded himself and gained a wonderful victory. Equally acclaimed was the victory of Lord Burghley in 1928 in the 400 metres hurdles. Lord Burghley is not only the pride of the English athletic world but also of the International Olympic Committee, as "Olympic Victor" in this, the highest athletic administrative body. Of the Olympic victors still prominent in English sport there is in addition to Burghley and Lowe also Abraham, who won the 100 metres in 1924; and in Liddel, 400 metres victor in 1924, we know one of those prominent athletic clergymen not rarely to be found in England.

England at all times has had good long distance runners and walkers, good jumpers and throwers. We find English names in the victory lists of boxers, cyclists, swimmers, oarsmen, yachtsmen and riflemen, and of foot-

ball, hockey and polo players; thus with the weight of a century-old tradition behind it English sport will also come successfully through the forthcoming Olympic Games in Berlin, upholder of a disciplined physical culture which, in accordance with an English saying, is in harmony with the qualities of the soul: The manners of the soul do follow the tempers of the body.

America's Olympic Laurels

The news of the unanimous decision of the American Olympic Committee to participate in the Olympic Games in 1936 has already been spread throughout the world and has been greeted with joy and satisfaction by all friends of the Olympic cause. For America and the Olympic Games belong together.

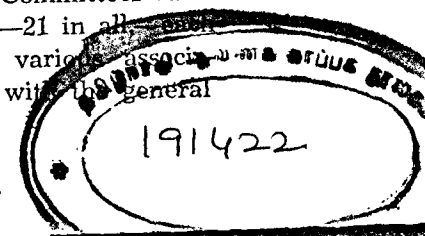
From the very beginning, as at the time when the young Baron Pierre de Coubertin, founder of the modern Olympic Games, was fighting hard against the complete lack of understanding for his idea on the part of European countries, it was his American friends whom he had made during his travels through the New World who were his most eager and unselfish supporters. Amongst them was no less a personage than President Theodore Roosevelt, himself a great friend of sport, and who was responsible for the drafting of the American Football Rules (1906). From the commencement up to the present day, the Americans have participated wholeheartedly in the Olympic Games and have carried off a major share of the laurels with equal regularity. It was like an omen when in the course of the first games at Athens one of their athletes, Garrett, who had never previously had a discus in his hand, entered this competition and with the greatest ease made a throw of 33.35 yards—beating all the Greek herdsmen and farmers' sons specially trained in this event. To them it had been a point of national prestige to win this event which had only just been revived after the model of their ancestors.

People have been greatly puzzled by the consistently high level of the performances of the American athletes. There are several reasons for this. America is a young and healthy nation. Her people live in spaces which to Europeans are immeasurably wide, her youth grows up in closest contact with nature and even the children of the large towns have usually not far to go to pitch a camp in wild surroundings completely untouched. It is no wonder that this youth possesses perfect natural force and healthy instincts. It must be added that the American mentality is especially favourable to the striving for records: it is the fighting spirit of tackling a task and of self-assertion which the old pioneers showed in their advance towards the West, the same spirit which was accustomed to recognise success in the fight for existence and in the economic struggle, a spirit including comradeship and readiness to help. Finally the greatest sporting tradition of the colleges and schools must not be forgotten. This tradition in part originated under the influence of developments in England, and

in part was due to home developments running parallel during the second half of the last century. Amongst the former American sport heroes, in addition to Anglo-Saxons there were many immigrants from Ireland, the home of an athletic race; and also, increasingly, men of German and Scandinavian extraction. To-day the centres of American sport are still the Universities. Here the best youth of the whole country assemble, not only to enjoy science and learning but also to make the best of themselves in every direction. Physical education is practically compulsory for students in all faculties. The stadia, playing grounds, summer and winter swimming baths and the gymnasia of the colleges are incomparably magnificent. Many universities, Harvard for instance, have a sport budget of over one million dollars per year. Athletes who can compete against other universities and for championship titles are brought to light as the result of brisk intra-mural sporting activity—always presumed that the athlete is holding his own in his studies. Of course their astonishing performances would be unthinkable without the aid of coaching developed to the highest degree. The trainers, the best of whom draw a salary several times larger than that of a professor, are without exception former active competitors. They are not only first-class technical experts in their branch but admirable masters in the individual treatment of men, able to maintain high spirits amongst their team and with infallible certainty have their "boys" in the best form at the right moment.

However, it is not only the excessive number of gold medals they have won which associates the Americans so closely with the idea of modern Olympic Games; there is something else. After the dropping of the Sixth Olympiad, planned to have been held at Berlin in 1916, certain military circles in Paris tried to organise a substitute Olympiad, under the title of "Inter-Allied Olympic Games." It was General Pershing who simply cut out the word "Olympic" from the title of the games, thus vindicating the idea that the Olympic Games are a festival of peace. Later, too, it was the Americans who set up, in 1932, the standard for an Olympic festival, by which all future organisers must be guided. The magnificent style of the Games of Los Angeles, the overwhelming hospitality, the Olympic Village, the hearty and enthusiastic participation of the whole Californian population, and the truly sporting attitude of the spectators—all these redound to the honour of the whole American people. It can be said that this nation is more "olympic minded" than any other—for which the organisers of Los Angeles must doubtless be thanked.

For more than half a year the American Olympic Committee under the far-sighted leadership of its president, Avery Brundage, has been proceeding with the preparations for the Games of 1936. Committees have been established for all sports in the Olympic programme—21 in all—with from seven to twelve members representing the various associations and the general public. The organisation of the trials and—in co-operation with the general



finance committee—the financing of the teams are their duties. The necessary money (at present an average of 600 dollars is estimated for every competitor) is to be raised without the help of the government, in some sports by taking a small percentage of the net gate receipts, a method which has been generally introduced in German sport for the same purpose with very satisfactory results.

In the past athletic season, if it is permitted to speak for once of track and field alone, the American athletes have carried off an incredibly rich harvest of records. The Stockholm meeting of the International Light Athletic Union made this clear. Now that the Americans have adopted the metric instead of the old yard system they have been able almost completely to eliminate the non-American names from the record table of the metric distances. All records from 100 to 1,500 metres (including those of the hurdling events) are held or at least shared by Americans. "Blazing" Ben Eastman, formerly of Stanford University, alone has collected eight world records for all distances from 400 yards to 800 metres, and thus is second only to the great Nurmi. The two great rivals Glen Cunningham with the mile record of 4 minutes 6.8 seconds and W. R. Bonthron have succeeded in bringing within the English mile, which formerly appeared unattainable. And the seven-foot limit for the high jump begins to tremble under the assault of the high jumper Walter Marty, whose record is 6 feet 9½ inches!

