

très avancé Mais si l'on interrompt l'entraînement dans l'âge, on aura besoin de beaucoup plus de temps pour réparer les dommages. Seule une patience opiniâtre et une grande prudence en mesurant l'accroissement des efforts peut conduire au but.

Avec de la patience on reconquiert la jeunesse. Il faut des années d'exercices pour remettre en ordre ce qu'une interruption qui a duré des années a pu gêner. Les limites dans lesquelles on peut récupérer ses forces sont beaucoup moins étroites qu'on ne le suppose généralement.

Et c'est là l'enseignement que nous a donné la gymnastique des seniors à Stockholm.

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Nous traiterons une autre fois l'importante question de la musique et de la gymnastique. Pour aujourd'hui disons seulement que nous partageons pleinement l'avis du Prof. Wunsch, le seul orateur qui ait pris la parole au débats du congrès sur ce sujet, et que nous demandons aussi que l'on renonce au piano. Il faudra motiver une autre fois pour quelles raisons le tambour, le gong, la flûte sont les seuls instruments qui conviennent à marquer le rythme de la gymnastique. Nous toucherons là la mystérieuse question du rythme. L'Anglais E. Major de Leeds a envisagé la question, nous reviendrons sur son exposé. Du reste, le congrès a entendu de très importants rapports. Karl Gaulhofer, savant allemand qui professe actuellement à Amsterdam, a étudié de tout près la question encore non résolue de savoir ce qu'est la gymnastique de Ling. —

Les rapports traduits en quatre langues ont été remis aux participants à l'ouverture du congrès, exemple entre tant d'autres, de l'excellente organisation. Ainsi tout le monde pourra profiter de la somme des recherches du congrès.

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La fête elle-même était des mieux réussie et mérite d'être inscrite dans les annales de l'histoire. On devrait répéter de telles fêtes à époques fixes, bien qu'à intervalles assez espacés.

En attendant, elle pourra trouver son reflet dans les Jeux Olympiques. On y pourra, en effet, envoyer un groupe par nation d'au moins 16 gymnastes hommes ou femmes. La présentation ne devra pas dépasser 45 minutes. Ni pointage ni prix ne sont envisagés. Il ne suffit pas toutefois d'avoir pris cette disposition, les organisateurs devront y mettre du leur pour non seulement inviter individuellement les nations, mais aussi pour procurer des logements collectifs, bon marché, ce qui permet d'envoyer des équipes nombreuses. Les organisateurs devront à cet égard faire preuve de leur volonté unanime. Nous l'avons fait à Berlin en 1936 et nous avons eu la satisfaction de pouvoir admirer des équipes danoise, norvégienne, finlandaise, hongroise, suédoise, chinoise et allemande. Vu la brièveté du temps disponible pour préparer l'olympiade, les organisateurs de Helsinki ont renoncé ce qui est compréhensible et justifié, à encourager tout spécialement les nations à démontrer leur système de gymnastique. Ce devra donc être d'autant plus la tâche des Jeux suivants qui ne devront pas être seulement un défilé de championnats, mais aussi une Olympiade instructive. Ainsi les journées de Stockholm auront apporté leur contribution à l'idée olympique.

Lessons of the "Lingiad"

by Carl Diem

"Festival of nations." The Olympic days of Stockholm, 1912, were revived. Again the fanfares sounded; again the representatives of the nations, the healthy, trained youth of the world, marched into the fortress-like Stockholm Stadium. After more than a quarter of a century the festive drama was repeated and the same King, then a vigorous middle-aged man, today advanced in years but no less active than formerly, a man whose straightforward attitude, clear vision and pronounced devotion to sport are admired by the whole world, opened the festival. While the number of participating nations in the Olympic Festivals now extends into the fifties, about thirty countries were represented in the procession at the Stockholm Stadium. It must be realized, however, that this procession bore a special character. In the case of Olympic Games, the national teams are extremely varied. It is true that they are uniformly dressed, but physique and outward appearance differ in accordance with the types of sport represented. In the present case, however, it was only gymnasts who entered the Stockholm Stadium. They revealed the uniformity brought about by a regular system of physical culture and the distinct nobility of carriage resulting therefrom. Gymnasts not only represent a good selection from the point of view of physical development, but also in the mental field because whoever devotes himself to this art acquires the mental ripeness of cultural endeavour. And in this respect, the marching youth, women, and men constituted a spectacle which gladdened the heart of every spectator.

“Festival of nations” but nevertheless the festival of one man; the festival of the famous Swedish patron of gymnastics, Ling, in whose honour the nations had assembled.

