

any man in the intermediate heats. The winner of the 400 m. hurdles, the American Cochran carried his 32 years over the course in 52 seconds. The twice second in the 100 and 200 m. race, the American Ewell was just as old and the winner of the 10 000 m. race and the second in the 5000 m. race, the Czech Zatopek, are no longer juveniles either (26 years). The same must be said of the phenomenal double winner in modern Olympic pentathlon, in the winter and summer Games of 1948, the Swede Grut. In discus throwing the sixth of 1936, the Greek Syllas took part as well this time. In 10 km. walking the Swiss Schwab and the Norwegian Bruun were successful confirming their splendid achievement of 1936. The third in the 50 km. walking, the Englishman Johnson is 48 years old. The winner of the marathon race, the Argentine Cabrera is 29 years old, the Englishman Richards is 38 years old ; just as old in this trial of human juvenile energy is the South African Coleman who took sixth place in 1936 each time in 2 hours 36 minutes only this time with 6 seconds, he was 11 seconds quicker than 12 years ago. This achievement is a huge improvement, for the London course was more hilly and difficult than the one in Berlin. In swimming it was the Frenchman Nakache, who was this time victorious in the intermediate heat for 200 m. breast-swimming and who also distinguished himself in 1936. In gymnastics there were five successful competitors of 1936 again in the favorite class, i. e. the Finns Savelainen and Saarvalen, the Swiss Reusch, the Hungarian Mogyorossy and the American Cumiskey, to whom must be added other Olympic winners of 1936, who almost 40 years of age now still show Olympic achievements to-day without having been in London (Steffens, Schwarzmann, Konr. Frey, Stadel, Stange). Amongst the scullers the two English victors of the Coxwainless Pairs, Wilson-Laurie are marked as veterans who already in 1938 won the Silver Goblets at Henley. But here we may close the chain of success of the year 1936, where the 37 years old Jack Beresford was successfully rowing at the Olympic Games thus continuing the victorious career which was started already by his father. In conclusion, Birger Ruud of the winter Olympic Games must be mentioned, who received the gold medal in 1932 and 1936 and who was honoured this time with the silver one.

The chain of success is closed by the successes of the women. Here the Dutchwoman Mrs. Blankers-Koen must be mentioned in the first place, who is 32 years old and mother of two children. She won four Olympic medals and pursuant to her achievements shown previously one might grant her the expectancy for a further two in leaping. Here one may remember the Russian Nina Dumbadze who — 28 years old and mother of a 8 years old son — put up during this Olympic year an astonishing world record by throwing the discus 53.25 m. — only Russia did not take part at the Olympic Games in London this year. The winner of javelin, the Austrian Bauma, was fourth in 1936. The winner in foil fencing, Elek-Schacherer was then also decorated with oak leaves and in Ellen Müller-Preis, this time third, we have an approved Olympic price winner, who was victorious in 1932 and third in 1936.

Now what do all these results signify ? Sport is the means of prolonging your youth. Perhaps even to prolongue your life, but at all events to make it brighter. For if it succeeds in extending the whole vigour of the body and sole, which is required to be victorious at the Olympic Games, to two decades, then this will mean a certain augmentation of deepest vitality and of human happiness.

And with this proof the Olympic Games have reached the testimony of maturity.

L'HYDROTHÉRAPIE

L'hydrothérapie est le complément obligatoire de l'exercice sportif ; elle se présente comme telle sous trois formes : le bain de pleine eau, le tub, la douche. Le bain en baignoire ne vaut rien, il est affaiblissant et un homme y perd son temps ; la douche en pluie vaut cent fois mieux, ou bien le tub.

L'AÉROTHÉRAPIE

Le bain d'air ne sera jamais mieux pris par le sportif qu'au cours de ses exercices. Le bain d'air importe non seulement parce qu'il est sain et reposant ou parce qu'il oxyde le corps et détend l'esprit, mais parce qu'il apporte un concours certain au perfectionnement technique.

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