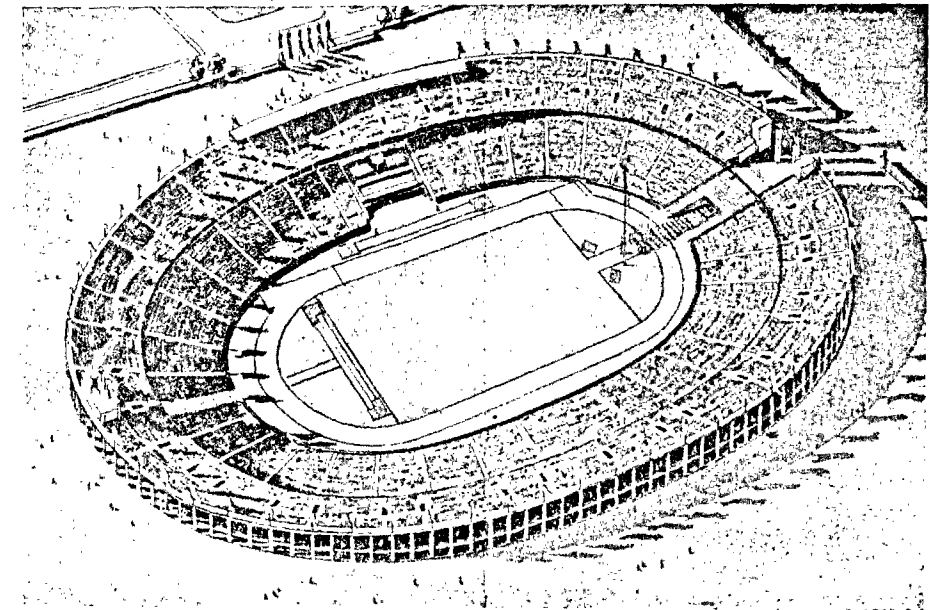
Who once has had to deal with these lively and always good-humoured American boys knows the tone in which the talk of recognised world records; it is one absolutely lacking in respect, from which one senses their certainty that this or the other new and startling record will sooner or later be broken. And really these vigorous youths can be credited with anything.

XIth Olympiad

Berlin 1936—1st—16th August.

The modern Olympic Games are an international festival of youth, and serve to promote sport, friendship among the nations and a noble joy of living. Since the Games were revived at Athens in 1896 they have been held in different countries at regular intervals of four years. Berlin will act as host in 1936, and countless thousands will take advantage of this opportunity to pay a visit to the German capital.

On the opening day the teams of more than fifty nations will march into the Stadium with their national flags and take the Olympic oath of true comradeship. The Fuehrer and Chancellor will open the Games of the XIth Olympiad. A great relay of runners will carry the sacred fire from the ancient scene of the games at Olympia in Greece to Berlin where the Olympic Flame on the tower of the Stadium will be lit while a salute of honour thunders forth. The great white flag with the five linked rings, symbolizing the five continents, will be hoisted on the mast of the arena before the eyes of a hundred thousand spectators. The Olympic Bell will be heard for the first time, summoning, as it is intended to do, "the youth of the world", and then the world championships in more than nineteen forms of sport will be carried out in the course of two weeks.



The Olympia Stadium, the German Arena in the Reich Sports Grounds

An idea of the diversity of the programme may be gained by studying the

LIST OF EVENTS

Light athletics	Rowing
with decathlon	Canoeing
and Marathon Race	Yachting
Gymnastics	Modern pentathlon
Weight-lifting	(Riding—Fencing—
Wrestling	Shooting—Swimming
Boxing	—Running)
Fencing	Football
Rifle-shooting	Hand-ball
Riding	Hockey
Cycling	Polo
Swimming	Basket-ball

Besides this extensive programme of competitions, Germany will demonstrate to the world the progress she has made in gliding aviation. The best gliding aviators and the best gliding planes will provide proof of what has been achieved.

Foreign teams will compete in a great baseball match, the national game of the United States, in the Berlin Stadium, at Germany's invitation.

WHERE THE OLYMPIC GAMES WILL BE HELD

The Olympic Stadium or German Arena is the centre point of the great Reich Sports Grounds, 335 acres in area (see plan on p. 96); it lies on the western fringe of

Berlin on the Heerstrasse, not far from Spandau. There are seats for 100,000 spectators in two rings separated by a wide circular colonade. The walls of the upper ring rise to a height of 48 feet above the surrounding sports grounds, while the lower ring drops to the inner area which is 42½ feet below ground level. The inner area contains a running track 400 metres long, as prescribed for international events, and in the two semi-circles of the playing field there are two starting runs for spear-throwing and six pits for the high jump, long jump and three-spring jump, and also the grounds for sphere-throwing and discus-throwing. The grass plot in the centre of the arena is the size of a standard football ground (70 X 105 metres). From the tunnel under the western part of the grand stands round the Stadium two smaller tunnels run under the running track direct to the inner area and connect the dressing rooms with the playing fields. On the circular gangway between the upper and lower rings are the dressing rooms for the teams and also shops, refreshment rooms, a post-office and a first-aid station.

In the middle of the longer southern side is the grand stand for distinguished visitors and, below it and close to the inner area, a special judges' box. Above the grand stand for distinguished visitors there are covered seats and working rooms for the press, with a special press post and telegraph office. The open west gate entrance, which commands a view of the Bell Tower which is 248½ feet high, is surmounted by the columns of 50 feet high on which the names of the victors will be carved in stone before the eyes of the spectators.

Beside the Stadium rise the grand stands of the Swimming Stadium, with accommodation for 18,000 spectators. The two pools, a diving pool 65 by 65 feet and a swimming pool 65 by 165 feet, are provided with special plant for stirring and heating the water. The grand stands, with the dressing rooms, refreshment rooms and the rooms for the press and the management of the games, are connected by a tunnel with the Stadium and the grounds of the German Sports Forum. Behind the diving tower, 33 feet high, at the south end of the swimming stadium there is a restaurant with terraces overlooking the swimming pool, while the north end commands a view of the adjoining recreation grounds.

The rowing events will be held on the traditional German regatta course at Grünau, near Berlin, where the facilities have been extended. There is accommodation there in three boat-houses for more than 200 boats. The grand stands will be enlarged, and, together with the adjoining ground, provide accommodation for 20,000 spectators.

The wrestling, weight-lifting and boxing competitions will be held in Deutschland Hall, accommodating 20,000 spectators, near the Exhibition Grounds of the City of Berlin. There are other halls for fencing on the grounds of the German Sports Forum. A special Cycling Stadium is being erected near the Deutschland Hall for the cycling races.

The rifle-shooting matches will be held at Wannsee, near Berlin, where there are more than 150 stands for the competitions with pistols and small-calibre rifles. The riders have a tournament ground of their own near the Stadium with grand stands and accommodation for 7,000 spectators, where there are also sufficient courts for the lawn games and a special Hockey Stadium.

It is proposed to hold the yachting events on the course in Kiel Bay whose name is associated with numerous great regattas and the recently revived Kiel Week. The races for large and small classes of yachts will be held there.

The programme of the Olympic Games in 1936 includes, in addition to the sporting events, a competition for the works of living artists in architecture, painting, sculpture, literature and music, in which all nations invited to take part in the celebration of the Games can take part. The works entered for this competition will be exhibited from

15th July to 16th August, 1936 in a special Art Exhibition in Fairs Hall VI on the Exhibition Grounds on the Kaiserdamm.

The presence in Berlin of leaders of sport from all parts of the world will provide an opportunity for valuable discussions and for furthering the cause of physical exercise. In addition to the meetings of the great international sports associations, a congress of the sports schools, a scientific congress of sports doctors and a congress dealing with the practical questions of the employment of leisure time will also be held during the Games. Numerous other associations will also take the opportunity of summoning their representatives to Berlin for a meeting either before or after the festival weeks.

