

C.I.S.M.

*Magazine*



11

# C.I.S.M. MAGAZINE

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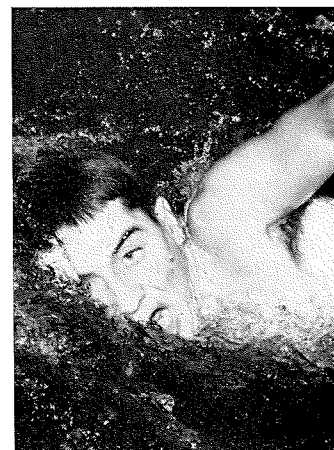
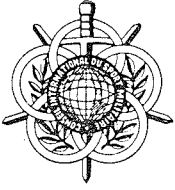


Photo de Couverture : Le Caporal Jean-Pierre BONAFOS, du groupement Sportif Interarmée de Joinville, a remporté les titres C. I. S. M. 1960 de 400 mètres et 1500 mètres nage libre ainsi que le 4 × 200 m relais.

Cover photo : Caporal Jean-Pierre BONAFOS, Joinville, won the 1960 C. I. S. M. titles in the 400 and 1500 meters free style as well as 4 × 200 m free style relay.

(Photo Heimhuber, Sonthofen)



# Editorial

## *Is physical fitness becoming a casualty of the space age?*

*Primitive man purchased his freedom by keeping fit — getting food, protection against man and nature — man had to be fit to survive. Everywhere in antiquity, whether in Egypt, India, Babylon, China Athens or Rome, history shows that physical fitness played an important role in the lives of people.*

*Today, in an age of magnificent scientific and technological development, we are not enjoying a corresponding development in the physical fitness of the people. Despite the vast advances in knowledge, expanding programs in the scientific study of exercise, in gymnasium building, in organizing and training professional leaders, the standard of physical fitness has dropped to a point of alarm in the United States and elsewhere.*

*President Kennedy has recently focused attention on the declining emphasis being given physical well-being and has asked for national organized action. In this situation, organizations like C. I. S. M. have a golden opportunity.*

*It seems that the programs of the home and school have not been adequate to develop the mental and physical incentive and desire necessary for physical condition at all age levels. Youth programs must be designed to maintain a lifetime interest in some form of physical activity. People must be mentally conditioned to the personal responsibility they have for keeping their body fit — this as part of the normal daily routine.*

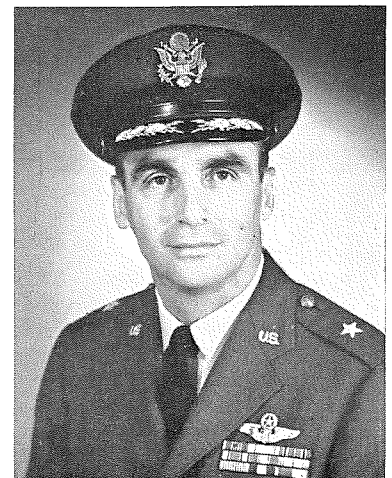
*The educational process has been extremely successful in the development of an appreciation for personal hygiene and safety — why should it not be also successful in developing an appreciation for physical fitness? The value of fitness must be recognized in the home. Children will be active if parents are active.*

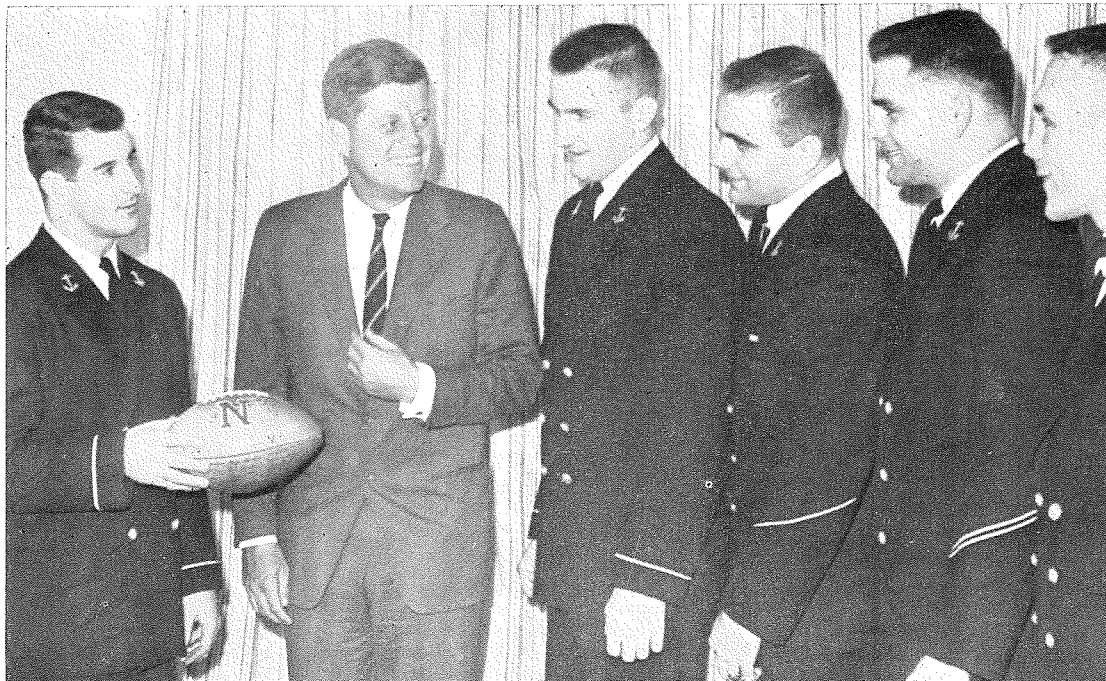
*The physical education of the elementary school consists primarily of physical activity (games) which have no carry-over value for a teenager or adult (dodge ball, tag, etc.). Yet it is during childhood and adolescence that both incentive and skills for physical activity must be developed. The activity program (games) is essential — but it is imperative that we educate children to the value of being physically fit, explaining what it means, how to attain it, and making children aware of what they must do voluntarily to gain it. When this is accomplished, individuals will have the habit and the knowledge necessary for keeping fit.*

*Perhaps our educational systems should undergo a modification of curriculum and facilities. Give top priority to educating the individual in the importance of maintaining the body in good physical condition, replacing the mass games program with activities which have carry-over value, such as : tennis, badminton, walking, handball, squash, cycling, etc., and tailor facilities to meet the requirements.*

*These might be a few milestones along the road to general improvement in physical conditioning. There are powerful assets in the fight. President Kennedy, for one. The desire to live longer, for another. CISM for a third.*

Brigadier General Royal HATCH (U. S. A. F.)  
Vice President, C. I. S. M.





(Photo Associated Press)

## *A l'ère spatiale, l'aptitude physique serait-elle en danger?*

*L'homme primitif dépendait de sa seule force physique. Pour se nourrir, se protéger contre l'homme et contre la nature, pour survivre, il devait être robuste. Dans l'Antiquité, l'exemple de l'Égypte, de l'Inde, de Babylone, de la Chine, d'Athènes ou de Rome prouve que les activités physiques ont toujours joué un rôle important dans la vie des peuples.*

*Aujourd'hui, on s'émerveille des progrès de la science et de la technique, mais on peut s'étonner que la machine humaine n'en ait pas davantage profité. Sans doute, sur le plan de la théorie, l'état de nos connaissances, la qualité de notre recherche scientifique, nous ont permis d'élaborer de savants programmes d'entraînement physique, d'infrastructure sportive, de formation des cadres spécialisés, mais sur le plan pratique, le niveau de la condition physique est tombé bien bas, aux Etats-Unis comme ailleurs.*

*Récemment, le Président Kennedy a signalé le danger de ce désintérêt de l'homme vis-à-vis de son potentiel physique et a réclamé une action concertée de la Nation. Dans de telles circonstances, il est certain que des organismes comme le C. I. S. M. ont un rôle à jouer.*

*A la maison, à l'école, il ne semble pas que les habitudes admises aient réussi à faire comprendre la nécessité d'un maintien en condition physique au cours des différents âges de la vie. Les programmes consacrés à la Jeunesse doivent mettre sur pied des activités sportives telles que le désir de les pratiquer subsiste pendant toute une vie. Il faut inculquer aux êtres humains l'idée de la responsabilité personnelle qu'ils ont dans le maintien de leur forme physique, ce qui devrait être une préoccupation de tous les jours.*

*L'enseignement de l'hygiène individuelle a été couronné de succès — pourquoi n'en serait-il pas de même pour l'éducation physique de chacun ? L'entraînement physique bien ordonné commence à la maison. Tel père, tel fils.*

*Les programmes des écoles élémentaires comportent surtout des activités corporelles sous forme de jeux, qui ensuite perdent tout leur intérêt aux yeux des adolescents et des adultes (cache-cache, chat perché, etc.). Pourtant c'est pendant l'enfance et l'adolescence que le goût des activités physiques doit être développé. Les jeux, bien sûr, sont essentiels, mais il est indispensable que nous fassions comprendre à nos enfants la valeur de la bonne condition physique en leur expliquant ce qu'elle représente, comment elle peut être obtenue, et comment de leur côté ils peuvent l'atteindre. Après cela seulement, les individus auront acquis les habitudes et les connaissances nécessaires pour rester en forme.*

*Sans doute, nos systèmes éducatifs auraient à subir quelques modifications dans leur conception et dans leur application. Donner la priorité absolue à l'éducation physique, remplacer les jeux enfantins par des activités qui garderont leur intérêt par la suite, telles que tennis, badminton, course, handball, squash, cyclisme, etc... en ayant soin d'adapter les équipements aux jeunes.*

*Ce ne sont là que quelques jalons vers le but que nous voulons atteindre : une meilleure condition physique générale. Pour nous aider dans notre lutte, nous avons trois atouts puissants : le Président Kennedy, le désir de vivre plus vieux, le C. I. S. M.*

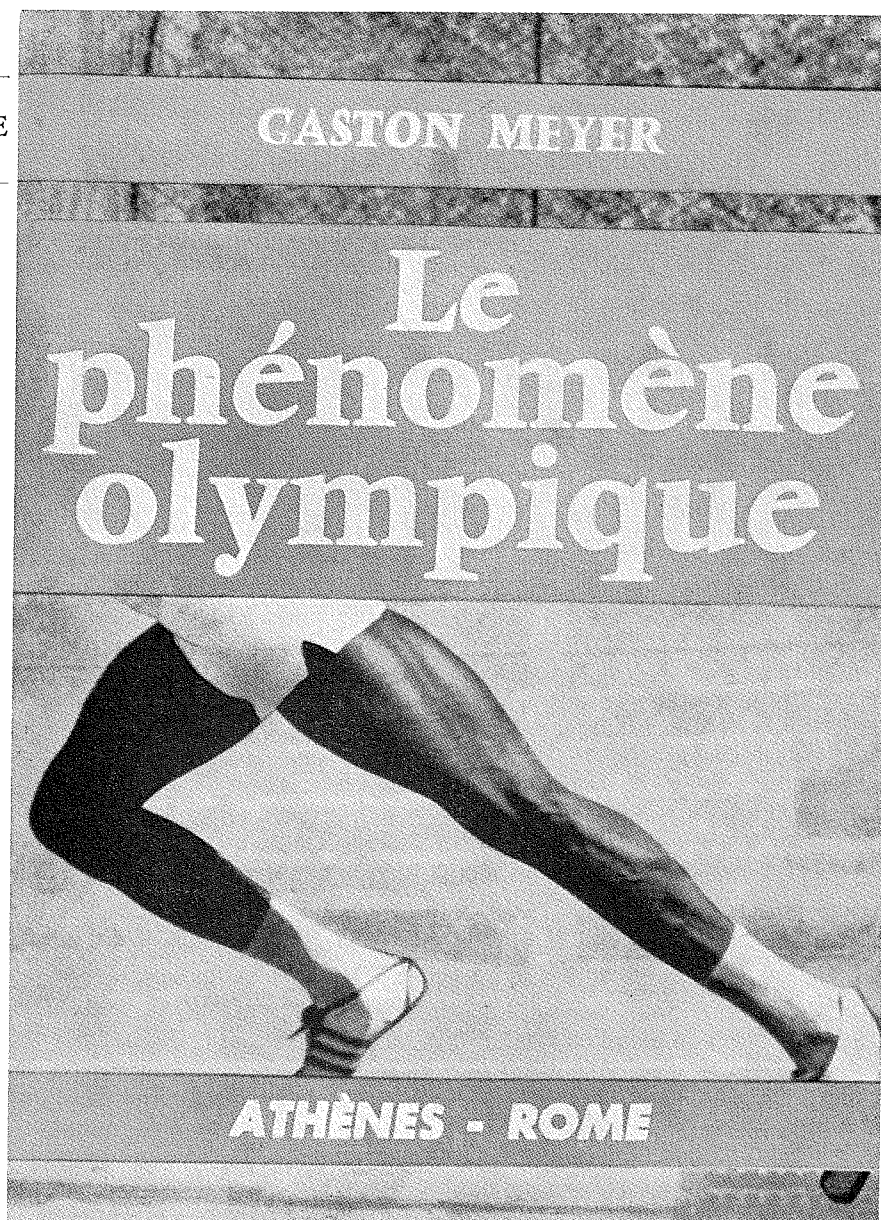
Brigadier Général Royal HATCH,  
Vice-Président du C. I. S. M.

