

Second to the principal stadium comes the swimming stadium. It is regarded as a permanent factor in modern physical culture, and the programme of important sporting events such as the Olympic Games reveals that swimming competitions always play an outstanding role. Such swimming facilities are practical only when they can be used by the general public, but they must be provided with separate stands for spectators so that they are adequate for swimming competitions.

According to the principles of modern physical culture, variety in training is desirable, and for this reason those engaged in field sports should be given an opportunity to swim afterwards, and, on the other hand, instead of merely swimming and lying in the sun, visitors to the swimming stadium should also be able to exercise in the playing field and on the track. Here lies one of the main considerations in the planning of such a sporting centre, and it requires careful study by the contractor and architects. Questions that must be answered include that of whether entrance fees are to be charged, what type of control is to be provided, and whether separate facilities for women and children are to be included. All of these are points which, if they are considered in the architectural plans, simplify and reduce the cost of later operation. A sporting centre of this nature also requires a central management post from which the entire grounds can be surveyed, a loud speaker system, and refreshment stands which are open to the participants but closed to the general public.

It has always been found advisable to join the different sporting centres and to connect them by means of wide thoroughfares, but motor traffic should not be permitted within the premises of a sporting centre because both the petrol fumes and noise are disturbing. Numerous American universities have solved this problem by creating a quiet zone with a ban on traffic of all kinds. Such a system naturally requires adequate parking facilities at the entrance, with perhaps a service station for motorists.

A considerable amount of equipment is also necessary for the upkeep of a major sporting centre, this including mowing machines, band rollers, cleaning machines, powered rollers, etc. This then involves a work shop which should be located apart from the other buildings and perhaps joined with the painting, carpentry, welding, gardening and other establishments, as well as a machine shop for the lighting and amplification system, to form a general repair and upkeep centre. Extensive storage rooms must also be provided in addition to the necessary service quarters for the permanent personnel.

A large sporting centre should always possess dormitories so that visiting teams can live cheaply and comfortably at the scene of activity. Between seasons the quarters could be used for participants in training courses. As a last point, restaurant facilities are essential for those engaged in training, and for reasons of economy these should be arranged in such a manner that visitors may also have access to them. It is important, however, that these two groups be separated, and this is possible only when the method of operation has been carefully considered in drawing up the plans.

It will thus be seen that a large sporting centre is an extremely complicated structure requiring careful planning and extensive consideration of numerous factors. The management and operation can be facilitated, however, and the entire plant can serve its purpose more satisfactorily if the countless major and minor problems are solved before the construction work is begun.

“The Infant’s Back”

The two principal aims in physical culture are the attainment of a strong heart and an extended, flexible spinal column. With these constantly in mind, the other important aims are fulfilled automatically, and the field is open for objectives of secondary significance. Every system of physical culture and every programme must be examined in this light, although it should not be regarded as the one and only line of development. These two aims must be retained as a sounding lead which is let down from time to time in order to ascertain the necessary depth.

There are three main stages in physical culture, between the first and fifth, the 15th and 20th, and 35th and 40th years. These are not periods of greatest intensity, but rather protective

years. They are the most important, however, and what is neglected during these periods cannot be regained in later life. It is during the first years that the body experiences its most rapid growth. Posture develops during the period following puberty, and in the fourth decade of life the body begins to lose its form; that is, it deteriorates unless a programme of strenuous exercise is maintained.

Much could be written about this subject, but we shall confine our remarks to a brief reference to an article by the Danish expert, H. A. Knudsen, which appeared in the English magazine "The Lancet" on August 13th, 1938 under the title "The Infant's Back". Knudsen has spent many years studying the spinal column as the source not only of physical ability but also of vitality and zest. In the aforementioned article he endeavours to reveal to us many spinal ailments brought about by our mode of living. In this respect, Knudsen is a student and follower of Ling. He remarks in his article that many spinal ailments originate during the early years of life and as a means of avoiding these he recommends observance of the following principles: The child must never be allowed to sit during the first six months, the best exercise for this period being the raising of the head while lying on the stomach. The mother should therefore turn the child on to its front at frequent intervals. Following the sixth month, the child should be encouraged to crawl, since crawling on "all fours" is the best preparation for walking on two feet, The author also calls attention to gymnastics for children. Instead of training children to be "seen and not heard", we should allow them to romp to their heart's desire. It is thus future Olympic victors are made.

„Des Kindes Rücken“

Es gibt zwei Hauptziele der Körpererziehung: Herzkraft und gestreckte, bewegliche Wirbelsäule. Diese Ziele vor Augen, erfüllen sich die anderen wichtigen von selbst, und der Weg für die Ziele zweiten Grades ist frei. Jedes System der Körpererziehung und jedes Programm muß danach abgeprüft werden, ohne daß dies etwa nun den einzigen Weg des Aufbaus angeben soll. Diese beiden Ziele müssen wie ein Lot angewendet werden, das man von Zeit zu Zeit auswirft, um die nötige Tiefe festzustellen.

Es gibt drei Hauptalter der Körpererziehung: vom 1. bis 5., vom 15. bis 20. und vom 35. bis 40. Lebensjahre. Dies sind nicht etwa die Jahre höchster Intensität, eher sind es Schon-Jahre, es sind aber die wichtigsten, denn was hier versäumt wird, ist in keiner Spanne des Lebens nachzuholen. In den ersten Jahren erlebt der Körper seine stärkste Wachstumskraft, in der Zeit nach der Pubertät vollendet sich die Haltung, im vierten Lebensjahrzehnt verbildet sich der Körper, er entartet, wenn er nicht in die Zucht harter Übung genommen wird.

Über diese Fragen wird sich noch sehr viel sagen lassen. Heute sei nur auf einen Aufsatz des dänischen Forschers K. A. Knudsen verwiesen, der in der englischen Zeitschrift „The Lancet“ vom 13. August 1938 unter dem Titel „The Infant's Back“ erschienen ist. Knudsen beschäftigt sich ja schon seit vielen Jahren mit der Bedeutung der Wirbelsäule sowohl für die Lebensfrische wie auch für die körperliche Leistungsfähigkeit, und er sucht unsere Augen für die vielen Rückgratschäden zu öffnen, die die Lebensweise unserer Tage zeitigt. In dieser Beziehung ist Knudsen ein wahrer Schüler und Gefolgsmann Lings. In seinem Aufsatz verweist er darauf, daß der Keim für viele Rückgratsschäden im frühen Alter gelegt wird. Er stellt daher, kurz gefaßt, folgende Forderungen auf. Das Sitzen des Kindes muß in den ersten sechs Monaten völlig vermieden werden. In dieser Zeit ist die einzige und beste Gymnastik Kopfheben aus der Bauchlage. Die Mutter soll daher das Kind soviel wie möglich auf den Bauch legen. Nach dem sechsten Monat sei das Kind zum Kriechen angehalten. Kriechen auf allen vieren sei die beste Vorübung für Gehen auf zwei Füßen. Der Aufsatz lenkt die Aufmerksamkeit auf das Kinderturnen. Wir erziehen unsere Kinder zum „immer hübsch still und artig“; lassen wir sie tollern, laut und beweglich sein. Das gibt dann später Olympische Sieger.