Fire to light the Olympic Fire in the German Arena will be carried for a distance of nearly 2,000 miles by a great relay of torch-bearers from the ancient scene of the games at Olympia in Greece to Berlin. About 3,000 runners will be required for this relay run through Greece, Bulgaria, Yugoslavia, Hungary, Austria and Czecho-Slovakia to Berlin. During the eleven days' run, which will begin at Olympia at midnight on the 21st July, 1936 and end on the afternoon of the 1st August, 1936, in the Olympia Stadium or German Arena, Olympic celebrations will be held in all capitals, with sporting displays and references to the importance of the modern Olympic Games.

The youth of Germany invite the sporting youth of the world to Berlin for the celebration of the XIth Olympiad, 1936. Groups of thirty young people from each country will be the guests of the Organizing Committee, and live with the same number of German young people in a joint camp, where they will have an opportunity of practising sports, attending the Games, and making joint excursions to see the beauties of Berlin and its environs. The German sports associations will erect camps of their own for further groups of young people.

The Organizing Committee for the XIth Olympiad, in conjunction with the German associations, is organizing a motor rally, a canoe rally, a cycle rally and an international meeting of sports aviators.

The participants in each class will receive a special badge. All participants will receive a commemorative plaque. A map of Germany on which the best routes to Berlin and the principal places of interest are marked will be sent to participants on request. The participants in the motor rally will meet on the 30th July, 1936, on the Berlin "Avus" motor speedway. The arrival of the sports aviators taking part in the international meeting will take place on the 31st July, 1936, and be followed by a great display of aerobatics.

Inquiries may be addressed to the following associations:

Oberste Nationale Sportbehörde für die Deutsche Kraftfahrt (ONS), 6 Graf Spee Strasse, Berlin W 35 (the supreme authority for motoring in Germany);

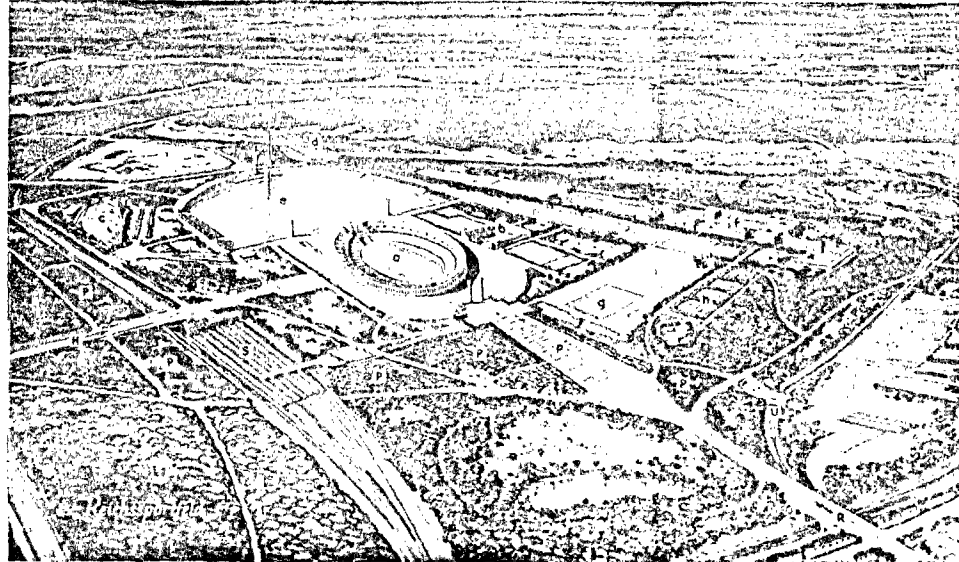
Aero-Klub von Deutschland, 17 Blumeshof, Berlin W 35 (the German Aviation Club);

Deutscher Radsfahrer-Verband, 11 Dorotheen Strasse, Berlin NW 7 (the German Cyclists' Association);

International Repräsentantenschaft des Kanusport, Abteilung für Touristik, Prague, I-377 (the Tourist Section of the International Representation of Canoeing).

THE REICH SPORTS GROUNDS AND THE OLYMPIC VILLAGE

The "Olympic Village" is situated about nine miles from the Stadium in particularly picturesque surroundings. 3,500 competitors in the games will live here as the guests of the German Army. At the entrance there are reception rooms, recreation rooms and the administrative offices, including a post-office. To the north lie the restaurant buildings with fifty different national kitchens and dining-halls. Inside the dwelling area which consists of 150 houses there are four bath houses with Finnish baths (sauna). Each house accommodates twenty athletes in double-bedded rooms, and contains a community room, duches and washing rooms. A gymnasium, a covered swimming bath and a sports ground are available for practising.



EXPLANATION OF LETTERING

- H = route of arrival and entrance from the Heerstrasse
- P = parking places
- R = route of arrival and entrance from the Reich Strasse
- S = Reich Sports Grounds Station on the Metropolitan and Circular Railway
- U = Reich Sports Ground Station on the Underground Railway

The Reich Sports Grounds at Berlin are being laid out for the celebration of the XIth Olympiad 1936 from the 1st to 16th August, in accordance with the plans drawn up by Government Architect Werner March. The German Minister of the Interior is in charge of the work. The entire area of 325 acres in the Grunewald Forest, between the Heerstrasse and the main road to Spandau, contains the Olympia Stadium or German arena (a), the Swimming Stadium (b), the Riding Ground with a grand stand and the riders' house (c), the Dietrich-Eckart Open-Air Theatre (d), the Assembly Ground or Polo Ground with the Fuehrer Tower (e), and further the Sports Forum (f) with the Reich Institute for Physical Exercise, the summer and winter swimming courses, dwelling houses and numerous practice grounds. Here are also the House of German Sport with the head offices of the sports administration and of the Reich Sports Leader. These huge grounds are completed by the construction of a Hockey Stadium (g) and the basket-ball grounds (tennis courts) (h).

The travel agencies and transport companies have drawn up programmes for individuals and parties attending the Olympic Games in 1936 which also include circular tours of Germany at favourable rates.

Railway Lines: The German Railways Company will grant a reduction of 60 per cent. on the present tariff on all their lines to competitors and visitors attending the Olympic Games who are not domiciled in Germany. The booklets of tickets are valid for three months. Residents in Germany are granted a reduction of 33 1/3 per cent. on the price of the return ticket to Berlin.

Shipping Lines: The usual concessions to parties will be granted on all shipping lines running to Europe. The shipping lines engaged in traffic with the east coast of South America will grant visitors to the Olympic Games in 1936 a reduction of 30 per cent on the return third-class passage between 15th June and 15th September, 1936.

Air Lines: The German Luft Hansa and all the foreign services associated with it have agreed to grant a reduction of 20 per cent. on their fares to active competitors and holders of Olympia Stadium passes.

The autobus companies will organize special trips during the Olympic Games on favourable terms.

Circular tours in Germany: A reduction of 60 per cent. on the tariff in force at the time will be granted for certain tours in connection with attendance at the Olympic Games.

