

ennes s'inspirassent de leur exemple et donnassent à l'élément «équilibre» une place plus importante que ce n'est le cas en éducation physique.

La question de la «mobilisation» des muscles n'est guère moins importante. Elle l'est doublement, si l'on peut ainsi dire; elle l'est positivement et négativement. En effet la réussite d'un mouvement sportif dépend non seulement de la participation exacte et rapide des muscles qui ont un rôle à y jouer mais aussi — surtout même — de l'abstention de ceux qui n'ont pas à y prendre part et qui, en s'y mêlant, ne feront qu'encombrer la manoeuvre. Que l'on suppose le pont d'un navire sur lequel au coup de sifflet, doivent s'exécuter les mouvements commandés. Chaque homme doit savoir ce que pour lui signifie ce signal. Si tous se précipitent à la fois faute d'avoir été instruits suffisamment au préalable, ce sera le désordre, lequel engendre toujours de l'inefficacité. Il en est de même de la mobilisation musculaire. Que de fois n'ai-je pas observé sur moi-même et sur autrui l'action néfaste exercée dans l'apprentissage d'un nouveau sport par l'encombrement des muscles, les uns indispensables au mouvement tandis que les autres qui devraient se tenir tranquilles engendrent la confusion et la maladresse en agissant mal à propos. Ce dressage musculaire ne s'obtient actuellement que par l'expérience répétée et reste le plus souvent imparfait. Ne pourrait-on l'étudier scientifiquement et découvrir ainsi les meilleurs moyens de l'opérer rapidement et complètement ?

Enfin, il reste la question du schéma corporel. Le perfectionnement de l'application des rayons X à l'observation du corps humain permettra certainement d'en tirer des données sportivement utilisables. Il m'est dès longtemps apparu que, en escrime et en équitation par exemple, alors que la figure morphologique ne joue pas le rôle de première importance qu'on a voulu lui attribuer, *la* figure squelettique du corps joue précisément un tel rôle et que par conséquent il importe de connaître cette figure: et les procédés radiographiques sont là pour cela. Cette connaissance est utile à l'instructeur et utile non moins à celui qu'il a mission d'instruire.

«Connais-toi toi-même». Cette parole célèbre devrait jouer en matière de progrès sportif un rôle de premier plan. C'est pourquoi j'avais préconisé le filmage de l'exercice et suggéré naguère à une grande maison de cinématographie l'établissement de petits appareils faciles à manier et peu coûteux susceptibles de fournir une vue assez nette du sportif en mouvement — assez nette pour qu'il puisse se rendre compte en se voyant lui-même des maladresses qu'il commet et ainsi travailler à s'en corriger. Le maître aura beau critiquer les attitudes de ses élèves, rien ne vaudra pour eux le témoignage irrécusable du ciné. Cela ne vaut pas seulement pour le cavalier, l'escrimeur, le rameur, mais plus ou moins pour tous les sports.

(à suivre)

Helsinki 1940

by CARL DIEM

If sport and the Olympic concept can be said to have attained national significance for any nation of the world, this is certainly true of Finland. The fame of this country is inseparably bound up with the great achievements of its sportsmen, and many people in various parts of the world have become acquainted with and learned to appreciate it only after they were attracted by the Olympic victories of the Finnish athletes. This also explains the wave

of goodwill and approval that swept over every sporting nation when the news of the transfer of the next Olympic Festival to Helsinki was announced.

Finland is extensive and beautiful, rich in forests and enlivened by countless lakes — their number is estimated at 35 000, this not including the thousands of smaller bodies of water. Its inhabitants live by hunting, woodcutting and fishing, and the work is strenuous and concentrated since the summers are short and the winters long. They are an independent, self-sufficient and retiring race of people, and their number is not great, the total population being only three and one half million. The ratio is nine persons to each square kilometre as compared, for example, with 134 in Germany and 256 in Belgium. Everyone today is familiar with the former struggle of this nation for its independence, a fight which was continued with resolute courage and unshatterable faith until the ultimate victory was achieved.