Nous avons déjà parlé du beau livre, intelligent et lucide, de Gaston Meyer, « Le Phénomène olympique » qui fera date dans l'histoire de la littérature sportive.

Nous sommes heureux aujourd'hui de pouvoir — grâce à la gentillesse de son auteur et à l'aimable autorisation des Editions de La Table Ronde — présenter à nos lecteurs les lignes sur lesquelles Gaston Meyer termine son livre. Conclusion, oui, mais avertissement aussi !

Among the keenest studies of the French Sports Literature, a book is to be picked up : « Le Phénomène Olympique », by Gaston Meyer (published by La Table Ronde). We are glad to give hereafter the conclusion of the author. A conclusion, but also a warning !

E. P.



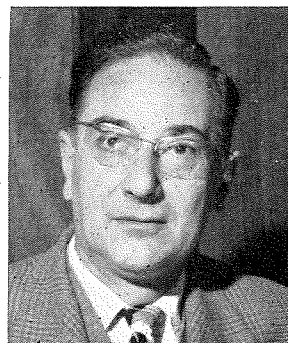
« L'esprit olympique », formule dont on abuse parfois parce que chacun veut y trouver les résonances de sa propre pensée, c'est d'abord l'esprit du sport lui-même. Il est inutile de s'étendre longuement sur ce que le sport a apporté à la société moderne; non seulement l'équilibre du corps, le plaisir physique, la joie et la passion, mais encore certaines notions morales : la retenue volontaire et disciplinée des forces du corps, le respect des conventions, l'acceptation de la défaite.

L'olympisme a pour sa seule part ajouté deux éléments essentiels :

- 1° La suppression des barrières sociales et raciales.
- 2° L'internationalisation du sport.

... Suppression des barrières sociales, raciales et politiques. Toute l'action du C. I. O. a tendu vers la solution sportive des problèmes divisant le monde.

Au fil de ce récit, nous avons cité la plupart des faits qui ont confirmé l'indépendance du C.I.O. à l'égard de la politique. Il suffit de rappeler les plus récents : le voyage à Melbourne des athlètes de Hongrie en pleine révolution de Budapest en 1956, l'unification sportive de l'Allemagne, celle suggérée de la Corée et même l'affaire de Chine, c'est-à-dire la logique reconnaissance de l'existence des deux Chines : l'immense continent chinois et l'archipel de Formose, politiquement absolument distincts.



Dans le même temps le C. I. O. a sévèrement blâmé les pays qui, pour des raisons d'idéologie, s'étaient abstenus de participer aux Jeux de Melbourne.

Certes des incidents surgissent parfois, à l'occasion de certains Championnats officiels; rappelons notamment l'affaire du basket-ball et le retrait de certains pays en raison de la présence jugée indésirable d'Israël au cours de récents championnats du monde en Amérique du Sud.

Des actes aussi regrettables entraîneraient, aux Jeux Olympiques, en application de la Charte, la radiation du pays qui n'en respecterait pas la lettre et l'esprit.

Les principes olympiques sont trop formels — nul d'ailleurs ne le conteste — pour que l'on puisse seulement envisager des actions d'indiscipline de cet ordre, toujours possibles au sein des Fédérations Internationales isolées. Une violation des principes entraînerait en effet *ipso facto*, la radiation, donc l'isolement des coupables.

L'internationalisation du sport est en outre un facteur de paix.

Nous avons constaté que la détente sportive a précédé la détente tout court, notamment à l'occasion des Jeux de Helsinki en 1952.

La fraternisation spontanée, sur le stade, des athlètes soviétiques, alors isolés par leurs dirigeants, et des athlètes américains a surpris tous les observateurs, y compris ceux venus de Moscou.

L'Allemagne est unifiée dans le sport et divisée en politique.

Le C. I. O. est prêt à accueillir la Chine de Pékin que l'O. N. U. refuse.

Il n'est pas certain que les politiciens se soient intéressés à ce phénomène. Or tout ce qui peut unir au lieu de diviser, dans quelque domaine que ce soit, mérite l'attention.

Le sport est un langage commun à tous les peuples. Il en est d'autres : l'art ou la littérature qui touchent les élites. Le sport pénètre, lui, au cœur des masses.

Sans doute faut-il admettre aussi qu'il sert à la propagande des pays et qu'il est inséparable d'une certaine dose de nationalisme.

La propagande s'exerce dans tous les domaines. Les confrontations se soldent toujours par des résultats. Et les résultats — qu'il s'agisse d'inventions, de fusées sur la lune ou d'œuvres d'art — servent la propagande; le sport également.

Le nationalisme est le mal passager du moment. L'humanité tentera tôt ou tard la conquête pratique de l'espace; elle marche vers son unité. Certains problèmes, ne serait-ce que celui de la faim, lié à celui du contrôle des naissances, devront auparavant être résolus.

L'explosion actuelle des nationalismes s'explique par la nécessité de supprimer les inégalités entre les peuples, héritage de l'histoire.

Les grands ensembles ne peuvent naître que si les divers éléments qui les composent y consentent librement. La phase initiale — que nous vivons — est celle de la recherche de l'indépendance. Celle-ci permettra plus tard une indépendance consentie et non plus subie.

Il est donc légitime que le sport reflète à sa manière, et à une dose homéopathique, les phénomènes actuels.

Il est d'ailleurs moins un facteur de division que de rassemblement et, à l'usage, de compréhension mutuelle.

A travers lui est apprécié l'effort des divers pays vers le mieux-être; à cet égard il fait office de baromètre intérieur. Dans ces conditions on comprend que les nations et leurs habitants se réjouissent du succès de leurs champions.

Il n'est pas facile d'ailleurs de distinguer la différence qui existe entre nationalisme et patriotisme.

Mais il est évident que le sport a acquis, depuis longtemps, une fonction « ambassadoriale » mais que celle-ci n'a pas étouffé l'esprit sportif, bien au contraire.

Une compétition internationale dégage toujours un certain esprit nationaliste et il serait naïf de croire que les êtres humains puissent se hausser au-dessus de tels sentiments. Mais il est associé — comme dans les sciences ou les arts — à l'esprit de collaboration.

Les rivalités entre les nations ont contribué, dans tous les domaines, à élever le degré de perfectionnement au niveau actuel et les méthodes pour y parvenir ont été autant de vases communicants.

L'amour du pays n'est sans doute pas synonyme de l'esprit sportif mais ne l'exclut pas. La coexistence n'est donc pas seulement un terme politique.

Avant les Jeux de Tokyo de 1964, les premiers sans doute au cours desquels la race blanche ne sera pas majoritaire, on doit comprendre que les succès sportifs seront pour les nations tardivement devenues des nations libres la preuve tangible de leur existence dans l'indépendance.

Tel est le sens de ce phénomène qu'est l'olympisme.

Celui-ci, plus tard, aura pour tâche de traduire dans le réel le symbole des cinq anneaux, c'est-à-dire des cinq continents. Seconde phase que l'on entrevoit dès aujourd'hui.

Enfin les âpres rivalités techniques qui se manifestent aux Jeux Olympiques inquiètent les bons esprits par les excès qu'elles entraînent.

Excès limités à une élite spécialisée, la spécialisation étant la marque du siècle, de laquelle le progrès de la masse est directement tributaire.

La publication du C. I. O. contient une phrase curieuse :

« Il y a une tendance à mettre trop l'accent sur la performance ou le nouveau record, et pas assez sur la valeur éducative, sociale, esthétique, éthique et spirituelle du sport amateur ».

Laissons à Coubertin lui-même le soin de répondre :

« L'idée de supprimer l'excès est une utopie de non sportifs. Pour que cent se livrent à la culture physique il faut que cinquante fassent du sport. Pour que cinquante fassent du sport, il faut que vingt se spécialisent, il faut que cinq se montrent capables de prouesses étonnantes. » Impossible de sortir de là. Tout s'enchaîne. C'est ainsi que le record se tient au sommet de l'édifice sportif comme cet « axiome éternel » dont parlait Taine à propos de la loi de Newton. N'espérez pas l'abattre sans tout détruire. Résignez-vous donc, vous tous, adeptes de l'utopie contre nature de la modération, à nous voir continuer de mettre en pratique la devise donnée par le père Didon jadis à ses élèves et devenue celle de l'Olympisme :

« *Citius, Altius, Fortius* ».

(Copyright Editions de la Table Ronde, Paris.)

#### ENGLISH

The Olympic spirit is at first the spirit of Sports. If in modern life, Sports bring physical equilibrium, joy and moral notions such as respect of conventions and acceptances of defeat, the Olympism added two essential elements : suppression of racial barriers, sports internationalization. All the C. I. O.'s action led to a Sports solution of problems which are dividing the world and to be independent from politics. Let us remember the Hungarian Athletes' travel to Melbourne in 1956 during the Budapest' Revolution, the Sports unification of Germany... At the same time, the C. I. O. blamed the countries who did not take part in Melbourne games for ideologic reasons. Sport internationalization is a peace factor. We noted that a Sports easing precedes political easing between nations. On the other hand, since a long time, Sports assume an « Ambassadorial function » which remains sport-minded. Before the 1964 Olympic Games Tokyo, the first where the white race shall not be in the majority, one must understand that for newly independent Nations, their successes will be the tangible proof of their independence. But keen rivalries in technics shown during the Olympic Games are going too far. People concerned fear that the cultural and spiritual value of amateur-Sports is being given up.

The best way is to keep in mind Coubertin's formula : « *Citius, Altius, Fortius* ».

### Ce n'est pas nous qui le disons...

Le médecin-colonel Lartigue, lauréat de l'Académie de médecine.

Le médecin-colonel Lartigue, du Service Central des Sports des Armées, est un des lauréats de l'Académie Nationale de médecine. Il a reçu le prix du haut-commissariat à la Jeunesse et aux Sports pour le travail fait en collaboration avec MM. Djournou et Strumza, professeurs à la faculté de Médecine de Paris : travail intitulé : « *La respiration artificielle manuelle* ».

Le médecin-colonel Lartigue qui vient d'être réélu à Téhéran Rapporteur Général de l'Académie du Conseil International du Sport Militaire, groupant actuellement 26 pays (dont le colonel Debrus est le président) est connu

pour ses nombreux travaux sur l'entraînement sportif et la médecine sportive, en particulier le Carnet d'entraînement du C. I. S. M., le test de 30 flexions, le mécanisme des syncopes, la prévention et le traitement des asphyxies et des syncopes, ainsi que sur la respiration artificielle.

C'est à la suite du mémoire présenté à l'Académie Nationale de médecine que cette dernière a émis à l'unanimité le vœu d'un enseignement obligatoire de la respiration artificielle dans tous les établissements scolaires, à partir de 12 à 13 ans, avec abrogation du décret de mai 1927 rendant obligatoire et exclusive la méthode de Schaefer et adoption d'une méthode type Silvester et d'une méthode type Nielsen, cette dernière ayant priorité en cas d'enseignement d'une seule méthode. (Extrait de *L'Equipe*.)

See English text page 37.