BAILLET-LATOURE DECLARES

Count Baillet-Latour, President of the International Olympic Committee, visited Berlin on the 5th and 6th November to see for himself how the preparations for the Olympic Games are progressing. Before proceeding to Garmisch-Patenkirchen he addressed the following communication to his colleagues on the International Olympic Committee, to the Presidents of the National Olympic Committees and to the International Sports Federations:

I have the honour to inform you that the interview which I have had with the Chancellor of the German Reich as well as the investigations which I have myself made have satisfied me that there is no ground for any opposition to the holding of the Games of the XIth Olympiad at Berlin and Garmisch-Partenkirchen. The conditions laid down in the Olympic Statutes will be observed by the German Olympic Committee.

Visitors and competitors can be assured that they will be warmly welcomed and will run no risk of their principles being offended in any way. The boycott campaign does not originate from the National Olympic Committees and receives no support from our colleagues. It is political, based on gratuitous assertions, whose falsity it has been easy for me to unmask. The money with which this campaign is maintained does not come from the funds of the sports committees intended to cover the cost of participation.

May all those whose good faith has been abused recognise their error and collaborate with us in all sincerity to make the Games at Berlin

and Garmisch-Patenkirchen a demonstration from which the youth of the world will derive benefit.

ORIGIN OF OLYMPIC RINGS

At the Olympic Games at Stockholm in 1912 there was still no special Olympic Flag. It was only two years later that Baron de Coubertin designed the well-known symbol of five inter-laced rings: blue, black, yellow, green and red, on a white background. As is known they portray the five continents united through the Olympiads. Contrary to popular rumour the colours bear no relation to the different continents—the black ring is not intended to represent Africa nor the yellow ring Asia—but were chosen because, at least before the war, the national flags of all nations could be built up from them.

At his own expense de Coubertin placed an order with the "Bon Marché" in 1914 for 500 of these flags. On Saturday, June 14th, 1914, on the eve of the Olympic Congress in Paris, they were publicly displayed for the first time at a reception given by the Count and Countess de Bertier.

On the following day the new flags, borne by six boy-scouts, accompanied President Poincaré to the festival of the twentieth anniversary of the establishment of the Olympic Games. They were flown at all the ceremonies and excursions and immediately won popularity, many of the Congress members carrying them home from Paris. In 1915 the Olympic Flag waved over the town-hall in Lausanne, where on account of the war the business session of the International Olympic Committee was held. When the International Olympic Committee Day took place at San Francisco in 1915 the flags again decorated the Court of Honour.

The Olympic colours waved for the first time over Olympic competitors at the Antwerp Olympiad. On that occasion a beautifully embroidered "Atlas" flag was presented by the Belgian Olympic Committee, which ever since has been in the care of the town which has organized the last Games. The mayor of Los Angeles, the Honourable John C. Poster, who received it in 1932, will carry it next year to Berlin and hand it, during the closing ceremony of the Berlin Games, to Count Baillet-Latour, President of the International Olympic Committee, who will place it in the care of the Lord Mayor of Berlin, Dr. Sahm.

SPORT IN ANCIENT GREECE

"The Sports of the Hellenes" is the name given to an archaeological exhibition which will be held in Berlin during the forthcoming Olympic Games. The authorities of the State Museums have promised their co-operation and are providing accommodation for the exhibition in the rooms of the Pergamon Museum on the so-called "Museum Island". Visitors will be

given a picture of Hellenic sports in their most flourishing period, from the middle of the 6th to the middle of the 3rd century B.C., through monuments which have been preserved and through copies, and the exhibition will fulfil the double task of providing artistic pleasure and historical instruction. It

will demonstrate that apart from religious motives Hellenic sports were the main source of inspiration for Greek art and the soil from which sprang a world of imperishable beauty.

Two groups of objects come principally into question for the exhibition: larger works of art such as plastics and reliefs, and the smaller works including vases, bronzes, terracottas, etc. From the enormous treasure of works of art which the ancient world possessed unfortunately only a small portion has been preserved to us, yet these include a number of works already famed in the distant past, either dealing with athletic subjects or indirectly referring to them in the figures of youths, showing that the gymnasia and palaestrae (wrestling schools) inspired the imagination of the artists. Thus it is not necessary to restrict the choice of the large works to those based on athletic themes, but other plastics and reliefs will also be on view whose inspiration has been clearly due to sport. Among the small works in which the subject counts for more than the artistic value the painted vases are of especial importance. Nothing gives better evidence of the close alliance between sport and the daily life of the Greeks than the fact that when ceramic art was most flourishing, at approximately the same time when sport stood at its highest, apart from scenes of the lives of the gods and of heroes no themes were more popular with the ceramic painters and their customers than those portraying incidents of the gymnasia and palaestrae. These appear on the vases in almost incalculable number and diversity. In addition to the general palaestrae pictures there are characteristic portrayals of various branches of sport, such as running, jumping, throwing the discus, wrestling and boxing. The exact explanation of all details makes it possible to follow and compare them with the present time—often with surprising similarity—in all their phases up to victory or defeat, for the idea of contest formed the basis of all Hellenic sport. Place will also be found in the exhibition for objects dealing with horse racing and hunting and other sports activities not concerned with the gymnasia or stadia. Athletic apparatuses and prizes, either originals or copies, such as discuses, horse-bridles and spurs, likewise prize amphorae, medals and inscriptions dealing with sport will all present a rich picture of Hellenic athleticism, while models and plans of ancient arenas will make vivid to the visitors the conditions under which Hellenic sport developed into world-historic significance.

Olympic Hymn

The "Olympic Hymn" of Bradley-Keeler (words by Louis F. Benson), heard for the first time at the Opening Ceremony of the Los Angeles Olympiad, in accordance with a decision of the International Olympic Committee

will again be sung at the Berlin Olympiad. Many of our readers may not be acquainted with the text, which is as follows :

Now sing of virile games, by which the body's beauty
Is made to live once more :
Let every thoughtful mind fulfil the thinker's duty
And strength of arm restore.
Come, athletes, to our field, like those of storied Hellas,
Where Gods who looked that way
Saw graceful forms at play, as songs and statues tell us,
All agile, blithe and gay.
That so within bared breasts your hearts shall beat the stronger,
Your quickened blood shall leap
In strength renewed to fear the tyrant's hand no longer,
And freedom's troth to keep.
And you, who are to march beneath the palms victorious,
As conquerors we hail !
Whose eyes stay calm and true, below your brows now glorious,
Whose heart shall never fail.

In view of Germany's great musical heritage the International Olympic Committee granted to the Organizing Committee of the Berlin Games the right to have another hymn sung at the opening of the Games in addition to Bradley Keeler's. The Organizing Committee thereupon held a public competition, and from over 3,000 entries the Hymn written by Robert Lubahn was chosen, and was set to music by Richard Strauss. Amongst the translations has been one from the well-known Austro-South-African musician, Paul Kerby, which we now publish :

OLYMPIA !

Welcome as our guests, ye Nations,
Through our open gates draw nigh !
Festive be our celebrations,
Honour be our battle-cry !
Youth would fain its strength be
showing
And excel,—Olympia !—
Praise on thee by deeds bestowing,
Conquer well : Olympia !
Many nations' pride and flower
To the contest hither came ;
And their prowess and their power,
Bright and clear, burns like a flame.