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The theoretical background of the presentations was, if I understand it correctly, the answering of the question, “Formal or natural gymnastics?” as the external problem, and “Physiological or psychological orientation of physical culture ?” as the internal problem. That which we today know as Ling gymnastics is to a certain extent on the defensive; firstly, against sport in general, and secondly, against the newer forms of gymnastics. The object of the organizers of the Lingiad was to reveal to the present age of intellectual controversy the value of the “genuine” Ling system.

What is the situation today ?

Sport has no physiological aims; it has only a psychological effect. Its orientation is psychological in nature, or in other words, it is based on the interest and appeal of regulated and increasingly intensive play, the joy of competition, and the satisfaction that comes from ability. This continues to the extent that physical harm must also be considered in connection with the desire for achievement,

The Swedish form of gymnastics has physical aims, the most obvious and comprehensive being that of good posture. In this respect it has no psychological aims but psychological effect. The striving for correct posture lends interest: the aesthetic satisfaction of an attained goal, the joy that is associated with every physical exercise, even the strenuous ones, the pleasure evolving from the sense of complete physical control.

Two groups thus oppose each other, the aim of one being the effect of the other. One can easily understand that countless misunderstandings are bound to arise and that ample opportunity for controversy is present. Gymnasts and sportsmen differ generally in a psychological sense, and for this reason they often fail to understand one another.

Concerning the question, “Formal or natural gymnastics?”, it is the problem of two different routes to the same goal. Both groups have the same physiological incentive to training. One seeks to attain the goal through exact, carefully deliberated exercises, whereas the other selects exercises which arise from varied sport or the pure joy of movement and arranges these exercises, which are regarded as “natural”, in such a manner that the desired physiological goal is more or less attained. The choice of system actually depends on the temperament. One group pursues with patience and persistence exercises based on exactness of form, while the other group is dominated by the incentive of interest and experience. Only those exercises are indulged in which give pleasure; strict adherence to form is to them boring. Regarding matters of taste and preference, nothing can be said. It may merely be admitted that there is a certain amount of truth in the assertion that the incentive to repeat is stronger in exercises which afford pleasure and that such exercises are often engaged in with an intensity never attained in exercises based on form alone.

These two groups were present at the Lingiad, the precise, carefully trained, well-selected and developed Swedish team and many others who adhere strictly to the modern Ling system, and on the other hand the equally direct but also expansive gymnastics pulsating with joy, such as were demonstrated, for example, by the Hungarians. I need not remark that German gymnastics have developed in the latter direction.

Sport was lacking at the Lingiad. Not entirely, however, because it at least made its appearance when the German team of about 500 runners completed a thousand metre run around the track in four groups all running in step. As the pace of the runners increased, the applause grew, swelling to thundrous proportions as the group of runners finally extended themselves to their full capacity and all, large and small alike, approached the lime in perfect step. This was a form exercise because all ran in step, but it was also a natural exercise since running is certainly the most natural of all exercises. Every sign of natural exercise was there, the rhythm of movement, the agility of muscular action, and the smile of pleasure that was present on the faces despite the strenuousness of the performance.

Is one justified in assigning running to the field of sport? It is the first of all gymnastic exercises and it was only the confinement of gymnastics to indoor halls that robbed it of its place of prestige. Ling himself, as Professor Eugen Piasecki, Posen, recalled, at the congress, desired to have a running track constructed at Lund. We know that Jahn’s gymnastic centre at Hasenheide contained a famous winding track. The followers of these two men neglected running, and when this exercise is included in a gymnastic hour, it is performed in a cramped, artificial, unproductive manner. Goethe once declared, “Anything artificial demands closed space”, and one might add that closed space tends to make exercises artificial. One saw this, for example, in the running of the girl groups in Stockholm, those from the Medau School, for example. It was noticeable that none of the other presentations included running on the track; none of the exercise directors dealt with the question of how to conform with the space in which he was required to present his exercises,

none of them was attracted by the running track. When girl gymnasts ran now and then in the course of a presentation, it was in an affected manner on the turf, a manner which while not being reproachable from the point of view of style, was nevertheless unnatural. The incentive to run was lacking and the girls merely followed their leaders.