# SPORTS IN THE UNITED STATES OF AMERICA - A BRIEF REVIEW

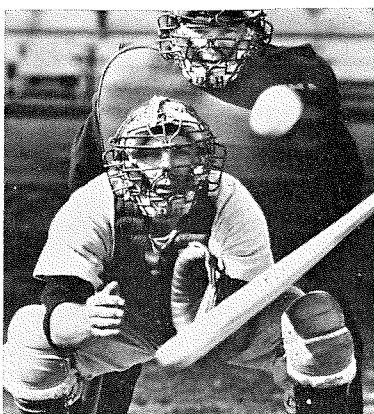
by

Dr. DUDLEY S. DE GROOT

Recreational Supervisor, Sports Department of the Army  
(Sports Branch, Special Services Division, Hq USAREUR).

**Early History.** — During the pioneer days of our country there was little time for sports, other than those directly associated with exploration and survival such as hunting, fishing, canoeing and walking. Fighting Indians, carving out home sites in virgin territory and living on the products of forest, stream, and land occupied most of the walking hours of our early forefathers. Not until the turn of the nineteenth century was there much time or thought given to the establishment of schools and colleges which were the progenitors of most of the pioneer developments in the field of sports and physical education in the U.S. By 1850 a considerable number of such institutions had been founded, most of them private and open only to those who were financially able to afford the privileges of a formal education. These early educational institutions were primarily dedicated to training men for professions. While history relates that student initiative did produce some informal sports activities, they were sporadic in nature and a far cry from those which were to assume such an important role in the lives of students in the century which followed. As an actual matter of fact, the attitude of most of the learned gentry who comprised the faculties of these early American institutions frowned upon play, including games and sports, as time wasting frivolities, beneath the dignity of serious minded students.

**Philosophy after 1850.** — The beginning of the great public educational movement in the United States marked the gradual disappearance of this attitude towards the games and sports and established the beginning of a new concept, which recognized the importance of a planned program of physical training and sports for all students. This entirely new philosophy is of great significance in understanding the developments which have occurred on the American sporting scene during the past century. Not only were formal physical training programs established in many schools, but of even greater importance the organization of athletic teams was given tacit approval by school faculties. Many of the schools,



colleges and universities founded during this era organized football and baseball teams, thus marking the actual beginnings of the modern interscholastic and intercollegiate athletic programs, which today play such an important role in American student life.

**Public Schools.** — Public acceptance of the philosophy that the fate and destiny of a great democracy rests primarily upon an educated and intelligent citizenry led to the establishment of a nationwide public school system dedicated to the education of every child, regardless of parental financial ability to pay for such an education. Each state took upon itself the responsibility for the establishment of free, tax-supported public schools. Even before the arrival of the twentieth century the more modern states had enacted compulsory education laws requiring that all children must attend school. Eventually these requirements were expanded until today in most states, graduation from grammar school (first eight grades) is mandatory. A considerable number of states now require graduation from high school — an additional 4 years.

From the very beginning many public schools required students to participate in an organized physical education program. In the early days such programs were confined primarily to calisthenics and formal gymnastics. After the turn of the twen-

tieth century increasing emphasis was placed upon games and sports.

**Beginnings of Compulsory sports programs in States — 1916.** — During World War I physical examinations of draftees revealed an alarming incidence of physical defects. These findings resulted in the passage of compulsory physical education laws in many states. New York led the way in 1916, with California following suit in 1918. Compulsory programs in physical education and sports were organized under the direction and supervision of State Directors of Physical Education, who served under State Superintendents of Public Education. Today almost every state has such a program. Establishment of these programs necessitated the training of great numbers of specialized teachers of physical education and sports. The overall result has been that in the United States today this great movement has exposed American youth to some degree of training and participation in the activities which make up the total physical education and sports program in our school system. Nationwide studies reveal that the average grammar school student devotes not less than fifteen minutes a day to such activities; high school students not less than two hours per week; and college students from two to three hours per week for at least the first two years of his college career. These figures do not include countless additional hours which many students devote to participation in organized sports and games on club, intramural, interscholastic or intercollegiate level. So much for the educational background and evolution of sports in the United States. This is only one part of the picture which must be understood.

## **Other Early Contributing Factors in Development of American Sports.**

— Now let us turn briefly to a number of other factors which have played important roles in the evolution of sports in America during the past century, which must likewise be understood. A number of institutions, organizations and movements, and of course a great number of individual leaders in the field of physical edu-



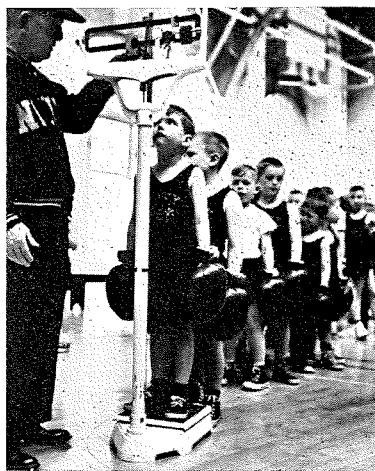
cation and sports, have helped to shape the destiny of the American sporting scene as it exists today. Time precludes mentioning more than a few of the most outstanding of these.

**Young Men's Christian Association (YMCA).** — The Young Men's Christian Association Springfield College, as early as 1890, dedicated its efforts to training a corps of leaders well versed in games and sports, to spread the gospel of the importance of physical fitness, clean living and good sportsmanship. Its graduates have infiltrated almost every American community, and many foreign countries, during the past three-quarters of a century. Countless thousands of boys and men have benefited from this leadership, in YMCA gymnasium and swimming pools in most of the larger American cities. Both basketball and volleyball were originated at the YMCA College in the early nineties — games which today are played in almost every country of the world. The importance of providing professional training for coaches and athletic instructors may also be attributed in large measure to the YMCA College, a movement, which today has been emulated by almost every state university, and by hundreds of colleges throughout the United States. The professional training of leaders has now reached a point where only those who have majored or minored in physical education are eligible for certification as physical education teachers in a majority of state school systems. Present trend is in the direction of requiring graduate work for leaders in this profession; either a Masters or Doctors degree, the former requiring five years of college training and the latter a minimum of three years of graduate work at a university, beyond the Bachelors degree. Even the coaching of athletic teams in most educational institutions today is restricted to those who have met such teacher training requirements.

**American Association of Health, Physical Education and Recreation and the American Recreation Association.** — The American Association of Health, Physical Education and Recreation and the American Recreation Association, both established at the turn of the century have had great influence, during the past fifty years, upon the evolution of the modern American sports picture. Dedicated to the development of professional leadership, improved facilities and opportunities for a wide variety of sports and recreational activities, these two organizations have and are playing an increasingly important role in the lives of American citizens. The vast public play-

ground movement, which had its inception about 1900, has led to the establishment of thousands of play areas, gymnasiums and swimming pools throughout the country. Designed originally to benefit children and young adults in the heavily populated large cities of America, this movement has now spread to communities of all sizes. Under trained leadership, sports programs which appeal to all ages and both sexes are now being promoted on a grand scale, with the result that few Americans today are not privileged to participate in the activity of their choice on their local playground. These playgrounds and programs are supported by local and state tax funds and hence are available at no expense to participants. Many of America's greatest athletes gained their start on a local playground.

**Sports and Religion.** — Many religious organizations have recognized that one of the safest and surest ways of retaining the young people of their faith is through sports. Two cases at point are the Young Men's Hebrew Association and the Catholic Youth Organization. Both of these powerful groups have established attractive sports programs, under fine leadership, which are attracting thousands of young men and women. The Church of the Latter Day Saints (Mormons) has also established extensive sports programs which have been influential in shaping the lives of their young people. The CYO boxing championships have become a national fixture



on the American sporting scene, to cite one example of the influence of sports in connection with the religious phase of American life.

**High School and College Sports and the Amateur Athletic Union.** — The National Interscholastic Federa-

tion and the National Collegiate Athletic Association, governing bodies for high school and college and university athletics, respectively, have likewise played an important part in the organization, promotion and leadership of all school boy sports in the United States. It is safe to say that almost every modern American athlete of any repute has at one time or another during his career been influenced by the fine work which these organizations have carried on in its behalf. Similarly, the American Athletic Union of the United States has played a prominent role in the promotion of the nineteen sports for both men and women for which they have assumed responsibility. This organization is the official representative of the United States for most international competitions. Their efforts are confined primarily to non-school athletic competition although many academic athletes participate in their annual, national championships. The rule books published by this organization are adopted for most of the sports which are included in the American Armed Services program.

**Sports for Girls and Women.** — Sports for girls in American educational institutions are controlled by the National Section for Girls and Womens Sports. This organization establishes policy, publishes rule books and supervises and administers an extensive program of sports for girls. In contrast to the heavy emphasis upon championship, inter-school competition which characterizes programs for boys and men, the NSGWS as it is commonly referred to, has adopted a policy of playing for fun and enjoyment. Championship competition is limited and carefully controlled. Inter-school competition has been practically eliminated. Informal play-days have become an important part of the girls program. As a result of this general policy American girls and women have made a poor showing in Olympic and Pan American competition. The United States is primarily dependent upon civic and private athletic clubs as sources of supply for women athletes for international competition. Annual championships were organized under the sponsorship of the Amateur Athletic Union and were it not for this effort, it is doubtful that America would be represented in international women's competition.

**Sports in Business and Industry.** — In recent years many industries and businesses have recognized the important part which organized sports may play in improving the physical efficiency and morale of their employees — both men and women. The result has been a tremendous impetus in the organization of Indus-

trial Athletic Leagues, as they are commonly referred to. Many large corporations have established sizeable budgets for the development of sports programs. Full-time recreational leaders are being employed in increasing numbers to plan and organize such program. Extensive facilities including gymnasiums, swimming pools and play fields of many types are being built with corporation funds, in order to more efficiency conduct this program. Local, state and even national industrial championships are being promoted in such sports as basketball, volleyball and softball. The net result of this comparatively recent development has been to interest many additional thousands of working men and women in team and individual sports.

**Professional Sports.** — Professional sports have expanded tremendously during the past quarter of a century in America. Boxing and baseball became fairly well established towards the end of the nineteenth century. Wrestling, tennis, golf, football, basketball and ice hockey are newer additions which annually attract millions of spectators to sports arenas throughout the country. A steadily increasing number of outstanding performers in these sports are finding opportunities to cash in on their special talents. Salaries vary in direct proportion to the skill of participants, with baseball, boxing and wrestling leading the parade. In these sports annual earnings of champions in excess of fifty thousand dollars are not uncommon. Talented football, basketball and ice hockey players commonly earn ten thousand dollars or more during their respective seasons. An increasing number of young athletes are making professional sports their life career. Additional thousands are embarking upon careers as coaches and athletic directors in high schools, colleges and recreation centers.

**Press, Radio and Television.** — American newspapers for many years have devoted a substantial number of pages to the coverage of sports. More recently commercial radio and television owners have recognized sports as one of the best mediums for selling American made products. Every network devotes a good share of its daily broadcast time to such events, with commercial sponsors contributing millions of dollars monthly to organized leagues, conferences and individual performers for broadcasting rights. This development has reached such proportions that it is not at all unusual in top sporting events to find that the income from commercial sponsorship of a telecast program far exceeds the total income at the gate for such

contests. Many millions of Americans today are listening to radio, or watching television sports programs, who previously had little or no interest in sports. The result has been that Americans in general have become increasingly sport conscious. This increase has been particularly notable among women.

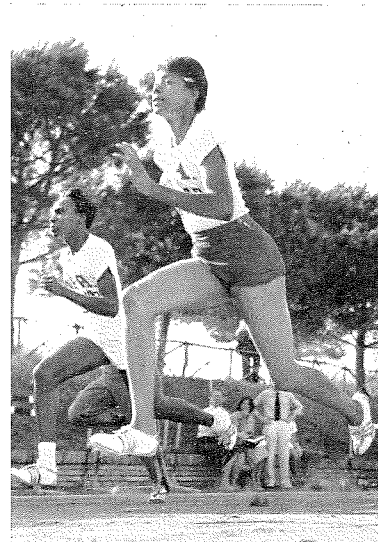
**Sale of Sports Equipment.** — National sales of sporting goods and equipment indicates that more Americans are actively participating in one or more sports today than ever before in history. This is particularly true in the sale of equipment designed for the use of young boys and girls, and for women. Little League and Junior American Legion baseball, teen-age basketball, football, and softball have been organized to such an extent that even the smallest and most remote towns and villages have established teams in these sports.