Strength and spirit—do not tarry !
Hallowed name Olympia !
Some will soon the laurel carry,
Crown of fame : Olympia !
And with all our hearts thus beating
In a noble unity,
Let us all—our oath repeating—
Vow to honour thy decree.
Let the best then be victorious,
Joy on earth—Olympia !
And defeat be not inglorious,
Peace on earth : Olympia !

Olympic Gymnastics in 1936

No single sport in the Olympic Games is so little understood by outsiders as gymnastics. In order to inform the many interested circles about this sport, we have prepared the following explanation.

Every nation will send a team of 8 gymnasts to the Olympic Games, each of whom must perform in 12 events, including 10 on the apparatus and 2 free-hand. The apparatus will consist of the horizontal bar, parallel bars, pommel horse, long horse and flying rings, and each performer must present one voluntary and one compulsory exercise on each apparatus. Jumping alone will be required on the long horse. Each exercise will be scored and rated by the judges so that the best individual performers may be selected for each event. In addition to this, the winner of all 12 exercises and the national team which has given the best performance will also be adjudged. It is therefore necessary to distinguish between the team and individual competition, which naturally combine to make up the team record for each individual event, and also for the dodecathlon. In calculating the number of points won by each team, only the records of the 6 highest members will be taken into consideration. The performances of the two with the lowest records will, however, be taken into consideration for the individual ratings in each free-hand and apparatus event. No athlete who is not a member of a national team may participate in the individual events. Special entries will not be permitted. The compulsory exercises on the apparatus may be performed once from each side of the bar and repeated once. Only the best performance will be considered in the judging. The voluntary exercise may not be repeated and the first performance will be judged. Each member of a national team must perform a different voluntary exercise. Three judges will be assigned to each apparatus, two to be present at each event and a third to relieve the others at regular intervals. The judges will score the events independent of one another. Every exercise may be accredited with from 0 to 10 points and may be scored even in fractions of points. The ratings of the two judges will be averaged for the final score. The compulsory exercises will be judged on the basis of completion, correctness and grace, and the voluntary exercises on elaborateness and grace. Individual gymnasts may score a maximum of 120 points in the 12 exercises, and the team composed of the best 6 gymnasts, a maximum of 720 points.

APPARATUS

The apparatus used in the coming gymnastic events will be that prescribed by the *Fédération Internationale de Gymnastique*. The horizontal bar must be of polished steel, 2.40 metres off the ground, and 28 to 30 millimetres in diameter. Gymnasts of small stature may be lifted up to it by their trainers. The parallel bars must be 1.60 metres off the ground, 3 to

3.40 metres long, and 42 to 46 centimetres apart. The pommelled horse must be 1.80 metres long, 1.10 metres high, and 35 to 37 centimetres broad, and the grips must be 40 to 42 centimetres apart and extend 12 centimetres above the back of the horse. The long horse has the same dimensions except that it is 1.30 metres high and has no grips. A spring-board rising ten centimetres off the ground may be used in connection with it. The compulsory exercises on the rings will not be performed when the rings are in motion. The rings must hang 2.50 metres off the ground, must have an interior diameter of 18 centimetres, and the wood must be 28 millimetres thick. The free-hand exercises will be performed on a wooden platform 8 by 8 metres. Each voluntary exercise shall occupy from one to two minutes.

For each event, two apparatus will be provided: a German gymnastic apparatus complying with the prescribed dimensions, and a "Winter System" apparatus, developed by Winter, the German world champion on the horizontal bar. Each nation will have the privilege, however, of bringing its own apparatus which naturally must meet with the dimensional requirements. Photographs of the German apparatus may be had from the Organizing Committee for the XIth Olympic Games in Berlin.

The Olympics—To be or Not to Be

The questions which have arisen in connection with the Olympic Games planned to be held in Germany next year present an excellent background for the consideration of issues transcending in importance any discussion of athletic rules, eligibility, amateurism, skills, or performance. In their large implication these questions have to do with the definition, interpretation, and application of the principles of good sportmanship which are at the very heart of the conception of those most responsible for the modern revival of the Olympics. Never before have such vital issues been raised in the realm of sport to challenge world-wide attention on the part of statesmen, clergymen, educators, and sportsmen.

In the August 7th number of "The Christian Century" an editorial advocates moving the Olympics as a means of bringing to the people of Germany, "a realisation of the way in which the rest of mankind regards what is going on in that country . . . The proposal to move the Olympic Games away from Berlin offers the most dramatic, and therefore the most effective, opportunity which has so far occurred to tell Germany."

In a lengthy article on August 11th The Associated Press suggested that our representation be either sharply curtailed, sent abroad under considerable protest, or withdrawn entirely. Jeremiah T. Mahoney, President of the A.A.U., has on several occasions recently urged withdrawal from the 1936 Olympics.

On the other hand, a recent statement issued by Avery Brundage, President of the American Olympic Committee, presents a different viewpoint. It follows:

"The time and place for the Olympic Games of 1936 were fixed by the International Olympic Committee long before the present German government came into power. The Olympic protocol provides that this must be done at least three years in advance since it takes at least that long to prepare for this great enterprise. It would be quite impossible to change the venue of the games now, even if it were desired. Everyone should understand that the American Olympic Committee has no voice in the selection of the location of the Olympic Games.

"In order that there may be no misapprehension, it should be pointed out that Germany has nothing whatsoever to do with the management of the Olympic Games. The Germans provide the facilities and make preliminary arrangements but that is all. Every individual sport on the program is under the full and complete control of the international federation governing that sport, and the entire enterprise is under the sole jurisdiction of the International Olympic Committee whose members come from fifty different countries.

"Every amateur sportsman respects the democracy of sport and abhors intolerance and persecution. But every amateur sportsman will fight to the limit to preserve the independence of amateur sport and to keep it free from political, religious, racial, or other outside interference.

"Both the International . . . and American Committees have every assurance from both German political and sport leaders (and there is no reason to question these pledges at present) that there will be no interference with the Games and that all the rules and regulations . . . will be enforced to the letter. The strength and importance of amateur sport comes more than anything else from its independence. It . . . will not tolerate political, racial, or religious interference of any kind. It cannot, therefore, with good grace or propriety, interfere in the internal political, religious, or racial affairs of any country or group.

"Regardless in what country the Olympic Games are held, there will be some group, some religion, or some race which can register a protest because of the actions of the government of that country now or in the past. . . . History is replete with records of national and race hatred, class and religious persecution, intolerance, and war. Pledges satisfactory both to the International . . . and American Committees have been made by Germany. If and when these promises are broken, further consideration to the subject will be given by the American Olympic Committee."

Participation of the Nations in the Olympic Games

Including Winter Games, but not Demonstrations and Art Competitions.