What is the conclusion? None of the different systems should be pursued to the exclusion of all others. The question regarding whether "Sport" or "Swedish gymnastics" or "natural gymnastics" can be answered by the statement that all three belong together and through mutual development should form a unity. The presentations in Stockholm proved this anew, and also revealed that the amalgamation has already begun. The reflecting leaders have seen the course to be pursued. This does not imply that the present Ling system should be revised, although it must be admitted that it should be augmented to a considerable extent. The pendulum has fortunately begun to move in the direction of sport and natural gymnastics but it must and will swing back to a certain extent because the attention to form and precision of Swedish gymnastics must also be incorporated into other systems of physical culture. There is considerable value in the Swedish posture and this posture is not a racial gift but an acquired attribute. Those who were privileged to see the Swedish "elite", girls and women, boys and men, with erect spinal columns, light and free shoulder carriage, perceived a nobility of the human race which it is well worth while to acquire.

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The Stockholm festival revealed the beginning and end of gymnastics in human life from the standpoint of time. Germany presented children's games in two groups from three to five and from six to nine years of age, and Denmark and Sweden also included children groups. Then a German, Danish and Norwegian team of men, practically all of whom had passed the seventy mark, performed. The thing that characterised the presentation of the German children group was the free youthfulness of the exercises. Modern conditions of life result in children being restricted in their desire for movement and unwise parents attempt to train their children to circumspect behavior. It is therefore necessary to encourage freedom of movement and awaken in them the childish desire for play in the great community of childhood which formerly resulted naturally from the association in larger families. Let them be provided with apparatuses upon which they can climb and test their courage, set them simple, uncomplicated tasks which are comprehensible to them, such as jumping over a rope, avoid the often unchildish fanciful tasks thought out for them by well-meaning adults, and the result is an active, tumbling, perhaps quarreling but always reconciling group. Physical culture should be regarded only in the sense of "pars pro toto". It is for the human being as a whole and should never be regarded as an end in itself. Spirit and understanding are always necessary, and there can therefore be no gymnastic hour that does not involve tasks for mind and will, that does not contain something for heart and spirit alike.

This aim of general development was revealed in the presentation of German girls between five and nine years of age through their rendering their own accompanying music by means of simple gong instruments. The feeling of rhythm was thus developed, this being apparent in the music as well as the movements. A distinctly noticeable freedom and abandon developed.

No less instructive and significant were the exercises of the old men. All of them but particularly the Norwegians and Germans performed in an almost astonishing manner on the apparatuses, a proof that the nerve centres are equal to the strain of complicated exercises even at an advanced age. Vastly more important, however, was the astonishing revelation that extreme and difficult achievements on the apparatus do not prevent the body from succumbing to old age. The older gymnasts constitute a living prove of the fact that regardless of how completely apparatus gymnastics bring the muscles into play, such exercises remain one-sided and are thus inadequate. During the younger years any incentive is sufficient to bring about physical development, and a one-sided exercise results to a certain degree in general development. At an advanced age, however, the selection of exercises must be carefully made, and the training must be varied and changeable. Varied sport must be adopted for reasons of physiological necessity in the event that personal inclination does provide the proper impulse. The favourite sport must be relegated to last place unless it fulfils the principal demands of gymnastics for those advanced in age: strengthening of the organs, prevention of abdominal corpulence, general movement, and freedom of action. Running for both endurance and speed must be cultivated. Competition is by no means essential and although the aging man should exert himself, he should not exceed himself. Equalizing free exercises should also be selected, although in a different manner from that which is usually the case.

If it becomes apparent that a difficult apparatus exercise no longer tends to preserve the harmony of the body, it may be assumed that this will certainly be true in an even greater degree in the case of free exercises. They are of least benefit to those who have always engaged in them so that the body is accustomed to them.

Free exercises, or to use Professor Hansen's phrase, artificial, form exercises, are only a modest means of assistance. To overestimate them leads to the false path that is today apparent. I, who have no desire to reject free exercises in our gymnastic system and who should like to include them principally for their corrective effect, must warn against overestimation of their value. In effect, they follow running, without which they are often valueless. It may naturally be maintained that should free exercises be engaged in with the same intensity as sprinting, then. . . The question is whether this could ever be the case, and even if it were, the effect would not be the same.

In sport for elderly people practice and theory require further extension and new incentive. The realization that through regular, but also varied and extensive exercises, youth can be maintained into old age must develop. Anyone who suffers a setback in old age requires twice as long to recover. Only determined patience and cautious increase in intensity lead to the desired goal.

With patience one can reclaim youth. That which has been destroyed through a lengthy pause requires a lengthy period of exercising for restoration. The limit of that which can be recovered is much more extended, however, than one usually realizes. This was revealed by the performances of the older men in Stockholm.