**Summary of Sports in America.** — The net result of these combined movements has been a steadily increasing interest and participation in the broad range of activities which make up the total American sporting scene. The commonly adopted slogan : « A sport for everyone and everyone in a sport » typifies the modern philosophy of sports in the United States today.

**Military Sports.** — With this brief sketch of civilian sports freshly in mind let us turn our attention to the present status of sports in the American Armed Forces. Military leaders for our Armed Forces in pre-World War I days came almost exclusively from our Military and Naval Academies. Since World War II because of the existing world situation and the greatly expanded size of our Armed Forces today, many thousands of reserve officers are now on active duty. Many of these officers have been trained in our colleges and universities, through the Reserve Officer Training Corps program. Essentially they are civilians with a minimum of military training, a majority of whom will eventually return to civilian life following their compulsory tour of duty with the Armed Forces.

**Composition of Modern American Armed Forces.** — In pre-World War I days the United States maintained a comparatively small Armed Force. With few exceptions both officers and enlisted personnel were career soldiers and sailors — men who volunteered to devote their lives to the military protection of our nation. In contrast, today's American Armed Forces consist in large part of draftees and reservists who have

no intention of making the military a career. This is particularly true of the so-called « enlisted personnel » who comprise the great bulk of the Army. These men are drafted, or enlist for short terms, with the intention of returning to civilian life as quickly as their terms of service



have been completed. Many of these young men come into the military directly from high schools or colleges and a very large percentage of them plan to return to such institutions to complete their education at the expiration of their military service. This group, it must be remembered, have enjoyed the benefits of the civilian sports program which have been previously described, and many of them are vitally interested in continuing active participation in the sport of their choice, while in service, so that they may successfully resume competition upon their return to civilian status. Maintaining high morale for this group, while in service, is best achieved by providing opportunity to participate in organized sports programs similar to those which they have previously enjoyed. Experience has demonstrated that they will be better soldiers and will eventually return to civilian life with a more kindly and appreciate attitude towards that branch of the military organization in which they served, if such opportunities are provided.

**Sports in US Military Academies.** — Our nation's military academies place great stress upon the development and promotion of physical fitness. Tremendous sports facilities of every possible type have been provided for the conduct of this program. Professionally trained leadership and the most experienced

coaches available are employed to plan, organize and direct this phase of the embryo officers career. A portion of the daily program is devoted to learning skills in a wide variety of sports activities. Competition in the intramural sports program is a basic requirement, and a considerable number of superior performers represent their academies in intercollegiate and international competition. Additional courses are required covering the organization, administration and coaching of sports to the end that all academy graduates will be qualified to serve as Athletic and Recreation Officers after they receive their commissions. Thus full acknowledgement is given to the importance of physical fitness and sports in our Service Academies. Pattern which have been established at these academies are copied and duplicated by their graduates when they are assigned to active duty. The traditions, general philosophy



and importance of sports in military life has been epitomized by General Douglas MacArthur on a plaque at the United States Military Academy at West Point, which reads as follows: «*Upon the fields of friendly strife are sown the seeds that, upon other fields on other days, will bear the fruits of victory*».

**Sports in post-World War II period.** — Immediately following the close of World War II the United States found itself in possession of the biggest military organization in its history. Despite the speed with which demobilization was effected, great numbers of men remained in uniform for several years. Upon cessation of hostilities in 1945, military leaders were faced with unprecedented morale problems. One typical solution was effected right here in Europe with the founding of the Inter-Allied Sports Council, which had its origin in Berlin, and which was incidentally the forerunner of the present Conseil International du Sport Militaire. The organization of this Council, and of

hundreds of sports teams on lower levels, proved to be one of the most effective ways of solving this problem. In the words of those primarily responsible for its solution «*Sports played a major role in saving the day*».

**Present Sports Policy.** — The Korean War forced the United States to once again call back to the colors large numbers of men, in all branches of service. At its conclusion a reappraisal of the world situation convinced top US military leaders that it would be necessary to retain, on an active duty status, the largest peacetime military organization in the history of our nation. With no actual war to fight, but with many difficult cold war military missions to be accomplished it was decided that a steady flow of draftees would be necessary to maintain military strength at a safe level. The bulk of this army was to come from the 18 to 25 year age group; young men of high school and college age, and young workers who were making their start in industry and business. A high percentage of the present military strength of the United States Armed Forces, especially the Army, is made up from this group. These factors, in addition to the civilian background earlier described, have had a most important bearing upon the formulation of sports policy and the actual organization and operation of the sports programs which are presently in effect in the American Armed Forces. The Department of Defense, which includes all of the military services, is thoroughly cognizant of the problems which confront commanders in the present situation, particularly with reference to the morale and physical well-being of the individual service man. Policy at this top level has been to encourage and assist in every way possible the organization and promotion of an effective sports program in each of the services.

**Department of Defense policy.** — The extent of this support is well illustrated by passage of certain public laws (by the 80th Congress of the United States in 1947 and more recently by the 84th Congress, in 1955) approving participation of military personnel in international competition, providing a substantial budget to finance the training of participants in such competition and establishing continuing approval and support for the future. Both of these laws were designed primarily to cover participation of Armed Forces personnel in the Pan American and Olympic Games. A Department of Defense Committee on International Sports Competitions was established as a liaison, coordinating and advisory agency of the Secretary of De-



fense, with power to make decisions and recommendations upon all matters pertaining to international sports competition of military personnel.

**Independent military service policies.** — Each of the services which make up the Department of Defense are authorized to organize sports programs best suited to their particular needs. Department of the Army has established a Sports Branch in the Office of the Adjutant General in Washington, D. C. which develops policy, prepares technical circulars covering various aspects of the authorized program and gives professional leadership and assistance to Army Commands throughout the world. This branch is responsible for the organization and conduct of annual championships in some team and individual sports, and for the selection of an All-Army team for competition in the annual Inter-Service Championships. It is also responsible for selecting and training Army personnel for Pan American, Olympic and certain other international sports championships. Other services follow this same general concept but may differ considerably on details which are employed in conducting their respective programs.

**Aims and Objectives of Military Sports Programs.** — In general, the objectives of these sports programs are typified by the description which appears in an official Army Circular as follows: «*The Army sports program provides for graded levels of competition in selected activities designed to provide commanders with an effective means of developing and maintaining a high state of mental and physical well-being among mili-*

tary personnel. Activities culminating at major command. All-Army and inter-service championship level provide normal requirements for program stimulation and development of organization esprit. Basic emphasis and support shall continue to be placed on intramural type competition for small unit teams. The primary objective is to provide opportunities for all personnel to participate in sports to develop qualities which enhance battle effectiveness».

Another section of the same circular approves participation of military personnel on civilian teams and in civilian competitions during off-duty time. Sports are an important part of what is known as the Army Welfare, Recreation and Morale program. In general, it is classified as an off-duty program although approval is commonly granted to teams and individuals for training, travel and competition on duty time.

**Structure of Sports in United States Armed Services.** — In general the structure of sports programs in the American services today follows this general pattern :

(1) Facilities of all kinds are made available, within budget limitations, to encourage all military personnel to take part in sports of their choice. Permanent and semi-permanent type bases and posts generally provide football, baseball, softball, volleyball, tennis, badminton, horseshoe and track and fields areas. Gymnasiums are generally available for indoor sports and most permanent posts provide outdoor or indoor swimming pools for aquatic activities. These facilities are available for use at all times and personnel are encouraged to utilize them on off-duty time.

(2) A wide variety of athletic equipment is likewise available. Such items may be checked out on a loan basis from the local athletic supply officer, without charge. Basketballs, footballs, soccer balls, volleyballs, baseballs, softballs, horseshoes, badminton racquets and birds, tennis rackets, baseball gloves and bats; basketball, football and baseball shoes; golf clubs, track and field equipment of all sorts — are just a few of the many items which are available for use. The *USAREUR* athletic office lists some 300 items which are made available to individuals and teams in the promotion of its sports program, to cite one specific illustration.

**Organized levels of Sports Competition.** — In addition to providing facilities and equipment to encourage individuals to engage in sports on their off-duty time, every effort is made to promote organized competition in a wide variety of sports activities. Such competition progresses

from basic, small unit level, to the Olympic level. Again citing the *USAREUR* program as a typical example, the following will serve as an illustration :

(1) Company level — one or more teams from each company (units of from 25 to as many as 250 men). This is the «mass participation» program, commonly referred to as the «intramural program». Team sports include touch football, softball, basketball and volleyball. Individual sports include tennis, golf, boxing, wrestling, badminton, bowling, horseshoes, handball and swimming where facilities are available. Competition at this level progresses from company to battalion to regimental to divisional championships. In some commands it may even progress to a higher level.

(2) Battalion level — one team representing each battalion sized unit. Team sports presently included in this program are basketball and soccer. Competition progresses to regimental and divisional championships.

(3) Regimental level one team representing each battle group sized unit. Team sports include baseball, basketball and football. Individual sports include track and field, boxing, tennis, golf and bowling. Competition progresses to *USAREUR* championships.

(4) Inter-Service level — one team representing the Army, selected from the outstanding champions in the annual All-Army trials. This competition is generally held immediately following the completion of service championships.

(5) Conseil International du Sport Militaire level — one team representing the entire United States Armed Forces, generally selected by competitive trials which are limited to outstanding personnel recommended by each of the services under the supervision of a coaching staff appointed by the Chief, United States Delegation to CISM.

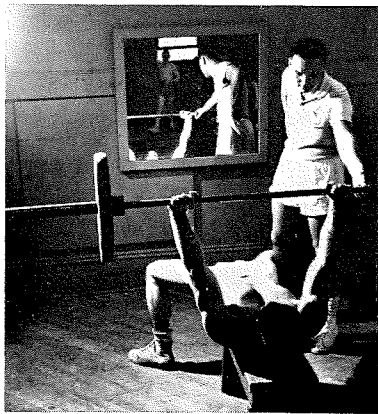
(6) Pan American and Olympic levels — one team representing the United States selected by duly ap-

pointed committees and coaches upon completion of national trials. Military personnel for these teams progress through their respective service and inter-service championships, directly to the final national trials. This is accomplished on the basis of records, performance and competitive elimination trials, normally through AAU channels. In the 1955 Pan American Games held in Mexico City, 35 per cent of the total strength of the United States team consisted of Military personnel with the Army supplying 25 per cent of this total. In the 1956 Olympic Games held in Cortina and Melbourne a total of 100 military personnel earned places on the United States team. Twenty-five per cent of the Winter Games team at Cortina was military, while 12 per cent of those who competed at Melbourne came from the services. Of this total of 100; 51 were from the Army.

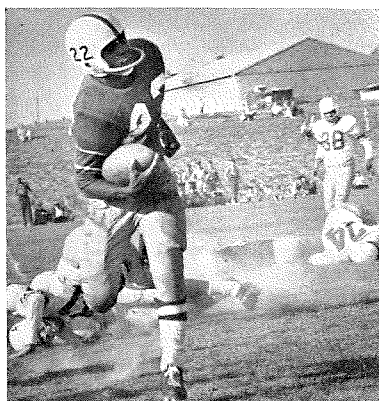
**Summary.** — In summary, it can be seen that the Armed Services of the United States make provision for all personnel to engage in sports competition, on a number of different levels. The Armed Services during recent Pan American and Olympic competition have contributed a steadily increasing number of competitors to United States teams, thus effectively demonstrating the success of existing programs, from lowest to highest levels. In the 1960 Olympic Games military athletes won seven gold, thirteen silver and one bronze medals.

**Financial support for Sports.** — Financial support for the military sports programs comes principally from what are referred to as «non-appropriated funds». These are funds which are generated in some other way than by direct appropriation by Congress. While the exact details and methods of raising such funds may differ in each of the services, again the situation here in *USAREUR* can be cited as a typical illustration. Approximately 90 per cent of the total funds for the operation of this entire program are non-appropriated.

**Sources of Financial support.** — Of the several sources which generate this income, two are primary importance. The first and by far the most important is the European Exchange Service; the second is the European Motion Picture Service. The former consists of the post exchanges and all of their associated activities including retail merchandising stores selling a wide variety of goods; laundry, cleaning and pressing service; barber shops and beauty parlours; tailor shops, radio and watch repair shops; beverage shops; grocery stores, etc. Profits from these establishments generate millions of dollars an-



nually, a generous share of which is allocated to Special Service Activities by the Central Welfare Fund Board. Sports is one of the major activities of the Special Services pro-



gram. The European Motion Picture Service operates an extensive chain of theaters, which are located on almost every post throughout the command. Despite the nominal admission price of twenty-five cents, a considerable profit is generated from this source, which is like-wise turned over to the Central Welfare Fund for support of Special Services activities.