Nations.	I. 1896 Athens	II. 1900 Paris	III. 1904 St. Louis	IV. 1908 London	V. 1912 Stockholm	VI. 1920 Antwerp	VIII. 1924 Paris	IX. 1928 Amsterdam	X. 1932 Los Angeles	XI. 1936 Berlin
Afghanistan	—	—	—	—	—	—	—	—	—	z
Argentina	—	—	—	1	—	1	79	109	35	z
Australia	5	7	1	30	26	13	33	19	9	z
Austria	11	8	—	7	98	—	45	97	14	z
Belgium	—	—	—	87	39	342	191	225	12	z
Brazil	—	—	—	—	—	21	11	—	59	z
Bulgaria	—	—	—	—	—	—	33	6	—	z
Canada	—	—	4	91	36	53	73	101	180	z
Chile	1	—	—	—	14	2	13	42	—	z
China	—	—	—	—	—	—	—	—	1	z
Columbia	—	—	—	—	—	—	—	—	3	z
Cuba	—	—	4	—	—	—	9	1	—	—
Czechoslovakia	—	4	—	21	45	120	146	114	11	z
Denmark	5	16	—	80	632	154	65	84	25	z
Ecuador	—	—	—	—	—	—	3	—	—	—
Egypt	—	—	—	—	1	19	32	37	—	z
Estonia	—	—	—	—	—	15	43	24	2	z
Finland	—	—	—	65	204	62	121	99	50	z
France	41	189	—	224	102	301	362	311	74	z
Germany	14	45	20	84	185	—	—	299	112	z
Great Britain	28	42	1	720	293	230	281	250	77	z
Greece	306	28	13	20	29	52	37	26	10	z
Hayti	—	—	—	—	—	—	3	2	2	z
Holland	7	—	—	119	38	130	148	292	26	z
Honduras	—	—	—	—	—	—	—	—	—	z
Hungary	30	30	11	67	137	—	93	137	53	z
India	—	2	—	—	—	5	11	24	18	z
Irish Free State (with Great Britain until 1912)	—	—	—	1	2	—	51	29	8	z
Iceland	—	—	—	68	66	177	225	219	116	z
Italy	—	6	—	—	2	15	18	49	135	z
Japan	—	—	—	—	—	—	43	16	2	z
Latvia	—	—	—	—	—	—	18	13	—	z
Lithuania	—	—	—	—	18	26	53	58	—	z
Luxemburg	—	—	—	—	—	—	—	9	—	—
Malta	—	—	—	—	—	—	15	43	70	z
Mexico	—	—	—	—	—	6	6	8	—	z
Monaco	—	—	—	—	—	4	4	10	23	z
New Zealand	—	—	—	—	—	—	—	85	30	z
Norway	—	3	7	73	229	200	73	1	—	z
Panama	—	—	—	—	—	—	—	—	—	—
Peru	—	—	—	—	—	—	—	—	—	z
Philippines	—	—	—	—	—	—	1	4	8	z
Poland	—	—	—	—	—	—	82	108	36	z
Portugal	—	—	—	—	6	14	30	42	7	z
Rhodesia	—	—	—	—	—	—	—	2	—	—
Roumania	—	—	—	—	—	—	46	40	5	z
Russia	—	—	—	6	178	—	—	—	—	—
South Africa	—	—	3	14	21	39	29	25	12	z
Spain	—	—	—	—	—	60	82	91	6	z
Sweden	3	8	—	182	702	280	190	130	68	z
Switzerland	10	—	—	1	1	84	159	212	22	z
Turkey	—	—	—	1	2	—	25	41	—	z
Uruguay	—	—	—	—	—	—	34	21	1	z
U. S. A.	23	29	531	122	174	295	315	297	377	z
Yugoslavia	—	—	—	—	2	11	54	53	1	z
Together	484	427	595	2084	3282	2731	3385	3905	1700	—

Author of the statistics : Dr. Wasner.

z = accepted.



PROGRAMME OF THE XIth OLYMPIAD · BERLIN 1936

OPENING CEREMONY:
Saturday, August 1st, 1936, Olympic Stadium 16^h
CLOSING CEREMONY:
Sunday, August 16th, 1936, Olympic Stadium 23^h
FESTIVAL PLAY:
Saturday, August 1st, 1936, Olympic Stadium 21^h

DEMONSTRATIONS AT THE OLYMPIC STADIUM:
Gymnastics: (Preliminary Program)
1. Sweden, Saturday, August 8th, 1936 18^h - 19^h
2. Germany, Sunday, August 9th, 1936 16^h - 17^h

Golfing: Tuesday, August 4th, 1936, morning (Aerodrome)
Baseball: Wednesday, August 12th, 1936 19^h
(and military concert)

Date: August.....	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.	16.	Stadiums
Day V = morning N = afternoon A = evening	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.	
Athletics	V	N	V	N	V	N	V	N	V	N	V	N	V	N	V	Olympic Stadium (Reich Sport Field)
Wrestling	V	A	V	A	V	A	V	A	V	A	V	A	V	A	V	Deutschland Hall
Modern Pentathlon	V		V	N	V		V		V	N	V		V		V	Oberitz, Wannsee, Swimming Stadium (Reich Sport Field)
Fencing	N	A	N	A	N	A	N	A	N	A	N	A	N	A	N	Reich Sport Field Gymnasium
Hockey	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Hockey Stadium (Reich Sport Field)
Weight-lifting		A		A		A		A		A		A		A		Deutschland Hall
Football			N	N	N	N	N	N		N	N		N		N	Sporting Grounds at Berlin and Olympic Stadium (Reich Sport Field)
Polo			N	N	N	N	N	N		N						Polo Field Assembly Grounds (Reich Sport Field)
Yachting				V	N	V	N	V	N	V	N	V	N	V	N	Kiel Bay
Shooting						V	N	V	N	V	N	V	N	V	N	Shooting Ranges at Wannsee
Handball						N	N	N		N			N			Reich Sport Field and Olympic Stadium
Cycling						N	N	N		V						Cycling Stadium
Canoeing							N	V	N							Rowing Course at Grönuv
Swimming							V	N	V	N	V	N	V	N	V	Swimming Stadium (Reich Sport Field)
Basketball							N	N	N	N	N	N	N	N	N	Reich Sport Field
Boxing								V	N	A	V	N	A	V	N	Deutschland Hall
Gymnastics								V	V	N	V	N	V	N	V	„Dietrich Eckart“ open Air Theatre (Reich Sport Field)
Rowing									V	N	V	N	V	N	V	Rowing Course at Grönuv
Equestrian Sports									V	N	V	N	V	N	V	Equestrian Stadium and Olympic Stadium (Reich Sport Field)

Exhibition of Arts: July 15th to August 16th, 1936, at Hall VI of the Berlin Fair Grounds at Kaiserdamm

The Olympic Stadium Pass includes all the events and demonstrations bordered hereon

EDITION, MAY 1935

SUBJECT TO CHANGES

An Experiment in Physical Education

We are glad to give publicity to these interesting findings as to the value of Physical Training in an English Boys' School.

The Incorporated Association of Headmasters' devoted a large part of its afternoon session, held in mail week, to the consideration of Physical Education in schools. Captain S. J. Parker, of the Board of Education, surveyed the results of the experiment carried out at Liverpool Institute during 1933 and 1934 and discussed the future of the Physical Education Movement.

The Liverpool Experiment, said Captain Parker, consisted of taking two forms of 29 second-year boys, as nearly as possible equal in mental and physical quality. The Board asked the school to give one of these forms a daily period of 45 minutes of gymnastic work on each of five days a week, the necessary time being deducted from their study of Latin, French, English and mathematics. The other form continued its normal programme of work.