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An important question, namely music and gymnastics, will be dealt with at a later date. For the present I shall merely state that together with Professor Wünsch, the only leader of discussion at the Congress, I should desire to see the piano eliminated. The arguments in favour of individual instruments such as drums, gongs, flutes, etc, for accompaniment must be especially justified. This leads us to the mysterious question of "rhythm". It was discussed by Mr. E. Major of Leeds, England, and his comments will be considered at a later date. The sharpest analysis of the question, "What are Ling gymnastics?" was made by the German scholar Karl Gaulhofer, who at the present time holds a post in Amsterdam.

The lectures have been compiled in four languages in a special publication, which was handed to the members of the congress on 'the opening day, thus constituting an excellent example of the thorough organization behind this event and providing everyone with access to this wealth of material.

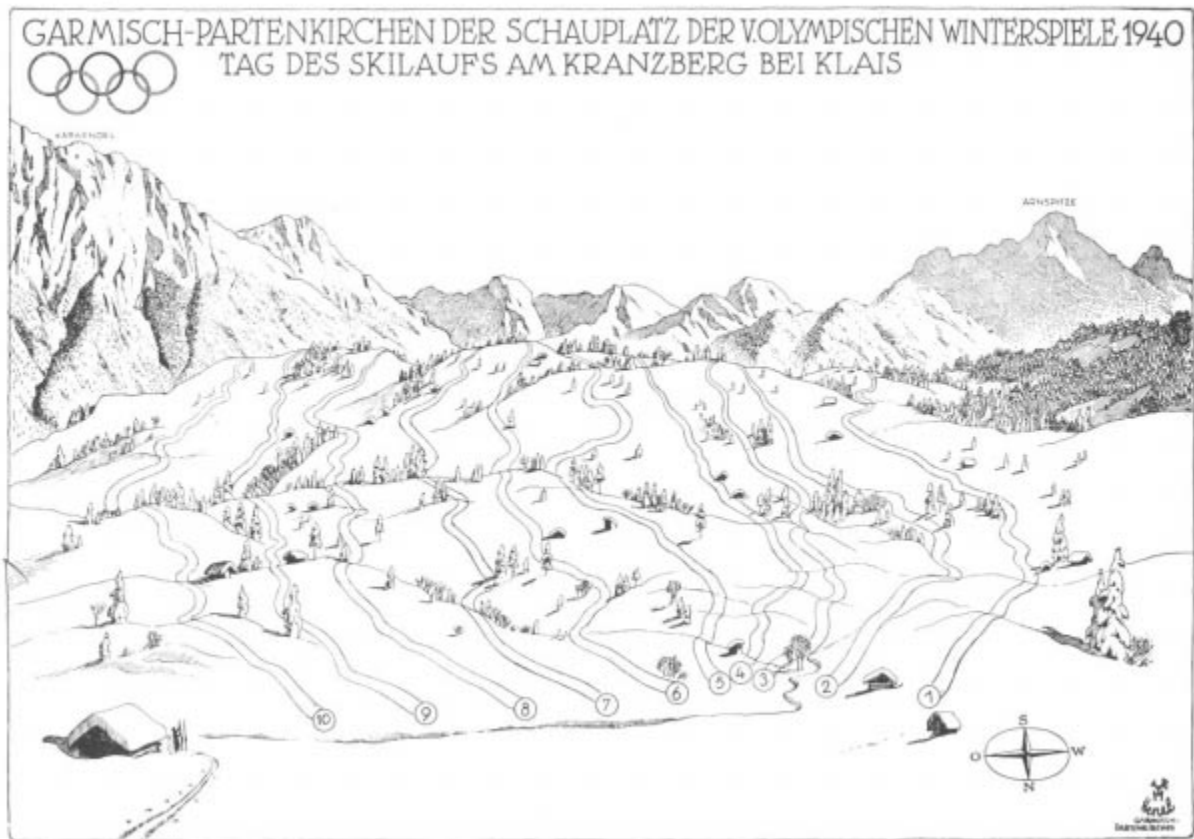
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The festival was an outstanding success and deserves a place in history. Such events should be repeated from time to time, although the periods should be separated by considerable intervals.