Thus it can be readily seen that principal support for the sports program comes from money spent by military and civilian personnel and their dependents. In a very real sense, therefore, every service man is paid a dividend on his expenditures by way of an opportunity to enjoy the full benefits of an extensive sports program.

#### Admission charge to Sports Events.

— Because of the manner in which this program is supported, admission to sporting events held under *USAREUR* auspices, from lowest to highest level, is free. In this connection an extensive campaign is in continual operation to advertise the fact that «The price of admission is good sportsmanship». Huge banners carrying this slogan are prominently displayed at every sports center and at all championships competitions.

#### Administration and Supervision of Sports Program.

— The administration and supervision of sports programs in each of the services again varies somewhat within service and command. Here again the existing program in *USAREUR* may be used as a somewhat typical illustration. Responsibility for the operation of the sports program is delegated to the Chief, Special Services Division, by the Commander-in-Chief, *USAREUR*.

This Division is presently commanded by a Colonel. Sports are supervised by a Lt Colonel, who acts as Chief of the Sports Branch. On his staff are a number of military and civilian specialists who serve as section chiefs. This office is responsible for the overall planning, organization and operation of the sports program throughout the European command. General policy is formulated by the Personnel and Administration Division, Hq *USAREUR*. Regulations for the overall operation of the program originate from a Circular, published by Headquarters *USAREUR* which covers every important aspect of the program. A Special Services Officer in each of the major commands is responsible for proper supervision of the program within his units. To assist him in implementing published rules and regulations are subordinate Athletic and Recreation Officers, who in turn have their own staffs of non-commissioned and enlisted personnel to put the total program into effect.

**Civilian Technicians.** — In addition to military personnel a limited staff of civilian Recreational Sports Supervisors assist with technical details of the program. These men are professionally trained experts who have completed a college degree, or its equivalent, in the field of physical education and sports. They are Civil Service employees with ratings dependent upon their professional training and experience, and the size of the command in which they serve. Their particular function is to advise and assist military officers on all technical aspects of the program, and to supervise sports competition when called upon to do so. They are selected and assigned by the Chief Special Services Division and are responsible both to him and to the Commanding General of the Command to which they are assigned. This civilian staff includes 3 positions at Headquarters *USAREUR* and 12 with subordinate commands.

#### Responsibility for Conduct of Championships.

— In general, the conduct of all sports competition is a responsibility of major or subordinate commands, within limits of the published rules and regulations previously referred to. Where *USAREUR* championships are conducted, responsibility is assumed by the Chief Special Services Division. Similarly, all competition above *USAREUR* championship level is a responsibility of this office. For operational purposes the Sports Branch prepares an annual schedule of games in such sports as baseball and football. Here the Command is divided into geographical conferences or leagues. At the end of the playing season the champions of these conferences meet to determine

*USAREUR* champions. In individual sports such as boxing, golf, tennis, track and field bowling each of the major commands conduct their own elimination competition in order to select representative teams for competition on *USAREUR* level. Competition is then conducted to determine annual *USAREUR* champions in these sports.

**Coaches and Officials.** — It has often been said that no sports program is any better than the calibre of coaching and officiating which it receives. These are two of the most difficult of all the problems associated with the operation of a successful military sports program. No standardized solution has been found and each service handles these problems in its own way. A few general statements can be made.

**Coaches.** — With few exceptions coaches are recruited from within the ranks of the units of the teams which they are assigned to coach. For intramural competition many of these coaches have had little or no previous experience. A majority of them are generally athletes who have had some experience as players, on high school or colleges teams. For higher level teams officers who have had some previous coaching experience are generally selected although in many cases, where such personnel are not available, the units most outstanding player is often assigned as coach. In the continental United States some of the larger Post level teams of Divisional strength employ experienced civilian coaches to fill the more important positions. This is particularly true in football and basketball where ambitious schedules are often attempted. Where military personnel are assigned to coach higher level teams, such duty is generally in addition to a somewhat reduced military duty load. In very few instances are coaches relieved entirely of their military duties.

**Coaching Clinics.** — In order to improve efficiency of these coaches many commands conduct annual coaching clinics under the tutelage of outstanding experts, in each of the sports making up the program. As an illustration of this practice both the Army and Air Force in Europe conduct annual weeklong clinics of this type in most sports. The finest and most successful college and university coaches from the United States donate their services as instructors for such clinics. Their expenses, including transportation to and from their home in the States are paid, but they receive no salary, despite the fact that some of them are away from home for a month or more on such assignments.

**Officials.** — In general, the comments which have been made above for coaches likewise apply to officials. Stateside military units generally procure officials for top-level competition from local civilian officials associations. Rates of pay are the same as those paid comparable level civilian contests, varying considerably in various sections of the country. In overseas posts, where such officials associations are not available to supply competent officials the problem is solved in many different ways. The solution which has been found in *USAREUR* will be used as an illustration of how one branch of the service has attempted to solve this problem. The *USAREUR* Sports Branch has established the *USAREUR* Athletic Officials Association, an organization whose sole function is the training, examining, rating and assignment of officials for all sports contests. Starting point of this program is the holding of annual Officials Clinics in each of the sports. These clinics are instructed by the most competent and experienced officiating personnel available in the United States, on the same basis as described above for coaches. The instructional program consists of two parts: (1) an exhaustive explanation and discussion of rules, followed by a written examination and (2) practical work in officiating which is likewise concluded with a proficiency rating. The results of these combined tests are used to qualify a student for a provisional officials card. This card is limited to the specific sport in which the official qualified. No limit is placed on the number of sports which officials may officiate, and experience reveals that many of them hold cards in several sports. Once provisional cards have been issued, holders thereof must secure a stipulated number of satisfactory ratings by coaches and supervisors in organized competition. When this has been accomplished they are then issued an official « membership card » and insignia, indicating that they are



fully accredited officials in that particular sport. Existing regulations prohibit the payment of fees to officials for intramural competition except at championship level. Fees for higher level competition are authorized and range from five to as high as twenty dollars per contest, depending upon the particular sport to which they are assigned. Assignments for all *USAREUR* championship competition are made by the Chief of the Officials Association, an office which is presently held by a civilian member of the staff of the Sports Branch. This approach to the solution of the problem of providing competent officials for all of the sports which are included in the *USAREUR* program has proved to be reasonably successful despite the fact that American spectators are generally critical of even the most experienced officials. The best evidence of its success is the number of *USAREUR* trained officials who, upon return to civilian life, have been accepted into membership of civilian officials associations.

(Photos U. S. I. S.)

## FRANÇAIS

### LE SPORT AUX ETATS-UNIS.

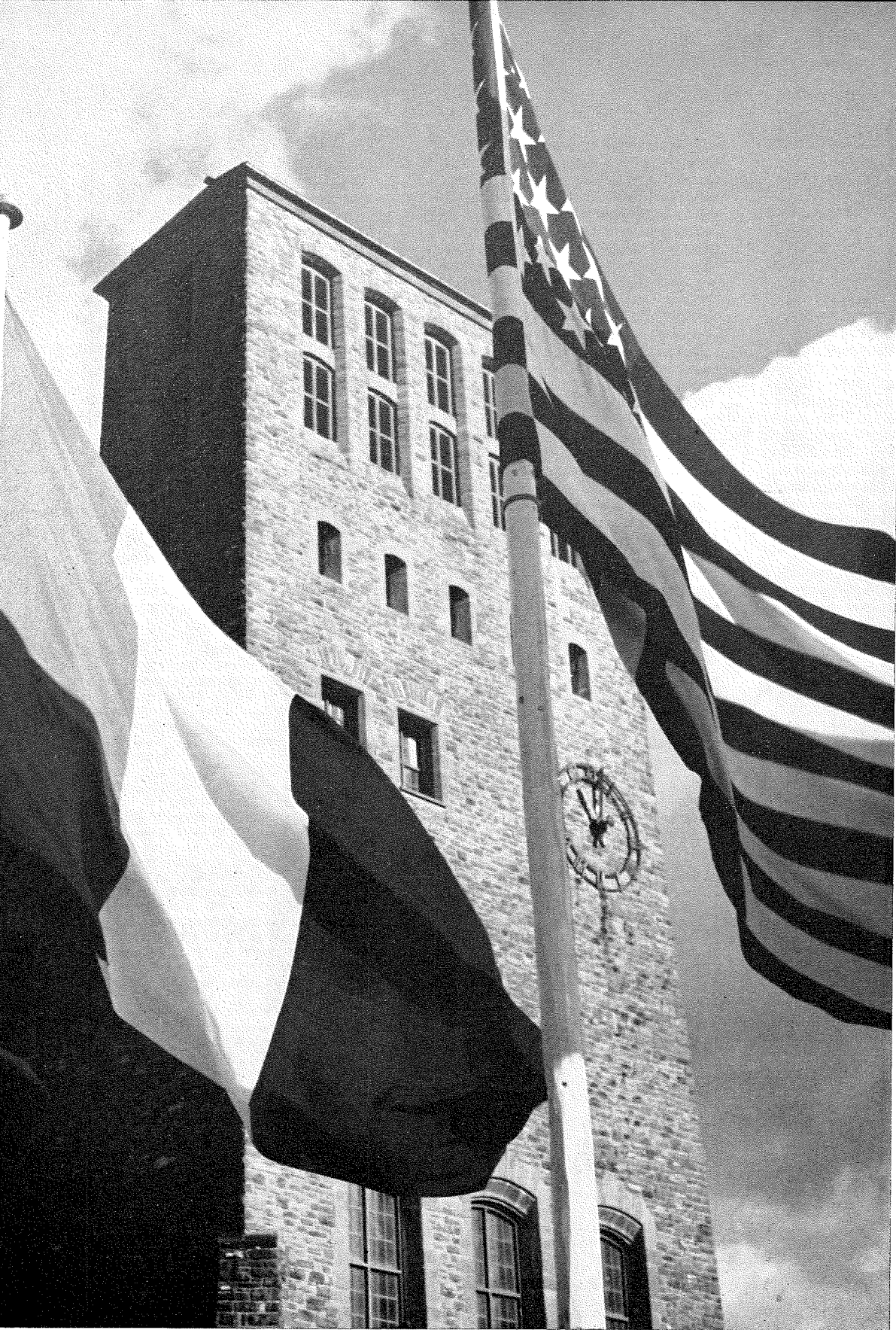
*Le Sport Civil.* — A l'époque des pionniers, le sport contribuait à l'instinct de conservation, sous les aspects de la chasse, de la pêche, du canoé, du ski, etc... Après 1850, chaque Etat prit la responsabilité d'ouvrir des écoles gratuites pour tous et au début du XX<sup>me</sup> siècle l'accent fut mis sur les jeux et les sports. 1916 marque le début de la pratique obligatoire du sport dans les écoles, entraînant la formation d'un grand nombre de professeurs spécialisés. Par la suite de nombreuses institutions et organisations échafaudèrent la structure sportive actuelle des Etats-Unis : la « Young Men's Christian Association, YMCA », dès 1890 forma les cadres dont profitèrent des milliers d'hommes et d'enfants dans les gymnases et piscines des grandes villes — l'« American Association of Health Physical Education and Recreation » et « The American Association » se consacrèrent au Sport populaire dans tout le pays — de nombreuses organisations religieuses (juives, catholiques, Mormons) mirent en lumière l'influence du sport sur la moralité — la « High School and College Sports Union » et l'« Amateur Athletic Union » patronnèrent des compétitions interscolaires en 19 sports. Quant aux industries et sociétés, au cours de ces dernières années, elles fournirent leur appoint au développement physique et moral de leurs employés en construisant des gymnases, des piscines, des

terrains de jeux et en établissant des compétitions, inter-firmes, à l'échelon de la ville, de l'Etat, voire même de la nation. La Presse, la Radio et la Télévision de nos jours continuent à développer l'intérêt du grand public pour le sport, notamment chez la femme.