A STRIKING RESULT

At the end of the second term the headmaster sent in an interim report in which he stated that not only had the gymnastic classes increased much

more than the other in height, weight and chest measurement but that in mental attainments it had gained on the average 14 months in mental age, as against the 2½ months of the normal form. At the winter examinations the gymnastic form had come out top in all subjects except Latin, and for detentions on account of bad home work it had lost only three marks, as compared with the normal form's 69.

In December, 1934, the headmaster had written to say that he was convinced of the experiment's success and was going to give five periods of gymnastic week to his best second-year form. Experiments were now in progress or contemplated at City School, Lincoln; Latymer School, Edmonton; Brockley County School, Harrow County School, Walthamstow Secondary School, Kilburn Grammar School, and a secondary school in Monmouthshire. At Lincoln three forms were to be used for the experiment, one doing gymnastic work, one continuing its normal work and one occupying with relief subjects or reading the periods during which the first form was to do gymnastics.

Captain Parker differentiated between Physical Education and Physical Training. Physical Training was "jerks", and that was not what the Board wanted to see. They wanted to educate boys in all physical movements that were performed either in or out of school.

NEED FOR EQUIPPED TEACHERS

There were training colleges which equipped women teachers ranking equally with the academic teachers to do this work for girls, but for men there were at present only the Carnegie Physical Training College of Leeds and a training college at Dunfermline.

Military instructors were not a satisfactory substitute, and they would have to do something to meet the great demand for Physical Education instructors which existed, particularly in view of the promise in "certain manifestos" that there would be a move forward in Physical Education. Such education was dangerous in inexperienced hands.

There were still, he said, Secondary schools where premises were inadequate and instructors were unqualified, particularly in the case of boys' schools. The Board of Education knew the difficulties, but their recommendation was that three school periods a week should be given to Physical Training, plus a fourth for physical games or swimming. Many schools now gave only one period a week to gymnastics and one to games, and only the one games period was given to examination candidates who particularly needed physical recreation.

(From: "Hindu" Educational Supplement, Jan. 30, 1936.)

News & Notes

Old Boys' Day.—Several Old Boys have, in the past, expressed that to come all the way to Madras just for the fun of a day was not attractive enough. Some thought that if the programme enabled them to stay in the College and get familiar with some of the recent developments in physical education many from outside Madras may attend the annual function. So, this year, the Executive Committee of our Association has decided on a four-day programme. The following is a general outline of the activities planned :

PROGRAMME

Wednesday } April 8 }	6—9 A.M. Registration. 9-30 A.M. Breakfast. 10 A.M. Opening meeting and Address. 1 P.M. Lunch. 3—4 P.M. Discussion Period. 4-30 P.M. Tea. 5 P.M. Matches—Old Boys vs. Present Boys.
Thursday } April 9 }	7 A.M. Demonstration of Physical activities by Present Boys. 9 A.M. Breakfast. 10-12 A.M. Discussion Groups. 1 P.M. Lunch. 3 P.M. Interest Group meetings. 4-30 P.M. Tea. 5 P.M. Matches.
Friday } Apl. 10 }	Evening—Picnic.
Saturday } Apl. 11 }	7 A.M. Demonstration of Physical activities by Present Boys. 9 A.M. Breakfast. 10 A.M. Annual General Body Meeting. 1 P.M. Lunch. 3 P.M. Closing Sessions. 5 P.M. Tea and Tennis. 8 P.M. Dinner, Social, Initiation, etc.

The boarding and lodging charges for visiting Old Boys will be approximately 12 As. per day. A special charge of 12 As. is necessary for covering the expenses in connection with the function on the closing day.

The Easter Railway concessions will be available, at this time, enabling cheap travel. All the colleges will be closed, and most schools will have

these days off. These conveniences should make it possible for many Old Boys to attend this year's functions.

Special arrangements will be made for Old Boys who may desire to come a little earlier. Such facilities will be available from Monday, April 6.

Group meetings have been included to discuss practical problems in the field. Old Boys planning to attend are welcome to bring their problems and suggestions.

Another feature will be "interest" group meetings. It has been suggested that certain men may like to have information on activities like cricket, boxing, wrestling, etc. Special classes may be conducted in these.

The library will be open all day, and, at night, till 10 P.M. The daily programme has been drawn up in a way which will permit Old Boys to spend several hours in the library.

To sum up—We shall have a get-to-gether, lasting several days, renewing many old friendships; and making new ones. We will see the new site and all the recent developments at Saidapet. Through discussions, and special studies many of our doubts can be cleared. We can see some new activities. We can get familiar with modern books. We will find plenty of time to make a few purchases in the city, and also see a good cinema show. There will be plenty of fun for all.

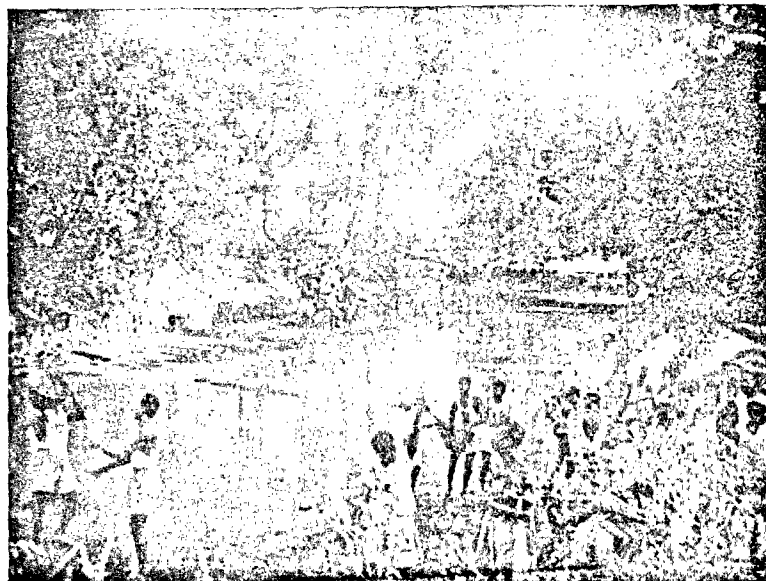
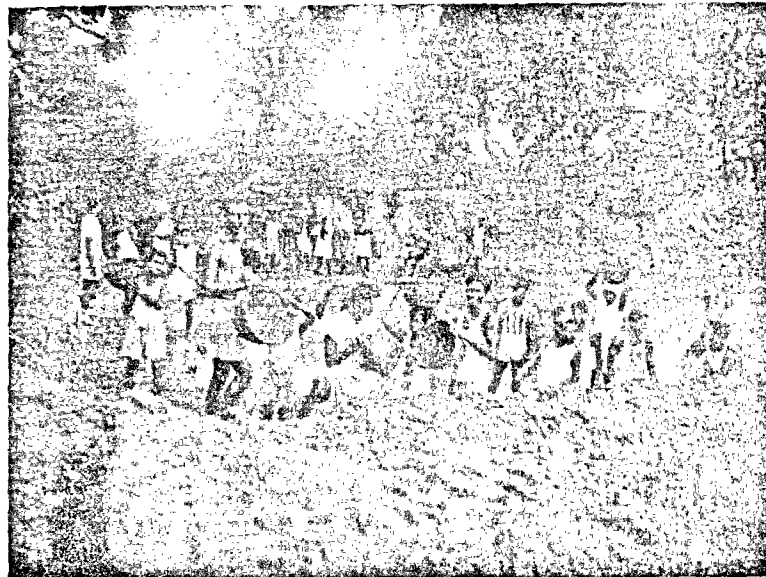
To be absent would mean losing all these. Be sure to come.