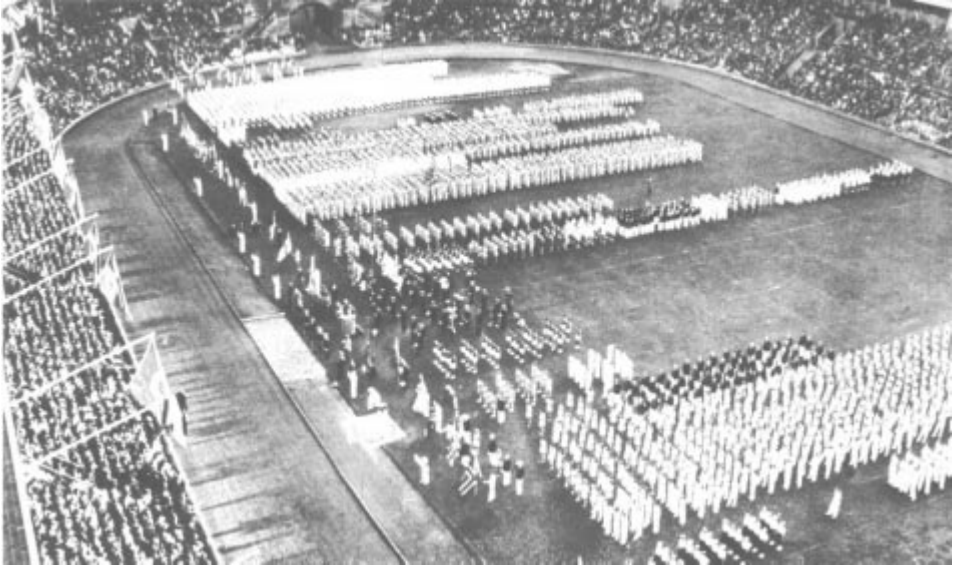
In the meantime it may find a reflection in the Olympic Festivals. The possibility is offered by the regulations for the gymnastic competitions, according to which each nation may enrol a group of at least 16 men or women gymnasts to reveal its accomplishments in this field. The demonstrations may not last longer than 45 minutes, and there is no question either of scoring or awarding prizes. This system is not adequate, however, and the organizers must do more to encourage the nations to participate through special invitations and the creation of cheap quarters so that larger teams may be present. The organizers must reveal in this respect a determination to make this a definite part of the Festival. We did this in 1936 in Berlin and had the pleasure of admiring the performances of Danish, Norwegian, Finnish, Hungarian, Swedish, Chinese and German teams. The Helsinki Organizing Committee has given us understandable and justified reasons based on the lack of time for preparation and special difficulties for declining to include demonstrations by the different nations of their gymnastic systems. This should be the task, however, of those who organize the Games of 1944. The Olympic Games should be instructive as well as competitive. If this can be achieved, the days at Stockholm will have contributed something of permanent value to Olympism.

Les paragraphes sur les „amateurs“

La seule critique un peu sérieuse que l'on puisse faire des Jeux Olympiques, concerne les paragraphes sur les amateurs, et régulièrement s'élèvent des reproches contre le Comité International Olympique, disant qu'il ignore la vie et les conditions du sport, qu'il ne remarque pas à quel point les dispositions concernant les amateurs ont vieilli, qu'il maintient des prescriptions qui, en réalité, ne sont pas observées et on demande, le plus sérieusement du monde, de rapporter de telles dispositions parce que l'on suppose avec une grande force de certitude qu'elles sont violées sans que l'on puisse juridiquement en apporter la preuve. A ces récriminations nous répliquerons d'abord que les dispositions concernant les amateurs,



Ansichtsskizze „Tag des Skilaufs“ von Edwin Hene — «La Journée du skis, croquis d'Edwin Hene!
 "Skiing Festival", Sketch by Edwin Hene!



Oben: Eröffnungsfeier der Lingsiade (20. 7. bis 4. 8. 1939). Aufmarsch der Nationen im Stockholmer Stadion.

Aufnahme: Stockholms-Tidningen

En haut: Fête d'ouverture de la Lingsiade (20. 7. — 4. 8. 1939). Défilé des Nations dans le Stade de Stockholm.

Photo: Stockholms-Tidningen

Upper: Opening ceremony of the Lingsiad, July 20th - August 4th. Parade of the nations into the Stockholm Stadium.

Photo: Stockholms-Tidningen



Mitte: König Gustaf V. trifft im Stockholmer Stadion ein. Aufnahme: Schirner

Au milieu: Le roi Gustave V arrive au Stade de Stockholm. Photo: Schirner

Centre: King Gustav V arrives at the Stadium. Photo: Schirner



Unten: Schwedische Turnerinnen.

Aufnahme: Stockholms-Tidningen

En bas: Gymnastes suédoises.

Photo: Stockholms-Tidningen

Lower: Swedish girl gymnasts.

Photo: Stockholms-Tidningen