

mands prirent Monbasa pour centre de leurs expéditions et bientôt s'y constituèrent des compagnies de commerce qui, tant par des traités directs avec les chefs indigènes que par des concessions obtenues du Sultan de Zanzibar, y firent pénétrer la civilisation moderne. Lorsqu'en 1890 l'Angleterre et l'Allemagne s'entendirent pour déterminer leurs zones respectives d'influence sur la cote orientale du continent africain, Monbasa se trouva dans le lot anglais. Elle fut annexée pratiquement en 1893. Et presque aussitôt, on commença la construction du chemin de fer qui devait la relier au lac Victoria. De Monbasa au lac, la distance est de 940 kilomètres et les voyageurs qui accomplissent aujourd'hui en deux jours ce voyage qui exigeait trois à quatre mois il y a quinze ans, peuvent se représenter ce que fut le labeur des ingénieurs chargés d'établir la voie ferrée à travers un pays sans ressources, privé d'eau, fort accidenté néanmoins (le chemin de fer s'élève à deux reprises à plus de 2.300 mètres) et dévasté par la terrible mouche tsé-tsé. Les habitants tout à fait sauvages et dépourvus de la moindre industrie ne pouvaient être d'aucune aide. On dut transporter de l'Inde une armée de vingt mille travailleurs qu'il fallut nourrir, loger, vêtir, pourvoir d'outils et protéger, non seulement contre les lions anthropophages mais contre les hommes aussi car, avec sa tranquille audace, l'Angleterre n'avait même point attendu pour poser ses rails que l'Ouganda fut pacifié.

(à suivre).

FRESH AIR AND ITS APOSTLES

Germany and Switzerland have probably done of late more than any other country to bring into practice the belief in the value of fresh air as the most powerful source of health. In his recent book (1) Lieutenant J. P. Müller tells us of the extensive and beautiful « King Frederic-Augustus Baths » situated in the centre of a pine-forest near Dresden. The Priesnitz river gives fine

(1) The fresh air book by J. P. Müller, « Health and Strength » edition, London.

opportunities for swimming whilst gymnasiums for both sexes and spacious grounds for air and sun-baths, surrounded by beautiful trees as well as large sandy courts allow almost every form of physical exercise to be practised under the very best hygienic conditions. At Høengg near Zurich stands the Waidberg air-bathing establishment consisting, says J. P. Müller, of « whole colonies of so-called air-houses and air-huts the latter being open in the front as well as in the eaves under the roof ». Visitors come with their wives and children to spend their holidays there ; there are also daily visitors coming from the neighbouring towns. The men and children wear only loose knickers ; the attire for ladies consists of a loose short empire-gown. They are accustomed to go about, dressed — or rather undressed in that way without being stared at or prosecuted in any way ; parties of them take long walks and go through big villages quite freely.

There are now no less than 210 air-baths institutes in Germany and it is most interesting to hear that quite a number of these got support out of public funds. The recently-opened air-bath of Frankfurt a. m. did not cost more than four hundred pounds and the entrance fee is only thirty pfennigs. In the centre is a large grass lawn encircled by a running track. There are shower baths, halls for undressing, a gymnasium and a restaurant. Another air and sun-bath has been started in Copenhagen. There is a wrestling ground made of sand covered with canvas and several lawn-tennis courts. The establishment being situated on the shore, visitors can enjoy sea-bathing without extra-charge. Adults are admitted for 25 öre and children for 15, all having the right to spend the whole day there and make use freely of the grounds and apparatus.

The « forest school » movement should be mentioned as connected with the progress of air and sun-baths. The forest schools of Charlottenburg near Berlin have frequently been referred to. Children during the summer are taught there in the open air. As the results have proved excellent, other german cities started similar schools and quite lately a forest school for one hundred children was organized in South London. An experiment of another kind is reported from America. The school authorities of Providence (R.I.) have undertaken to cure consumptive children by putting up a city school according to new principles. The windows of the class-rooms are kept wide open. A big stove stands in the middle of every room and the children keep on their

overcoats and are provided with foot bags. The inconvenience may be small. People living in sanatoria get most easily accustomed to having their windows wide open at night even in the depth of winter. On the other hand, too much stress ought not to be laid upon the Providence experience ; it does not answer the external need for fresh air of the human body as does the habit of taking exercise naked.

It is not surprising that some of the apostles of the great cause of Fresh air should have gone somewhat too far. We are told that, in several german families, the habit of dropping every article of clothing when at home has taken root. In some cases, the servants did follow the example ; health and morality do not seem to have suffered in the least from such a « going back to Nature ». All this is nevertheless mere exaggeration. Exaggerated also is the statement that if a man has, since he was born, lived under perfect hygienic conditions, senile decay can not possibly begin until he is nearing the age of 150 years. « The most common offence against hygiene of which we all, without exception, are or have been guilty, says J. P. Müller, is that of living in, and breathing tainted air ». Nietzsche was certainly correct when he declared that the meanness of life and the « lack of ability to live » of the present generation was the consequence of our « musty store-and-cellar » air. But there is no sound reason to believe that the normal length of a man's life was intended by Nature to vary between one hundred and one hundred and sixty years. Besides offences against hygiene are not to be considered as the only shortening influence in a man's life. Whatever may be the animal side of the question, the *mental* side ought to come in first. Modern civilisation's weight is heavy to carry, even in the open air.

AUTOUR DES COSTUMES DE SPORT ⁽¹⁾

III. — LA PSYCHOLOGIE DU COSTUME SPORTIF

Un homme se bat-il mieux en uniforme qu'en civil ?... Entendons-nous. Dans l'ardeur du combat ou s'il se bat pour un motif

(1) Voir *Revue Olympique* de décembre 1908 et janvier 1909.