Madras Olympics. This year's Olympics was a great success. As usual, our students rendered very valuable service in connection with the arrangements of the meet.

Cochin and Travancore tied for first place each securing 31 points. It is interesting to note that both the teams were coached by Old Boys—Travancore by P. I. Alexander and T. K. Gopalan Nair, and Cochin by P. A. Devassy.

James Henry, another Old Boy, brought a team from Guntur, which did not do so well. But Henry was quite pleased he brought his team to Madras, because as he says his men "found out for the first time that there are better performers than themselves." Learning to take a defeat is a part of good sportsmanship.

Our College won both the Relay races open to Colleges. Balwant Singh, a tall jat from the Punjab, was the only student who got a first place. He won the One Mile race in good time, though he could not break Thang-



STUDENTS AND STAFF AT WORK ON OUR NEW
SWIMMING POOL.

ij's—an Old Boy's record. We are hoping to do better in the Inter-Collegiate sports.

Our Swimming Pool. It is not yet ready for swimming. We are gradually putting it in shape. The present students offered their services to a part of the digging. We had a great time of it. On Tuesday, January 4, the students and staff reported at the tank in their oldest costumes. Spades, shovels and baskets were equally distributed among four squads each with its captain. It was a fine sight to see basket after basket of earth and mud being relayed down by the enthusiastic "mud digger". When we got tired we sat down and sang. And then again we went at it. We worked for over two hours in the morning. In the afternoon we had another session with the spades and baskets.

Everybody went to bed early that night. And Oh! how the body ached the next day. But we enjoyed it. We are proud of that day's record. We may yet do some more digging.

Only a very small part of the work has been done yet. How we wish to get this finished and start swimming.

A Donation. We have just received from M. A. Latif, 1935 a donation of Rs. 50 for the Swimming Pool. This is the biggest donation we have ever received for the College from an Old Boy. Thanks very much, Latif. We are so happy to feel that there are men like you who are willing to come forward and help the College in its needs.

Old Boys.—Swami Jaganath (1928). We are very pleased to learn that this Old Boy has been elected Secretary of the All-India Hockey Association. Swamiji has been, for many years, the Secretary of the Punjab Hockey Association in which capacity he has rendered valuable service. He is eminently qualified to shoulder the new and greater responsibilities of the Indian Hockey Association. We are very proud of this unique distinction of an Old Boy, and wish him all success.

Syed Masood Hassan (1930) was the manager of the Hyderabad cricket team which recently played against Madras Presidency.

A. Padmanabha Naidu (1930). "Pad" is now the Hon. Secretary of the Madras Hockey Association. He represented Madras at the All-India Hockey Association meeting at Delhi in December. Pad is a great hockey enthusiast but not a hockey "faddist". He is promoting an all-round programme of physical education in the Government Mohammedan College, Madras.

Dr. G. F. Andrews (1923). Dr. Andrews presided over the Physical Education Section of the All-India Education Conference held at Nagpur.

in December. His presidential address was a stirring appeal to recognise physical education as education. Dr. Andrews expressed great disappointment at the conspicuous absence of Old Boys at the Conference. There are several Old Boys in and around Nagpur, who could have attended the sessions. Don't we know that we can help the cause of physical education by attending and participating in such gathering?

Gyan Prakash (1934). Gyan played against the Australian Cricket team at Amritsar, and played well. It may be remembered that Gyan was captain of the College Cricket team while he was here.

M. Krishnappa (1935) played for Madras against Hyderabad in the Inter-provincial Cricket match. His partnership with Ram Singh was highly commended by cricket critics.

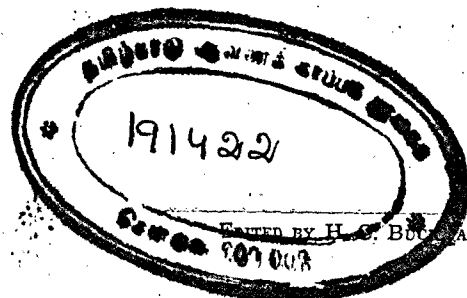
V. D. Pitchai (1935). Pitchai arranged a fine variety entertainment in his school to raise money for his Department. It was a great success, and by popular request he had to repeat the performance a second time. Pitchai Pillai is one of the hardest working Old Boys we have around Madras. He is now busy working out a classification for his boys using age, height and weight. Keep going Pitchai—that's the spirit.

Visits from Old Boys. The Christmas Railway concessions brought many Old Boys to Madras during the last holidays. Several of them visited the College, and were favourably impressed with the developments on the campus. Our Dining Hall has been drawing praise from many. Among those who visited were Chockalingam and Chellaswami, 1934; Swamidoss, 1927; Syed Masood Hassan, 1930; T. L. Samuel, 1933; and Thangaraj, 1935.

It is too bad these Old Boys could not come and see the College in regular session. With most of the students away the place was looking quite dull.

Mr. N. K. Mia paid a visit to Bombay during Christmas. He reports that he met several Old Boys there.

It was a great pleasure to hear from so many Old Boys at Christmas time. We, at College, wish all Old Boys good luck and happiness during 1936.



Handwritten notes: "JL" at the top, "MY m 211, 1928" in the middle, and "1126" at the bottom.

READ THE TRUTH ABOUT "SO CALLED"
Factories at SIALKOT.

I had been informed by the canvassers of numerous firms of Sialkot from time to time during the many past years regarding their manufacturing facilities and their workshops in Sialkot. These representatives have been giving high accounts regarding their big workshops and the labour they are employing at Sialkot. Some of these canvassers represent firms, who are trading under English names, from which naturally one obtains the impression that by ordering goods from them, one is ordering these from an English firm.

To satisfy my curiosity I took the trouble of paying a visit to Sialkot on 22nd September 1933. While in Sialkot I visited the various centres where the offices of such firms are located. I thoroughly investigated and personally saw the offices and so-called workshops of the various firms. I was surprised to see that the majority of these firms, who pose to be actual manufacturers and who advertise themselves as owning their workshops, do not possess anything beyond a small rented office of one or two rooms, in which they keep their catalogues and literature. They are filling all their orders by obtaining supplies from small bazaar Mistrees of Sialkot on credit !!

Sialkot is a great sports goods manufacturing centre and all over the city there are small bazaar shops, where a few workmen are working and producing sports goods. The sports dealers, who pretend to be actual manufacturers, purchase all their requirements from these bazaar shopkeepers and fill their orders.

While in Sialkot I also took the opportunity of visiting the Factories of Messrs. Uberoi Limited, and I was very much interested and was surprised to see all the various departments and buildings in which work is being carried on under the supervision of English Experts. Messrs. Uberoi Limited, I was surprised to see, are employing over 600 (six hundred) workmen in the manufacture of their sports goods.

JAUNPORE :

(Sd.) GORAKHNATH SINGH,

Games Superintendent,

Kushatriya High School.

The original of the above can be inspected
on application to our Head Office, Sialkot.