

# Gymnastics

*(A propos de la démonstration de gymnastique suédoise qu'ont effectuée à Londres 400 jeunes gens et jeunes filles pendant les Jeux Olympiques).*

Swedish gymnastics is a specialised branch of the sport differing in several respects from the competitive gymnastic events included in the Games. It was created by P. H. Ling, a Swede who lived about 150 years ago and through rhythmical exercises, carefully adapted to the particular age of the participants, strives to create a harmonious development of the body, and a beauty of bearing and movement. It is now practised in many other parts of the world, as well as in Sweden.

The demonstration given consisted of « free exercises » (gymnastics without apparatus)

but Swedish gymnastics also includes many varied exercises performed on the different kinds of gymnastic equipment. The Women's demonstration was accompanied by music ; the Men's performed without music.

Mr. Agne Holmstrom, the managing director of the Swedish Gymnastic Association, intended the demonstration to show Olympic spectators how during recent years this branch of gymnastics has become a great national movement in Sweden, striving to promote health, beauty, strength and happiness among the people of that country.

Their aim is to contribute to the Olympic ideal of promoting these ends among the people of all nations in the true spirit of international fellowship.

---