It is a remarkable fact that this country, even during the period of its suppression, undertook to send a team to the Olympic Games. A small group marched behind the white flag with the blue cross for the first time in 1908 at the celebration of the Fourth Olympiad. An outstanding proof of the far-sightedness and worldly wisdom of Baron de Coubertin is the fact that he admitted Finland to the Games as an autonomous nation. On the occasion of the Stockholm Games of 1912, Finland astonished the entire sporting world by sending a four-fold Olympic victor: Kolehmainen. He won the 3000 metre steeplechase, the 8000 metre cross-country run, and the 5000 and 10 000 metre flat races. His performance in the 5000 metre event and the magnificent duel between him and the determined Frenchman, Bouin, who was at his heels up to the last metre, will scarcely be forgotten by any of those who witnessed it. Kolehmainen established the sporting fame of Finland and the legend of the particular talent of the Finns in long-distance running. Eight years later he once again proved his ability by winning the Marathon Race in Paris. His outstanding successor was Nurmi, but many other names, such as Ritola, Steenross, Larva, Loukola, Iso-Hollo, and Lehtinen, Salminen, Höckert have also been inscribed in the Finnish hall of fame. Mention should also be made of the constantly increasing group of Finnish javelin and discus throwers, jumpers, wrestlers, and the foremost of all athletes, decathlon competitors. If the sporting achievements of Finland are brought into proportion with the number of its inhabitants, there remains no doubt that it is the most talented sporting nation of the world.

One would not be justified, however, in characterizing Finland only as a sporting nation, and an attempt will be made in these pages to portray the native culture of this country in its true light. Finland possesses a highly individualistic art. Its painters are inspired by the vastness and silence of the land, and its poets and novelists seek their characters and plots in its sturdy woodcutters and its hunting traditions. In Aaltonen, Finland possesses one of the greatest living sculptors of the modern age, and the renowned musician Sibelius enjoys equal fame. Carefully fostered traditional art, folk-songs, legendary tales and the native dances provide the fertile background of this culture, and all of them will contribute towards lending the proper atmosphere to the next Olympic Festival.

Helsinki has now been assigned the outstanding task of organizing the Twelfth Olympic Games. Located directly on the sea, and surrounded on three sides by water, it is an attractive city with a history almost four centuries old. In its general atmosphere one detects the tranquillity which pervaded the town during its years of Russian dominion and the

recent spirit of progress and vitality which today characterizes a striving nation. The new sections of the city are highly modern, but harmonious, and in the general aspect one detects the charm of a healthy, vigorous and experienced population. Its 300 000 inhabitants are looking forward with confident anticipation to the Olympic Games.

In comparison to Berlin, Helsinki is a medium sized town, and Finland is a small country if its population is compared with that of Germany. I do not make these statements by way of derogation or excuse; on the contrary, it is a source of pride to all that the Festival of 1940 is being presented by a small nation. The rhythm of the Olympic Games demands that they be organized alternately by large and small countries, and the intentions of the I.O.C. are clearly in this direction. The large nations shall demonstrate their ability in the Games but they shall not in any sense of the word control them, since the others may also claim the right and privilege of lending their character to the event. An Olympic Festival becomes no less Olympic if its scope is confined, and neither the number of spectators or participants can be regarded as an ultimate indication of success. The determining factor is rather the festive atmosphere, and in addition to this there must be chivalrous competition, harmony between sport and art, an appropriate development of the programme of competitions and festivities, a careful organization, and an understanding and appreciative attitude on the part of the guests: in other words, Olympic peace and Olympic friendship. The true Olympism lies in the heart, both of the visitors who assemble at the Games and of the nation which presents the Festival as its contribution to the Olympic concept. May this depth of sincerity result in the passionate participation of the entire Finnish nation in the Games in order that they may achieve an unsurpassable standard.

I believe that I am in the position to estimate the task of organizing an Olympic Festival in only two years, or in less than half of the time at our disposal in Germany. The Finnish Olympic Committee has tackled its problem with resolute courage. At the present time many decisions still remain to be made, but they will be announced from time to time to the general public through the medium of the Press Service, which will be issued in seven languages.

