



In everything you do...

One of our readers, Mr. John Chevalier, who regularly writes in *The Swiss Gymnast*, official organ of the Federal Society of Gymnastics (Switzerland), has sent us a series of articles devoted to Olympia and its legend.

Mr. Chevalier, who for 19 years has been a member of the Central Committee of the Federal Society of Gymnastics, combines a deep classical knowledge with a mind open to every problem.

We take the liberty of reprinting the following quotation from one of his articles, which the philosopher Epictetus dedicated to future Olympionics.

"In everything you do, think of the preparation, think of the consequences, and then set yourself to the task. For example, do you want to be victorious at the Olympic I too would like to, believe me, it would be nice. But think of the training beforehand, and what it entails. You will have to conform to strict discipline, eat what is and give up cakes and pastries. You will have to train with military promptness at the fixed time, whether it is hot or cold. You won't be able to drink cold water or wine when you feel like it. In short, you will have to put yourself in the hands of your master as you would in those of a doctor. Then the event itself will come, during which you can put your arm out of joint, sprain your foot, swallow a whole lot of dust, be knocked around, and in the end still be beaten. Weigh all this up well. And if you still want to, well, go ahead!"

