

Bibliography

LA CUISINE SPONTANÉE (Spontaneous cooking) by Fredy Girardet. Published by Robert Laffont, 6, place Saint-Sulpice, 75006 Paris (FRA), 1962. 357 pages, in French. Price 160 FF.



Fredy Girardet is not only a great friend of Olympism, always ready to welcome the members of the Olympic family to his celebrated restaurant, but he is also a confirmed athlete who cycles and walks daily.

These one hundred and fifty recipes, imaginative marvels designed to make the mouth water, will appeal to all sportsmen. Created by one of the greatest culinary experts of our time, they are explained with clarity and precision, showing the reader how to transform dreams into exquisite reality.

AUF DEM WEG ZU EINER ANALYTISCHEN SPORTPHILOSOPHIE (Towards an Analytical Sports Philosophy) by Hans Lenk. Published by Hofmann Schorndorf, B. P. 1360, 7060 Schorndorf, Stuttgart (FRG), 1980. 113 pages, in German.

This article, which was published in volume 1980/4 of "Sportwissenschaft" ("Sports Science"), is devoted to theoretical science in relation to the science of physical education. Hans Lenk demonstrates the close links between the analytical philosophy of sport and the scientific theory of science applied to Sport.

LAS OLIMPIADAS MODERNAS : SU SIGNIFICADO POLITICO (The modern Olympic Games : their political significance) by Hortensia Graupera Monar, thesis edited under the direction of Jose Florit, and presented to the University of Barcelona (ESP), Faculty of Geography and History, department of "Contemporary History", 1982. 304 pages in Spanish.

This thesis is an extremely comprehensive work presented in 7 chapters. In the first chapter, which is an introduction to Olympism, the author claims that "Olympism, whether in Antiquity or today, is above all a cult". By modelling his body by physical exercise, as a sculptor shapes a statue, the ancient athlete was "honouring the gods"; "the contemporary athlete glorifies his native land, his race and the colours of his country." Following a description of the celebration of the Ancient Games (second chapter) and a presentation of the International Olympic Committee (third chapter), the author gets to the heart of the matter when she tackles the fourth chapter, which is a tableau of the main historical events of the world from 1896 to the present day. This allows the study of the different political aspects of

modern society, using the celebrations of the Olympic Games as landmarks: thus we are presented with a successive examination of national problems, international relations, territorial invasions, the effect of racial, religious and social questions on Olympism of all these matters, and also, conversely, the positive role played by the Olympic Games in modern society.

The world today would benefit greatly from its close interdependence with Olympism, as until now it has made the pedagogical task attributed to Olympism by Pierre de Coubertin even more arduous.

Chapters V and VI are devoted to the chronology of the Olympic Games and to the evocation of some of the personalities of the Olympic world. The author concludes this work by stating that "the Olympic Games will survive if the IOC establishes a strict distinction between the absolute ideal which it is pursuing and the instrument of its realisation, that is, the Olympic Games, the first justifying its desire to continue its existence, the second its desire to evolve."

A very important bibliography accompanies this significant and interesting work.

HANDBALL - ANLEITUNG FÜR DEN ÜBUNGSLEITER (Handball - Guide for the Instructor) by Dr. Christian Menschel, Hans-Gert Stein and Lothar Fährmann. Published by Sportverlag Berlin, Postfach 1218, Neustädtische Kirchstrasse 15, 1086 Berlin (GDR), 1981. 232 pages, in German

In clear and detailed explanations with accompanying diagrams, the three authors deal with the educational, technical and tactical instruction of the handball player within the framework of the techniques used by the national federation. The guide offers interesting and effective teaching methods, whilst facilitating the work of the trainer.

MALA ENCYKLOPEDIJE OLYMPIJSKYCH HER (Small Olympic Encyclopedia), edited by a group of authors: Milos Fassati, Jan Grexa, Frantisek Kroutil, etc. Published by the Czechoslovakian Olympic Committee, Narodni Trida 33, 112 93 Prague (TCH), 1981. 614 pages, in Czechoslovakian.

This work presents, in alphabetical order, all the personalities and events in the Olympic world from 1898 to 1980. Also included are the biographies of Olympic champions as well as those of IOC members and other individuals who contribute to Olympism. The history of the National Olympic Committees, of the Olympic Games and the countries who hosted them, studied, of course, from a sports angle, are a valuable source of information.

Frantisek Kroutil, one of the co-authors, was not only a member of the IOC from 1965 to 1981, but he is also one of the pioneers of Olympism in his country and the author of many works dedicated to sport.

LA FEMME ET LE SPORT (Women and Sport) by Albert-François Creff and Michel-François Canu. Published by Masson, 120, bd

Saint-Germain, 75280 Paris Cedex 06 (FRA), 1982. 142 pages, in French.

A brief historical reminder serves to verify that the psychological impact of women's sport cannot be separated from its sociological context. And this sociological aspect is directly linked with the place of women in society. Having established their subject, the authors analyse all of its medical aspects (feminine morphology, development, puberty, the menstrual cycle, fertility) before tackling the questions of food values, weight and biological effects.



GUIDE DE LA PRÉPARATION ET DES SOINS DU SPORTIF (Guide to the Preparation and Care of the Athlete) by Michel Chan-Liat. Published by Amphora SA 14, rue de l'Odéon, 75006 Paris, 1982. 158 pages, in French, 70 FF.

How many people devote themselves to a sport without having the least notion of their own physiology? Top-level athletes are surrounded, surveyed and advised, but they are few in number. All the others over-

work themselves and treat themselves roughly, though often with the best intentions. To avoid these unnecessary causes of illness or even serious accidents, Dr. Chan-Liat offers this easily readable guide. Amateurs or professionals, athletes will find here how to prepare themselves physically, biologically and psychologically, and how to take care of themselves.

SPORTS DOCUMENTATION MONTHLY BULLETIN. Published by the Sports Documentation Centre, Main Library, University of Birmingham, Birmingham B15 2TT, England. In English.

The University of Birmingham continues to publish this remarkable review of all periodical articles and conference papers on scientific aspects of sport, arranged under broad subject headings. It is an invaluable reference for those concerned with sports medicine, physical education and leisure. Subscription rates are available on request.

CALENDRIER INTERNATIONAL DE SKI 1982-1983. (International Ski Calendar 1982-1983), published by the International Ski Federation, Elfenstrasse 19, Postfach, 3006 Berne (SUI). 204 pages, in French, English and German. Price: SF 10.

This publication, compiled on the basis of the decisions of the last FIS congress, contains, in addition to the dates of cups and national and international championships, various rules essential to every skier, concerning qualifications, safety, ratifications and competitions.