Finland is in the fortunate position of possessing a new stadium built with the aim in view of one day serving as an Olympic centre, and the principal task now confronting the country is to provide those auxiliary structures necessitated by the multiple Olympic competitions. Even now the new sporting grounds to the north of the city possess a distinctly Olympic character. Rising above the extensive plain can be seen the 72 metres high tower, a landmark visible from far and near. The Olympic Stadium lies at its foot, the rows of seats surrounding the arena like a wide, white band. Through auxiliary stands the present capacity of the Stadium, which accommodates 30 000 spectators, will be doubled. The ground area covered by these stands is 3000 square metres, an indication of their spaciousness. Even a covered training track 70 metres long has been provided. The arena of the Stadium is surrounded by a 400 metre running track. It was constructed following extensive research and tests, and possesses that mysterious combination of firmness and elasticity which is necessary for record achievements. The new extension projects essential for the Festival include the enlargement of the press and radio section with their technical equipment, the arrangement of loges for the I.O.C. and other officials, and the numerous small incidentals which contribute to the success of such an event.

The work of increasing the size of the Stadium began during the first days of October. It is estimated that the former construction costs of 23 million Finnish marks will be augmented by a further 12 or 13 million. This Stadium will be the scene of the opening and closing ceremonies, the athletic competitions, the semi-final and final football matches, and probably also the gymnastic competitions. In the immediate neighbourhood of the Stadium and separated from it only by the entrance square is the Exhibition Hall, the accommodations of which will be increased to 9000 through the construction of additional stands. The contests in wrestling, boxing and weight-lifting will take place here. For the fencing tournament the Westend Tennis Hall with its numerous outdoor courts has been provided. It is located only a few kilometres from the centre of the town. The same ranges will be provided for the shooting matches that were used with such initial success for the world championship competitions of 1937. The new constructions will include a velodrome and a swimming stadium, and the city has already designated space for these, the velodrome being located about four kilometres from the Olympic Stadium and the swimming stadium in its immediate vicinity. The velodrome will have a total length of $333\frac{1}{3}$ metres and its track will be of concrete. The swimming stadium has been so designed that it will contain two separate pools, one 50X20 metres for swimming races and water-polo and the other in the form of a circle 20 metres in diameter. It remains to be decided whether the circular form tends to disturb a diver in his judgement of distance. The seating capacity of the stands has not been definitely decided upon, but it will probably be between 12 000 and 15 000. At the conclusion of the Festival part of these stands will be removed since the swimming stadium is intended for later use as a municipal bath.

The regatta course for rowing and paddling has already been selected. It lies to the west of the city and is three kilometres from the Olympic Stadium. On the occasion of the canoe regatta of the northern countries in 1937 it proved to be entirely suitable, but the necessary buildings and boat houses must still be erected. For the equestrian competitions the scene of the Northern Equestrian Tournament of 1937 is available, but in view of the fact that the accommodations for spectators are inadequate for an Olympic competition, the municipality is considering new plans. Facilities of all kinds for training are on hand.

In addition to the creation of sporting centres, there is also the question of lodging the athletes, and in this connection Helsinki is confronted with considerable difficulties. The possibility of constructing an Olympic Village has therefore been considered. At the present time three different plans are under discussion: the creation of a university city about two and one-half kilometres from the Stadium, the construction of a garrison village by the Finnish Army about ten kilometres away, and the development of a new settlement district of the city with individual houses. This latter would be located at a distance of four kilometres from the Stadium. It is evident that only permanent structures are being considered. In any case, it is intended that the participants in the Helsinki Olympic Games will be provided with comfortable and quiet living accommodations.

The entire sporting world is following Finland's courageous work of preparation with interest and goodwill, and is looking forward to the celebration of the Twelfth Olympiad, which will begin on July 20th, 1940.

