

Club masseurs seldom sterilise such concoctions before using them, and yet obviously this should be done. Such mixtures may give the skin a freshening sensation, and make one feel « good », but that is poor return for the material natural functions that they so often destroy.

The only people for whom I recommend massage are the supremely fit, who are capable of a very high degree of relaxation. I have only done it for two men, who were national champions. So seldom is an individual 100 per cent. fit. If he is not, there are far more important things such as warming up to be done, for which no form of massage can be a substitute.

It is when we come to examine fitness that we really get down to the crux of the whole matter. Fit men in all sports sustain injury far less frequently than the unfit or partially fit. The aim should be to raise the general standard of fitness in all sports, and that can only be done by increasing the training routine and ensuring that those in charge of training and the treatment of injuries are properly and fully qualified. We in this country are years behind other countries in this respect, and it is high time we faced the fact.

Une des forces essentielles de la Grèce résidait en une communion et une parité des hommages votifs: sport et art, guerre et sacrifice. Fusion ardente qui se retrempait au creuset d'Olympie.

Gilbert Prouteau.

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L'athlète est la figuration la plus fidèle d'un dieu. Les Anciens n'ont jamais représenté une divinité qui ne fût musclée.

Henri Pouret.

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Le sport dans une société n'est pas une enclave autonome, une pratique indépendante. Il est lié aux problèmes d'éducation; il est un élément actif au sein d'une civilisation.

Olympie: un des plus jeunes instants de la jeunesse du monde.

Maurice Genevoix.

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La classe, c'est l'état permanent; la forme, c'est l'état présent. La forme est la perfection de la classe.

Emile Moussat.

A reply from M.A.-R.-H. Hicks.

I read the article by Dr. C.-R. Woodard with considerable interest. However, I feel that I cannot let it pass without comment.

First, I must congratulate Dr. Woodard on his choice of words in the sentence « Rubbing into the skin various oils and ointments *may* be a very dangerous practice » (my italics). Although I must agree with this statement I cannot help feeling that many people on reading this will infer that rubbing in oils and ointments is generally a dangerous practice. This, of course, is far from the truth.

It is certainly a fact that some strong liniments and ointments can cause a contact dermatitis, but then most club masseurs are fully aware of these dangers. Incidentally one usually finds it is the individual himself who is guilty of applying the noxious application.

Next, we come to the question of infection and clogging the pores. Doctors, and particularly skin specialists, would be a little irritated if they asked to sterilise all the various applications that they applied to patients' skins. In particular it must be remembered that massage of oils of mineral nature cannot support bacterial life. Also the average massage of oil is a light oil and is easily washed out of the pores by the skin secretions. The bogey of « oil acne » is more apparent than real for such cases due to the application of medicated oils and ointments are only interesting rarities in skin departments in big teaching hospitals.

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The Crookes Laboratories, Ltd.
N. W. 10.

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La dernière visite du baron de Coubertin au Dr Messerli.