*Le Sport Professionnel.* — Un nombre toujours croissant de jeunes athlètes cherchent à faire leur carrière dans le sport professionnel. D'autres deviennent entraîneurs, moniteurs dans les lycées, collèges et centres récréatifs. Les matches de boxe, de baseball, de lutte, de tennis, de football, de hockey attirent annuellement des milliers de spectateurs.

*Le Sport dans l'Armée.* — A l'époque de la guerre froide, les Etats-Unis jugent nécessaire de maintenir sous les drapeaux un effectif élevé. Le Département de la Défense, particulièrement soucieux des problèmes physiques et moraux de ces jeunes gens, encourage l'organisation et le développement de programmes sportifs dans toutes les Armes. En 1955, le 84<sup>me</sup> Congrès approuva la participation du personnel militaire dans les compétitions internationales. Dans les Bases et les Postes de type permanent et semi-permanent, des terrains permettent la pratique du football, du base-ball, du softball, du volley-ball, du tennis, du badminton, de l'équitation et de l'athlétisme. Le bureau d'athlétisme de l'*USAREUR* compte plus que 300 articles de sport mis à la disposition des soldats. Les compétitions sportives s'échelonnent du niveau compagnie au niveau olympique en passant par celui du régiment et du Conseil International du Sport militaire. En 1956, au cours des Jeux Olympiques, les athlètes militaires ont gagné sept médailles d'or, treize d'argent et une de bronze. Les fonds nécessaires proviennent principalement du « European Exchange Service » et du « European Motion Picture Service » (Service Cinéma). En plus du personnel militaire chaque « Major Command » est assisté d'un ou plusieurs « Recreational Sports Supervisors » civils. C'est le chef des Services Spéciaux qui a la responsabilité, des championnats *USAREUR*.

*Entraîneurs :* ils sont recrutés parmi les gradés des unités des équipes qu'ils doivent entraîner. Pour améliorer leur efficacité, chaque année des stages pour entraîneurs sont organisés. Ce qui est valable pour les entraîneurs est valable pour les officiels. De nombreux officiels entraînés par les soins d'*USAREUR* ont souvent été pris par des Associations Officielles Civiles, au moment de leur retour dans la vie civile.



# SONTHOFEN

A CADEMIE

## QUE PENSEZ-VOUS...

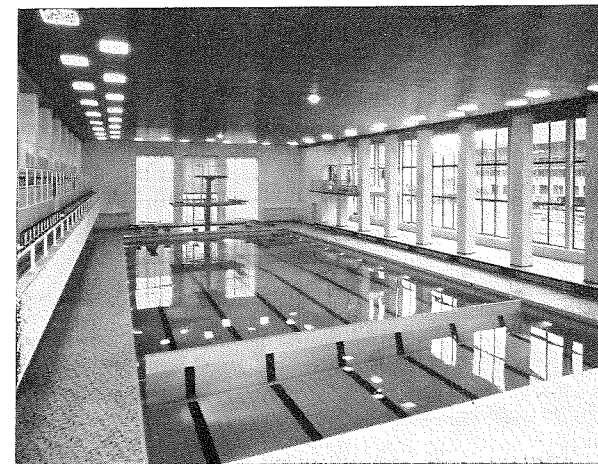
Une Enquête du Commandant Edmond PETIT

A l'issue des Championnats Internationaux de Natation du C.I.S.M. qui se sont déroulés du 25 novembre au 5 décembre 1960, nous avons posé les questions suivantes :

1. — Que pensez-vous du double arbitrage en Water-Polo ?
2. — A quel âge un nageur peut-il commencer la compétition ?
3. — Y-a-t-il une alimentation type du nageur ?
4. — Quel est le nageur qui vous a produit la plus forte impression à Sonthofen ?
5. — Que pensez-vous du C.I.S.M. ?
6. — Avez-vous une méthode particulière d'entraînement ?

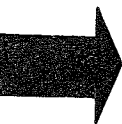
à...

- Commandant BERNAERT (BELGIQUE), ex international militaire de Water-Polo;
- Adjudant DUCHEMIN (FRANCE), ex international de Water-Polo, entraîneur;
- Doctor GEBHARDT (GERMANY), FINA, technical Counselor German Team;
- Lieutenant LECHNER (UNITED-STATES), coach;
- Major de WIJK (NEDERLAND), team captain;
- Signor ZIZEK (ITALIA), entraîneur.



## WHAT DO YOU THINK...

Réponses  
Answers



1. — Commandant BERNAERT
2. — Adjudant DUCHEMIN
3. — Doctor GEBHARDT
4. — Lieutenant LECHNER
5. — Major de WIJK
6. — Signor ZIZEK

### 1. — Que pensez-vous du double arbitrage en Water-Polo ?

Le double arbitrage a redonné de l'intérêt au Water-Polo qui était incontestablement en perte de vitesse.

La seule manière de rester dans l'esprit du jeu (jouer la balle et non l'homme) est de réaliser une surveillance constante des joueurs et du déroulement du match. Pour cette raison le double arbitrage est nécessaire.

Le double arbitrage est incontestablement un progrès. Mais il importe surtout que les deux arbitres s'entendent parfaitement. Pour ce, les règles doivent être bien définies et ne pas permettre d'interprétations.

Aux Etats-Unis, nous pratiquons le double arbitrage. Lorsqu'il n'y a qu'un arbitre, celui-ci siffle trop souvent et interrompt ainsi le jeu d'une façon abusive.

J'estime que c'est absolument indispensable. Cela évite les nombreuses erreurs qui autrefois émaillaient les parties.

Depuis deux ans, on emploie le double arbitrage au C. I. S. M. L'expérience a été positive. Le jeu gagne en rapidité ce qui accroît encore le côté spectaculaire.

**Conclusion : Unanimité... qu'en pense la F. I. N. A. ?**

1. — Commandant BERNAERT
2. — Adjudant DUCHEMIN
3. — Doctor GEBHARDT
4. — Lieutenant LECHNER
5. — Major de WIJK
6. — Signor ZIZEK

### 2. — A quel âge un nageur peut-il commencer la compétition ?

Le jeune nageur peut s'entraîner sérieusement dès l'âge de douze ans et participer à des compétitions à quinze ou seize ans.

La natation n'est pas un sport violent du fait que l'eau se charge de porter le corps. Aussi, en respectant les distances, peut-on faire courir un nageur dès l'âge de 10 ans environ.

En Allemagne, cette question est à l'ordre du jour. A mon avis, un enfant peut faire de la compétition sur des petites distances dès l'âge de 10 ans.

Souvent, chez nous, les garçons de 8 ans font des compétitions. Je pense pourtant qu'ils sont trop jeunes pour supporter des efforts aussi durs.

C'est très variable. Cela dépend de la morphologie de l'enfant. Mais de toute façon le jeune nageur ne doit pas faire de compétitions avant 12 ans.

Un enfant peut nager de 2 ans à 7 ans en eau tiède puis commencer véritablement l'entraînement. A 10 ans il peut participer à des compétitions.

**Conclusion: Vers 10-12 ans.**

1. — Commandant BERNAERT
2. — Adjudant DUCHEMIN
3. — Doctor GEBHARDT
4. — Lieutenant LECHNER
5. — Major de WIJK
6. — Signor ZIZEK

### 3. — Y-a-t-il une alimentation type du nageur ?

Il ne faut pas imposer un menu à un nageur.

L'alimentation est fonction de l'origine ou de la nationalité du nageur. De toute manière, un Japonais ne mangera pas comme un Européen. Il importe que le nageur aime ce qu'il mange. Il faut toutefois éviter les sauces et les féculents.

Ce n'est pas parce que Murray Rose est végétarien que vous serez comme lui champion olympique si vous suivez son régime. Ainsi n'y-a-t-il pas d'alimentation type. Cependant je conseille les protéines pour les sprinters et les légumes verts pour les nageurs de fond.

Il me semble préférable de faire trois ou quatre repas légers comme c'est l'usage aux Etats-Unis, plutôt que deux, très lourds et longs à digérer. Il faut manger beaucoup de fruits, des légumes verts et boire du lait. Éviter la viande et le pain.

Il n'y a pas de régime spécial pour un nageur. C'est le régime de tout sportif.

Je déconseille à mes nageurs de manger beaucoup de viande mais il n'y a pas, à mon avis, d'alimentation type.

**Conclusion : Bon sens et modération.**



1. — What do you think of the double-arbitration in Water-polo?

Without any doubt, Water-Polo was stalling. Double arbitration has renewed interest in that sport.

The only way to remain in the game spirit (playing the ball and not the man) is to watch the players and the game, all the time. Therefore double-arbitration is necessary.

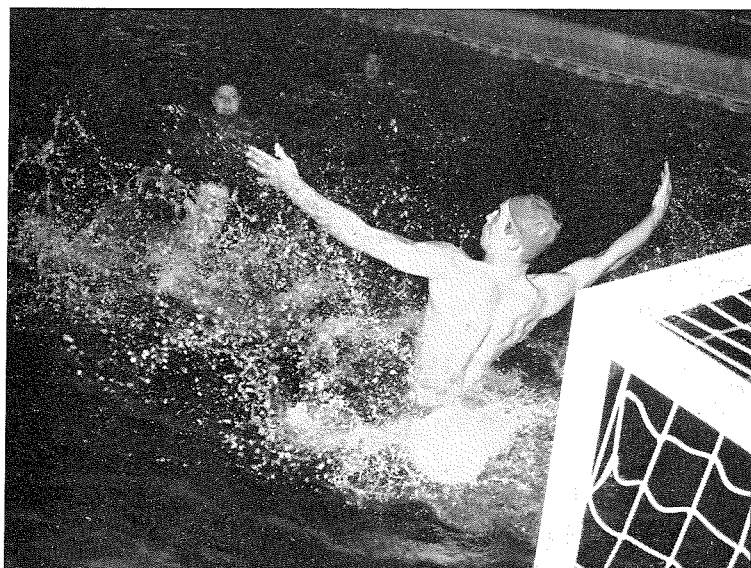
Beyond any doubt, double-arbitration is a step forward. Most important of all, it is mandatory both referees agree perfectly. Therefore, rules must be clear cut and not leave way to various interpretations.

In the United-States, we have double-arbitrage. When there is only one referee, he whistles too often and therefore stops the game in an excessive manner.

I believe this is absolutely necessary. This method precludes numerous errors which used to bring disagreements.

For two years, we have been using double-arbitration in C. I. S. M. This experimentation has been positive. The game gains in speed which increase the spectator interest.

**Conclusion:** All of them agree... and the F. I. N. A. ?



2. — At what age can a swimmer begin competing?

A young swimmer can begin serious training when he reaches 12 years of age and can participate in competitions when he reaches 15-16 years of age.

Swimming, considering that water carries the body, is not a violent sport, therefore, taking distances into account, a swimmer can compete when he reaches around 10 years of age.

In Germany, it is a question under study. In my opinion, a child can enter in some competitions when he reaches 10 years of age.

Quite often, at home, boys 8 years old enter competitions. However, I think they are too young to put up such hard efforts.

It varies, and depends on the physical condition of the child. In any case, a young swimmer should not enter competitions before he reaches 12 years of age.

A child can swim from 2 to 7 years old in tepid water, then he can truly start his training. When 10 years old he may participate in competitions.

**Conclusion:** As early as 10 or 12 years old.



3. — Is there a standard diet for swimmers?

No diet should be forced upon swimmers.

Eating habits depends upon the origin or nationality of the swimmer. Japanese eat differently than Europeans. It is important that the swimmer likes what he eats. However, gravies and starches should be avoided.

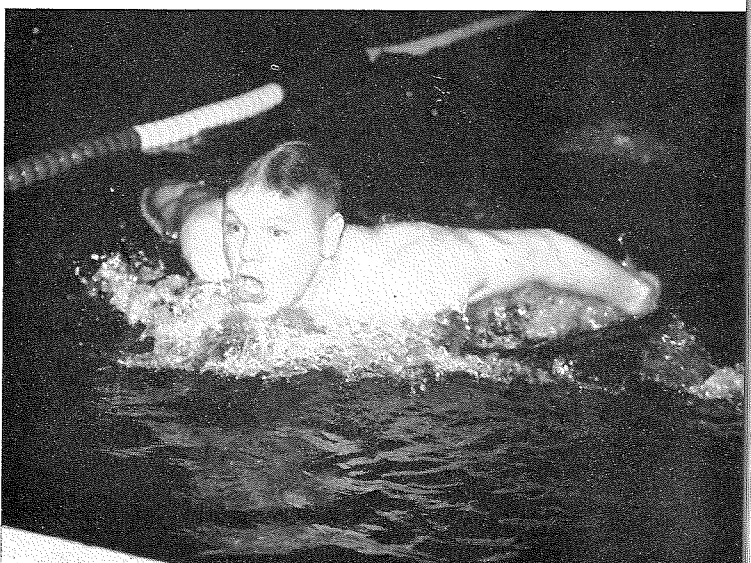
It is not because Murray Rose is a vegetarian that, if you follow his diet, you will also be an olympic champion. Therefore there is no standard diet. However, I would advise protein for sprinters and greens for long distance swimmers.

