

Fournir les données techniques nécessaires, préciser le sens et la portée du programme imposé aux participants du concours d'architecture, telle était la double tâche que la *Revue Olympique* s'était assignée. Aux architectes maintenant de réaliser le grand rêve', de faire jaillir de leur cerveau une Olympie resplendissante, à la fois originale dans son modernisme et imposante dans son traditionalisme mais surtout parfaitement appropriée à son rôle. Et qui sait ? L'heure sonnera peut-être où le rêve déjà noté sur le papier s'édifiera réellement. Qui peut dire l'avenir réservé à une institution aussi noble, séduisante et utile que les Jeux Olympiques? Un mécène voudra peut-être quelque jour leur consacrer une demeure permanente en rapport avec leur importance et leur beauté. Ainsi il n'y a dans le concours ouvert par le Comité International Olympique rien d'inaccessible aux espérances des concurrents. L'œuvre à laquelle on les convie est en tous cas une œuvre salubre et saine, tendant à sceller plus fortement l'alliance si heureusement renouée entre le muscle et l'art.



## SOME INDIRECT EFFECTS OF MUSCULAR EXERCISE



No man exercised a greater influence on the american educational circles for the last twenty years than did the Hon. W. T. Harris, commissioner of Education and head of the Washington Bureau of Education. The following quotations from his writings may therefore interest our readers :

The body should assist the mind. It should afford nervous energy in the largest amount and in the form of a most enduring supply for man 'spiritual needs..... During the first fifty years of agitation on the subject of bodily training connected with the rise of Turner societies in Germany and the preaching of the gospel of bodily culture as auxiliary to intellect and will, we may say without hesitation that the doctrine of physical exercise was passing through its stage of superstition and quakery. There was a sharp dividing line between the believers in hygiene and the old

school of physicians and this separation led quite naturally to dismal results. The doctors opposed with blind conservatism the new apostles and the latter justified the attitude of the former by a radicalism equally blind and fanatical. It is the glory of the present revival of physical exercise that it is led by educated physicians. It is a new movement of the highest importance, the establishment of a resident physician in each of our colleges as supervisor of gymnastics and recording inspector of physical development amongst the students..... Athletics was rather a system of eliminating the weak and of selecting the already strong for the contests at ball or boating. The system is now in process of removal by the substituting of special courses of exercise provided by the medical gymnasiarch for each individual after special diagnosis.....

The greek education was the only education which ever existed that made physical culture an end instead of a means. The greeks celebrated their worship of physical beauty, the gods of olympus, by their games. They conceived the divine as a godlike control of the body by the mind in such a form as to produce gracefulness of carriage. Many asiatic nations have, for religious reasons, opposed physical culture as something leading to evil as, for example, the Hindoos and the Buddhists. Instead of beauty as the attribute of divinity, the Hindoo studied to mortify the flesh, to shrivel up the body, to paralyze rather than to develop his muscles. If he could produce numbness in his body so that all feeling disappeared, he attained holiness.....

The next step after the development (in Greece) of the personal work of art in the shape of beautiful youth by means of the national games and the cultivation of the taste of the entire people through the spectacle of these games is the art of sculpture by which these forms of beauty, realised in the athletes and existing in the minds of the people as ideals of correct taste, shall be fixed in stone and set up in the temples. Thus greek art was born.

What a surprising thought is this, of a religion founded on beauty ! How could it have arisen in the history of the world ? It was above the Hindoo and Buddhist civilization and below the Hebrew civilization, which taught that righteousness and goodness were the supreme attributes of God and the supreme objects of attainment by man.

Modern civilization has adopted from the Hebrew the idea of

holiness ; from the Greek the idea of beauty ; from the Roman the idea of a social whole as state and nation and as corporation municipal and as free association—and it unites these ideas and subordinates each to a higher ideal. Even the Hebrew idea of holiness is subordinated to the Christian ideal of the service of humanity. We do not approve the sacrifice of the higher interests of the soul for the beauty of the body ; nor for the needs of military service ; nor for the theatrical display of strength and brutal conquest. We regard physical exercise as desirable for the increase of nervous energy to be expended for rational spiritual purposes.

Our civilization is so bent on the conquest of nature and the production of wealth, that it perpetually strains its supply of nervous energy and produces disaster along this line. Here is the special problem of our time for hygiene to meet : How to restore and conserve nervous energy ?

The gymnast—and I mean by the gymnast one who has taken sufficiently violent exercise to develop to a considerable degree the muscles of the chest, back, arms and the other limbs,—the gymnast, I say, has acquired the power of putting his will into his muscles by a slight effort. The gymnast performs all slight bodily actions such as rising from a chair, sitting down, walking, climbing stairs, swinging his arms, turning his head, everything, in short, that he does with his body, by using many more muscles than the untrained gymnast uses. Hence it happens that one who has taken gymnastic exercise retains till old age the power of getting a maximum of exercise out of a minimum of bodily movement. Walking a few rods and running up and down stairs two or three times a day gives him as much exercise as the average farmer gets from two hours of farm work.

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## CHRONIQUE DU MOIS

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Il n'était bruit ces temps-ci que d'un assaut auquel, après diner, se serait livré le président Taft, en compagnie de quelque haut fonctionnaire de la République et en présence d'un petit cercle intime d'invités. Le plus étonnant, c'est peut-être encore l'étonnement