Opening Ceremony (Eröffnungsfeier, Cérémonie d'Ouverture)	Saturday, July 20th, 1940
Athletics (Leichtathletik, Athlétisme)	July 21st to 28th
Fencing (Fechten, Escrime)	„ 21st, and 23rd to Aug. 3rd
Wrestling (Ringen, Lutte)	
(Greco-Roman — Griechisch-Römisch — Gréco-Romaine).....	„ 21st to 24th
(Free Stile — Freistil — Stile Libre)	„ 27th to 29th
Modern Pentathlon (Mod. Fünfkampf, Pentathlon Moderne)	„ 21st to 25th
Football (Fußball, Football)	„ 21st to August 3rd
Yachting (Segeln, Yachting)	„ 23rd to 26th and 29th to 30th
Shooting (Schießen, Tir)	„ 24th to 27th
Weight-Lifting (Gewichtheben, Poids et Halteres)	„ 25th and 26th
Cycling (Radfahren, Cyclisme)	„ 25th to 28th and 30th
Canoeing (Kanufahren, Canoë)	„ 25th and 27th
Swimming (Schwimmen, Natation)	„ 26th to Aug. 3rd
Gymnastics (Turnen, Gymnastique)	„ 29th to 31st
Equestrian Sports (Reiten, Sports Equestres)	„ 29th to Aug. 3rd
Boxing (Boxen, Boxe)	„ 39th to Aug. 3rd
Rowing (Rudern, Aviron)	30th to Aug. 2nd
Closing Ceremony (Schlußfeier, Cérémonie de Clôture)	Sunday, August 4th, 1940

Helsinki

Von CARL DIEM

Wenn für irgendein Volk der Welt der Sport und der Olympische Gedanke nationale Bedeutung gewonnen haben, so gilt dies für Finnland. Mit dem Ruhme Finnlands sind die großen Leistungen seiner Sportsleute verbunden, und viele Menschen in allen Erdteilen haben dieses Land näher studiert und es liebgewonnen, nachdem sie durch die Olympischen Siege der finnischen Leichtathleten aufmerksam wurden. So erklärt sich auch die Welle der Sympathie über alle Sportvölker hin auf die Nachricht von der Wahl Helsinkis für die Spiele 1940.

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Finnland ist groß und schön, reich an Wald und belebt von einer ungeheuren Zahl von Seen, an die 35 000 ohne die ungezählten kleinen Weiher. Von Jagd, Holzfällerei und Fischfang lebt das Volk, und es muß hart arbeiten, es muß schnell arbeiten, denn kurz ist der Sommer und lang der Winter. Es sind einsame, in sich selbst ruhende, stille und schweigsame Menschen. Es sind ihrer nicht viel: 3,5 Mi. Einwohner zählt das Land, neun Menschen wohnen dort auf den Quadratkilometer gegen beispielsweise 134 in Deutschland oder 256 in Belgien. Heute kennt jedermann den einstigen Kampf dieses Volkes um seine Freiheit, zäh und unerbittlich und mit unerschütterlichem Zuvertrauen bis zum endlichen Siege geführt.

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Merkwürdig, dieses Volk unternahm es noch in der Zeit seiner Abhängigkeit, zu Olympischen Spielen zu fahren. 1908, bei der Feier der IV. Olympiade, marschierte zum erstenmal eine kleine Mannschaft hinter der weißen Fahne mit dem blauen Kreuze ein. Es ist zugleich ein schöner Beweis für die Weltkenntnis und den Weitblick Coubertins, daß er Finnland als selbständige Nation zuließ. Bei den Spielen Stockholm 1912 erlebte dann die Sportwelt die erstaunliche Überraschung, daß Finnland einen vierfachen Olympiasieger stellte: Kolehmainen. Er siegte im 3000-m-Hindernislauf, 8000-m-Cross Country, im 5000-m und 10 000-m-Lauf. Sein Rennen über 5000 m und der von ihm darin geleistete, bis zum letzten Meter ausgekämpfte Kampf gegen den athletischen Franzosen Bouin wird allen unvergeßlich sein. Kolehmainen begründete den Sportruhm Finnlands und den Glauben an die besondere Befähigung der Finnen für den Langstreckenlauf. Er selbst bewies dies noch einmal acht Jahre später, als er zu Paris den Marathonlauf gewann. Sein großer Nachfolger war Nurmi, aber auch die vielen anderen wie Ritola, Steenross, Larva, Loukola, Iso-Hollo, Lethinen, Salminen, Höckert haben diesen Ruhm erhärtet. Dazu kommt die immer stärker werdende Schar der Werfer, Springer, Ringer und der Alleskönner, der Zehnkämpfer. Wenn man die Sportleistung Finn-



Das Stadion von Helsinki — der Schauplatz der Olympischen Spiele von 1940

Aufnahmen: Ilmavoimat