In my opinion, it is preferable to eat three or four light meals per day, as we do in the United-States, rather than eat two very heavy and hard to digest meals. One must eat a lot of fruit, green vegetables and drink milk. Avoid meat and bread.

There is no special diet for a swimmer. It is the diet of all sportsmen.

I advise my swimmers against eating a lot of meat but, in my opinion, there is no standard diet.

**Conclusion:** Common sense and moderation.



1. — Commandant BERNAERT
2. — Adjudant DUCHEMIN
3. — Doctor GEBHARDT
4. — Lieutenant LECHNER
5. — Major de WIJK
6. — Signor ZIZEK

4. — Quel est le nageur qui vous a produit la plus forte impression à Sonthofen ?

Morris... et de loin.

Le sprinter américain Morris. C'est un nageur qui allie les deux qualités primordiales: la condition physique et l'intelligence de course.

C'est incontestablement Morris, qui a démontré une condition physique parfaite et une technique remarquable. N'a-t-il pas nagé dans le relais 4 × 100, 4 nages son 100 m papillon en 1.1.8 ? Cela prouve qu'il aurait été aux J. O. de Rome finaliste sur cette distance... qui n'est pas sa spécialité.

Mon compatriote Morris fut incontestablement le meilleur nageur. Mais je le connaissais déjà...

L'américain Morris qui, j'en suis persuadé, aurait obtenu sa place en finale olympique.

L'américain Morris, le français Bonafos et surtout son compatriote Baudelin qui a battu Elsa dans le relais 4 × 400 m, 4 nages. Ce garçon est très perfectible et il a de grands moyens physiques.

**Conclusion :** J'ai été fier de remettre à l'aviateur Morris sa médaille à Sonthofen !

1. — Commandant BERNAERT
2. — Adjudant DUCHEMIN
3. — Doctor GEBHARDT
4. — Lieutenant LECHNER
5. — Major de WIJK
6. — Signor ZIZEK

5. — Que pensez-vous du C. I. S. M. ?

Quoi de plus généreux que de vouloir la fraternisation des militaires de toutes les nations ? C'est le but du C. I. S. M. et voilà pourquoi j'adhère entièrement à son principe.

Le principe du C. I. S. M. est excellent.

Le C. I. S. M. est une très bonne initiative. Le sport fait la liaison entre le peuple et la jeunesse. Dans les pays de l'Est, le sport militaire est très à l'honneur, pourquoi ne les suivrions-nous pas dans cette voie excellente ?

On ne connaît pas assez le C. I. S. M. aux Etats-Unis. C'est pourtant une très belle idée et il faut faire encore un effort pour la répandre.

C'est un organisme tout à fait remarquable car des manifestations d'amitié comme celle de Sonthofen contribuent à resserrer les liens de compréhension entre les divers pays.

Il y a trois ans que j'entraîne les nageurs militaires italiens qui prennent part aux championnats du C. I. S. M. Je trouve que cette compétition est digne d'éloges quant à son principe et à son organisation. Un simple souhait : qu'un grand nombre de pays participent.

**Conclusion :** Continuons.

1. — Commandant BERNAERT
2. — Adjudant DUCHEMIN
3. — Doctor GEBHARDT
4. — Lieutenant LECHNER
5. — Major de WIJK
6. — Signor ZIZEK

6. — Avez-vous une méthode particulière d'entraînement ?

La condition physique est le gage de tout succès. Un nageur même extraordinairement doué ne pourra obtenir de bons résultats suivis sans un entraînement et une gymnastique pratiqués d'une manière rationnelle.

Le nageur est athlète et non poisson. La condition physique est primordiale à cet égard. Elle peut même être mise à égalité avec la technique pure. La mise en condition doit s'effectuer « à sec », par un travail méthodique.

En Allemagne nous pratiquons l'entraînement fractionné. C'est à mon avis la meilleure méthode. Il faut également amener un nageur à un état de décontraction totale au moment du départ d'une course. C'est un des secrets des performances des nageurs américains et australiens.

L'entraînement est universel et je ne pense pas qu'on y apportera de grands changements dans l'avenir.

Les méthodes sont semblables pour tous les pays.

Je suis un adepte de l'entraînement psychophysique. Pour avoir vu nombre de nageurs perdre la moitié de leurs moyens par excès de contraction au départ d'une course, j'accorde une grande importance à l'entraînement psychique.

**Conclusion :** A retenir : Athlète, et non poisson !

En haut : Morris (avec le Lt Charles Lechner), à l'honneur.  
En dessous : Morris à la peine.

4. — Which one of the swimmers gave you the strongest impression at Sonthofen ?

Morris... by far.

The American sprinter Morris. He is a swimmer who possesses both primary qualities: physical condition and competition understanding.

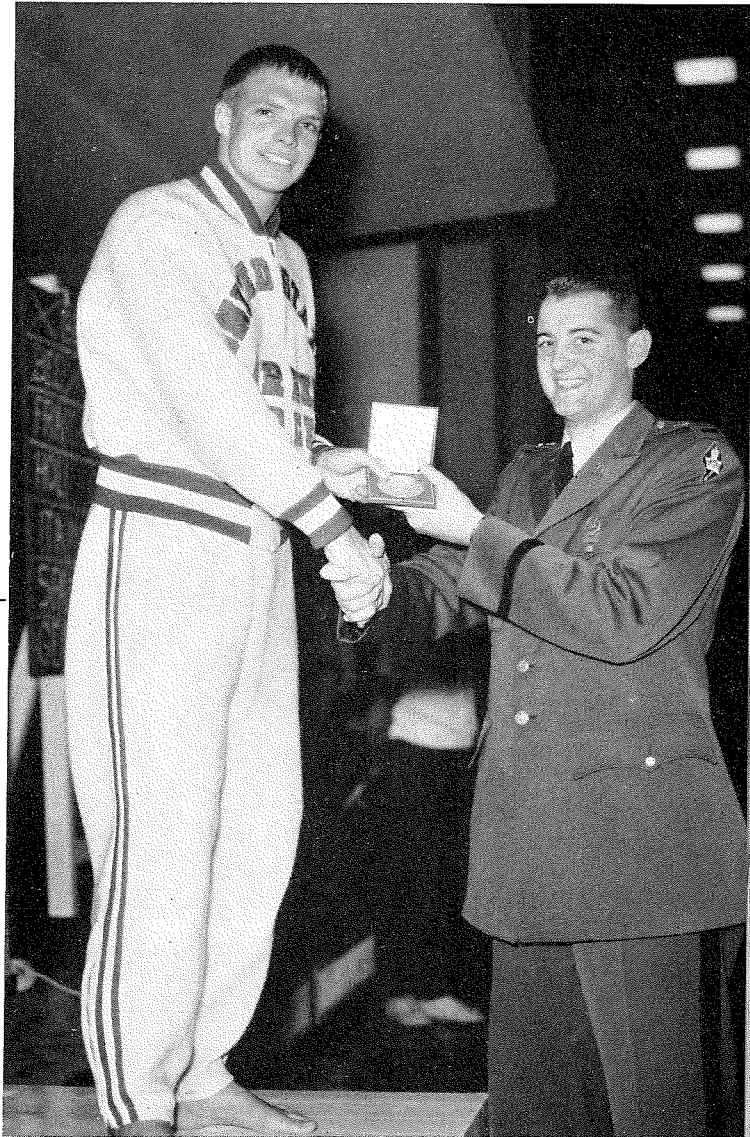
Morris, beyond all questions. He showed a perfect physical condition and remarkable technique. Didn't he swim the 100 m « butterfly », in the 4 × 100 relay — 4 swimmings in 1.18? This proves that in such a distance he would have been a finalist in the Olympic Games in Rome... and this type of stroke is not his speciality.

My fellow country-man Morris was undoubtedly the best swimmer. But I already knew him...

The American Morris who, I am sure, would have obtained a place in the Olympic finals.

The American Morris, the French Bonafos and above all his country-man Baudelin who won against Elsa in the 4 × 100 m relay 4 swimming. This boy is quite perfectible and possesses great physical capabilities.

**Conclusion : It was my privilege to award his medal to Morris (U. S. A. F.) at Sonthofen.**



5. — What do you think of C. I. S. M. ?

What is more generous than to wish an all-nations military fraternization? This is the aim of C. I. S. M. and it is the reason for which I fully agree with its principle.

C. I. S. M. principle is excellent.

C. I. S. M. is a very good initiative. Sports serve as liaison between people and youth. In Eastern countries, military sports are in favor, why shouldn't we follow them on this excellent road?

C. I. S. M. is not known enough in the United-States. Yet, it is a wonderful idea and further efforts must be made to spread it out.

It is a most remarkable organization and such friendly manifestations as the one of Sonthofen contribute in bringing closer the bonds of understanding between various countries.

For the past three years I have been training Italian military swimmers who take part in the C. I. S. M. championships. I believe this type of competition is quite worthy of praise for its principle as well as for its organization. A simple wish: that a greater number of countries participates.

**Conclusion : Carry on, C. I. S. M....**

6. — Do you have a special training method ?

Physical condition is a prerequisite for all success. Even a swimmer extraordinarily gifted will not be able to obtain good results without conditioning done in a sensible manner.

The swimmer is an athlete and not a fish. Therefore physical condition is the most important. It could even be said that it is as important as technique itself. Physical condition training must be done « aground » by systematic work.

In Germany we practise interval training. In my opinion it is the best method. A swimmer must be brought to complete relaxed state at the time of start for a competition. It is one of the secrets of the Austrians' and American swimmers performances.

Training is universal and I don't believe that it will bear many important changes in the future.

Methods are the same in all countries.

I believe in psychophysical training. Because I have seen so many swimmers lose half of their abilities by over-nervousness at the start of a race, I place great emphasis on psychological training.

**Conclusion : To remember : An athlete, not a fish !**

(Copyright)



Above : Honours for Morris (with him Lt Charles Lechner).  
Under : Morris, the hard way to the podium.

(Photos Heimhuber, Sonthofen)



(Photo Barnalidis, Athenes)

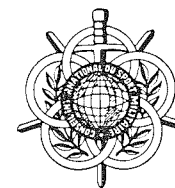
1



(Photo VI Menn, Norvège)

2

# C. I. S. M.



# P A R A D E

1. Athènes — 28 février 1961 : Le Prince Constantin de Grèce va se faire présenter les équipes de la rencontre de football Grèce-USA comptant pour le championnat du CISM.
2. Athènes — 20 novembre 1960 : Le Lieutenant Gordon B. Rogers, champion CISM au fusil (total précision et vitesse) porté en triomphe par les Norvégiens.
3. Sonthofen — 28 novembre 1960 : Le Général Heusinger (Allemagne) félicite l'Américain Estel L. Mills, gagnant du plongeon.
4. Ankara — 8 janvier 1961 : Les équipes de football de Turquie et d'Iraq devant le Mausolé d'Attaturk.
5. Andermatt — 26 février 1961 : La patrouille norvégienne, gagnante des championnats militaires organisés par la Suisse.

