

More than 2,000 years ago the Greeks took it for granted that in the education of the young the training of the body was as important as the training of the mind. Unhappily this ideal vanished from Western civilization, and it is only within the last century that effective attempts have been made to restore the physical to its proper place in the educational curriculum at all levels. Even today the battle is far from being won. The notion of the unity of culture has perished, and the academic world has been fragmented into a host of separate disciplines, each concerned only with itself and each struggling to exist against the competition of the others. The comparatively new subject of Physical Education is one such fragment, and its specialist Colleges and University Departments face unusually severe problems. Almost every other subject of higher study is either intellectual or aesthetic, and the practitioners of these disciplines, who seldom present very good examples of the *corpus sanum* which should clothe the *mens sana*, tend to regard the physical with distrust or even contempt. So those engaged in Physical Education cannot confine themselves simply to pursuing the excellence of their own subject; they must also achieve for it a status of academic respectability in the world of learning, and demonstrate how their discipline is related on equal terms to the more traditional subjects of the higher curriculum. Clearly a College of Physical Education will be concerned chiefly to analyse and improve physical skills, and to study the medical, physiological and psychological problems of those skills. In doing this, a student will inevitably be compelled to face the question why mankind has taken pleasure in developing physical activity beyond the point where it is necessary for survival, and he will have to consider the wide variety of forms which such activity has taken in different ages and in different parts of the world. In this way a young man preparing for a career in Physical Education, while his first interest may be football or discus throwing, will necessarily acquire a comprehensive knowledge of world history as a background to the history of his specialist pursuits.

Dr. Ueberhorst's series, of which this is the first volume, will perform the important service of providing this essential background for such students; at the same time it will appeal to the general reader who is interested in the history of sport. The six volumes will cover the whole history of Physical Education and sport from its origins to the present day. It will comprise a series of articles by experts from many countries. The bulk of the work is in German, and at the end of each article is a summary in English, together with notes and a bibliography.

A project of this magnitude obviously has its problems, and this first volume probably faced the editor with more difficulties than any other. The three opening chapters deal with origins. Dr. H. Wiemann treats this aspect mainly from a psychological point of view. Dr. H. Kamphausen uses as evidence the activities of primitive peoples. Dr. Ueberhorst himself gives a masterly survey of the various theories of the origin of sport, and of the attempts to define 'Sport' and the other terms of

discipline. In this first section of the book almost all is necessarily speculation. Dr. Ueberhorst's survey will give students all they need to know, while those scholars who view all the operations of psychologists, sociologists and anthropologists with a certain scepticism will find plenty to justify their suspicions. Most readers, for instance, will agree with the editor in seeing little purpose in attempts to distinguish between "Leibesübungen" and "Körperübungen".

Before sociologists can determine the position and importance of games in early societies, it is necessary to know what the games were. To discover such details is the task of the historian of sport, and the remainder of the book relates what is known of sport and games in the early civilizations of China, India, Mesopotamia, Israel, Egypt and Crete. Here the editor was faced with a dilemma. Ideally, no doubt, he would have welcomed for each of these regions a contributor who was an expert not only in the practice and general history of sport but also in the language and archaeology of the particular civilization. The bibliographies show that for most of them such an authority simply does not exist. So Dr. Ueberhorst wisely undertook all these chapters himself, using the standard modern works on the various cultures. Unfortunately even the best writers on early civilizations, where the evidence is almost entirely archaeological, all too often fail to make clear the distinction between the few facts which can be proved with certainty from the evidence, and the vast areas where all that is possible is reasonable hypothesis to explain inadequate data. But Dr. Ueberhorst is a historian well aware of this problem, and though he has of necessity to rely largely on secondary sources, he is careful wherever possible to present the primary evidence objectively, and this part of the book gains much from the unity of view which pervades the various chapters. As might be expected he is most successful with Egypt, for which the evidence is most abundant.

For one of these cultures the editor was able to command the services of a suitable expert. Dr. Max Howell is head of a Department of Physical Education and he has made a special study of the evidence—all of it archaeological—for sport in Minoan Crete. With the help of well-chosen illustrations he lays the evidence clearly before the reader and gives an account of the hypotheses which various scholars have put forward to explain it. He has generally a very keen eye for detecting dogmatic statements made without adequate data to support them, though some readers may think that he has accepted rather too readily Graham's confident assertion that the bull-leaping was held in the central courtyards of the Cretan palaces. He deals excellently with all the problems of these intriguing 'Toreador games' and he is equally good on the other Minoan sports, about which even less is known. It is regrettable that Marianatos' discovery of the fresco of Minoan boxers on Santorin came just too late for Dr. Howell to include a discussion of the questions it raises. If Marianatos' reconstruction is correct, each boxer wears a single glove; one has his left hand gloved, the other his right.

The book is elegantly produced. In a work of this scope a few slips and misprints are inevitable. I have noticed, for instance, that on pp. 168

and 177 the rise of the Hittites is put in the second millenium, and on p. 177 the date 120 B.C. should be 1,200 (Here the German text is correct). On pp. 227 and 257 the excavation of Phastos and Hagia Triada is ascribed to Sir Arthur Evans; both these sites were excavated by Italian archaeologists. But these are of minor importance. The plates are all relevant to the text - this is by no means always true of modern illustrated books-and are excellently reproduced. We shall look forward eagerly to the appearance of the other volumes in this series.

H. A. Harris