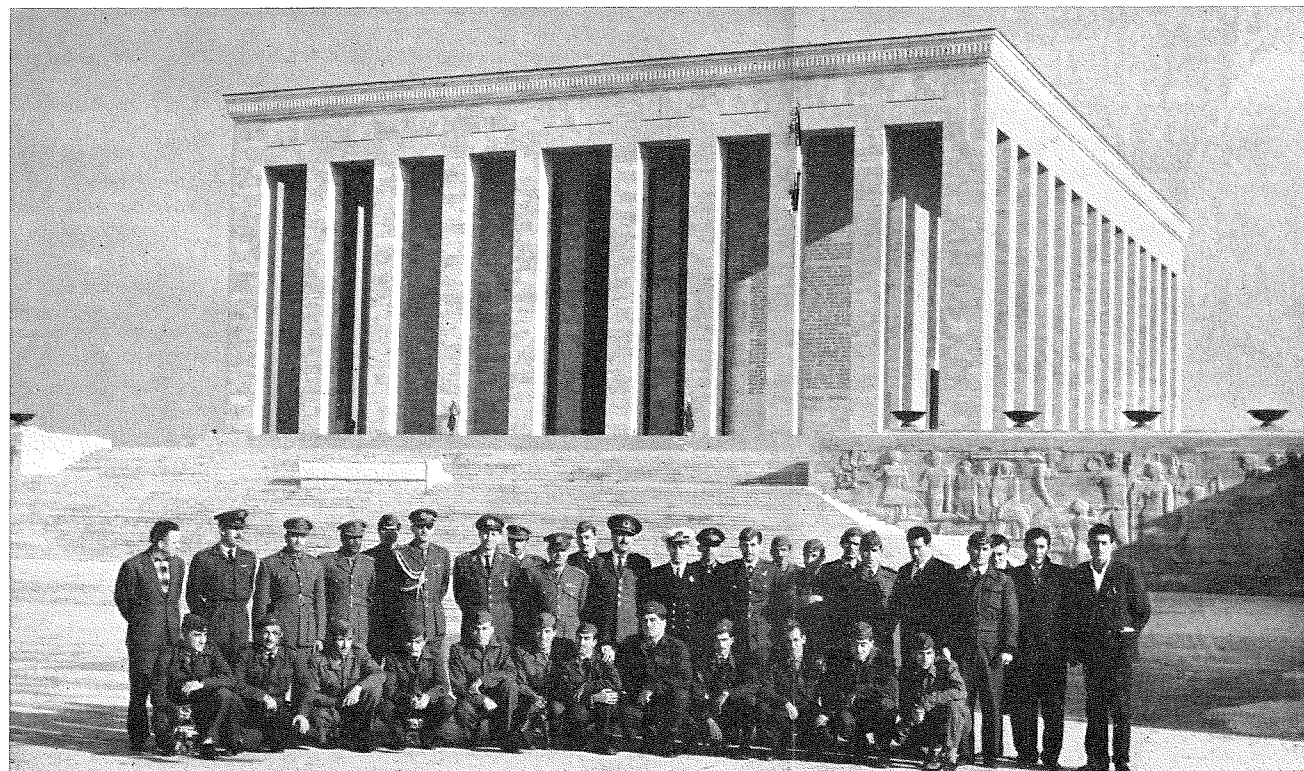
1. Athens — 28 February 1961 : Prince Constantin of Greece at the soccer game Greece-USA, during the presentation of the teams.
2. Athens — 20 November 1960 : Lieutenant Gordon B. Rogers CISM shooting champion (rifle) is carried on the shoulder by the Norwegian team.
3. Sonthofen — 28 November 1960 : General Heusinger (Germany), congratulates Estel L. Mills, CISM diving champion.
4. Ankara — 8 January 1961 : The soccer teams from Turkey and Iraq during a visit at the Attaturk Mausoleum.
5. Andermatt — 26 February 1961 : The Norwegian patrol en route for a new title in the military championship sponsored by Switzerland.

(Photo Turquie)



(Photo Heimhuber, Sonthofen)

3



4

5



(Photo Christen, Andermatt)

# BE MOUNTAIN WISE



by Sfc Chan BERGEN

We sometimes hear the expression « everything went off like clockwork ». This was one of the impressions unanimously agreed upon by all of those attending the ski and survival course conducted by the Norwegian delegation to CISM at Norefjell, Norway, during the period 25 January - 3 February 1961.

Our introduction to this expertly planned course began with the hospitality of the Belgian delegation who furnished us with comfortable quarters during our stopover in Brussels and a pleasant flight to Oslo aboard a Belgian Air Force plane.

From the time we arrived in Oslo, we were in the capable hands of Lt. Col. Harald Sandvik, General Director of the course and chief of the Norwegian delegations to CISM. The training at Norefjell can only be described as a tribute to the planning and execution of what must have been one of the smoothest operations ever executed in the name of CISM. In fact, it was Major Mollet, during his final tribute to the Norwegians, who remarked : « This entire course has been characterized by excellent organization; even the weather has been perfect. The clouds stayed away because they didn't dare to approach our training area. Gentlemen, that's what I call organization ! »

At Norefjellstua, 120 kilometers north west of Oslo, at the lodge owned by the Association for the Promotion of Skiing, 41 delegates from 15 nations unloaded their baggage on 25 January and formed outside the building in front of the flags of their respective nations. The flags of Norway and CISM were raised to signal the start of the training program and this was followed by a welcoming address from Lt General Odd Bull, Commander in Chief of the Norwegian Air Force. On the platform with General Bull were other officials from the world of CISM including Brigadier General Royal Hatch, USAF, Vice President of CISM, Lt. Col. Sandvik and Major Mollet, secretary-general. Once the ceremony was completed, the members busied themselves with the preparation of equipment and the fitting of skis.

Skiing, both military and sport, has spread to all parts of the globe that have a snowy winter. No single nation can claim a monopoly of experts in the ski world but in spite of recent developments in techniques and equipment, Norway, along with Sweden and Finland remains the inviolable

*At Norefjell, Norway, the keynote was organization, friendship and excellent instruction at the 5th CISM Training Course.*



Captain Karlson lecturing.

Le Capitaine Karlson, chef de la section « Survie ».

domain of the cross country elite. Cooperation between these three countries has resulted in a ski system known as the Nordic School of Skiing. One of the basic tenets of the course was to illustrate « The philosophy, technique and methods of the basic Nordic School of Skiing, adapted to military skiing ». This goal was reached through demonstrations by experts from the Ski Company, H. M. the King's Guard, and excellent instruction in ski techniques by Norwegian instructors. Some of the participants in the Norefjell course had had little or no experience in skiing; others were quite competent in military skiing and a few were expert in downhill only. Regardless of what group they belonged to, all came away from the training with a healthy respect for the methods used in the Nordic School of Skiing.

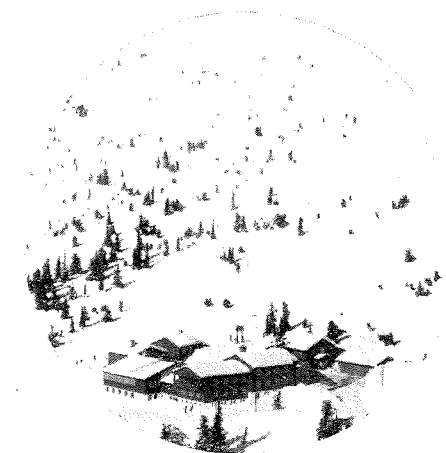
The principle of progression was adhered to in all of the instruction and as the students found their Nordic ski legs, the training program exposed them to a comparatively

easy orienteering problem; later, they conducted a more difficult mountain march involving orienteering and the hauling of a sled over fairly precipitous terrain. The route of march took the skiers above timberline and involved a descent to the lodge after dark. Through the use of headlamps and a full moon (another example of good organization) the trip was made with little incident. Occasionally we would stop to look back at the serpentine column of little lights winding down the mountain when suddenly one of the lights would execute a series of gyrations familiar to all skiers and we knew the owner of the light was busily engaged in picking himself up from the snow.

But the winter soldier needs more than ability on skis. He must also be at home in the extremes of a northern winter with few of the amenities he might expect in a more hospitable climate. To show us how the Norwegian Army is approaching this problem, a most interesting lecture and demonstration was presented illustrating the latest cold weather clothing. Many innovations were featured, the most revolutionary perhaps, being an undershirt with a built in « chimney » effect designed to prevent overheating and collection of moisture, precluding to frostbite.

In addition, demonstrations by H.M. the King's Guard showed various emergency shelters that might be constructed by a soldier in wooded terrain. Since the trooper can't always expect to operate below the timberline, an informative lecture and film was presented showing shelters that might be constructed above timberline with only blocks of snow as construction materials.

The survival section, working under the direction of Captain Karl Karlson was particularly interested in this phase of the training for they were to be afforded an opportunity



to construct and live in emergency shelters. This section participated in a particularly enervating two day exercise designed to approximate the conditions a pilot might expect if he were forced to abandon his aircraft at that latitude during the winter months. One of the pilots in the course, a veteran of survival training in both America and Europe, described the experience as the « toughest and most beneficial survival problem I've ever encountered ».

Of particular interest to both the ski and survival section was an impressive demonstration of mountain rescue staged by the Red Cross Mountain Rescue Corps. The pleasure skier as well as the military skier is continually haunted by the possibility of avalanche danger when he finds it necessary to negotiate the higher peaks. In fact, in Norway alone, an average of 11-12 persons are killed annually by the « White Death ».

The Rescue Corps demonstrated how its volunteers organize for rescue through an exercise that simulated the disappearance of a skier. The patrol, supported by sled dogs and an oversnow vehicle, rapidly moved on skis to the suspected area. Control was maintained through use of an efficient but light portable communications equipment known as the Simrad WT 2. Once the avalanche area was located,



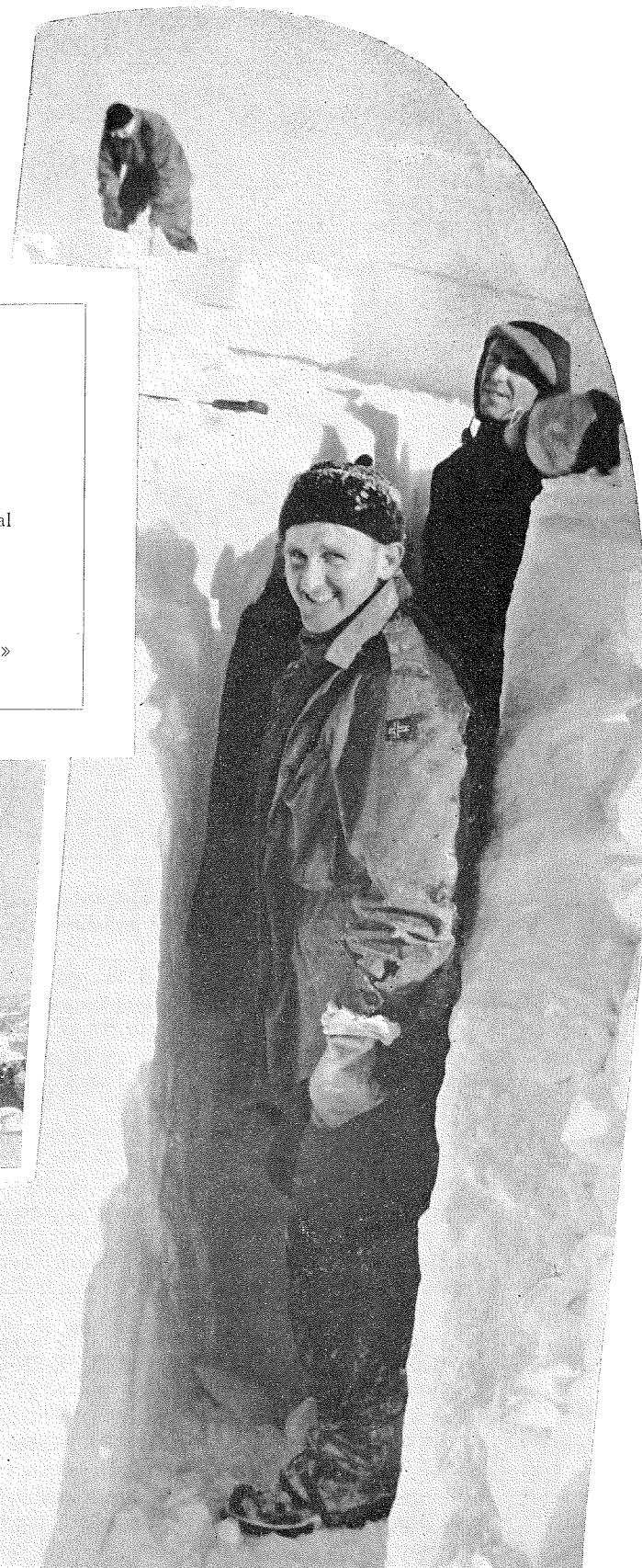
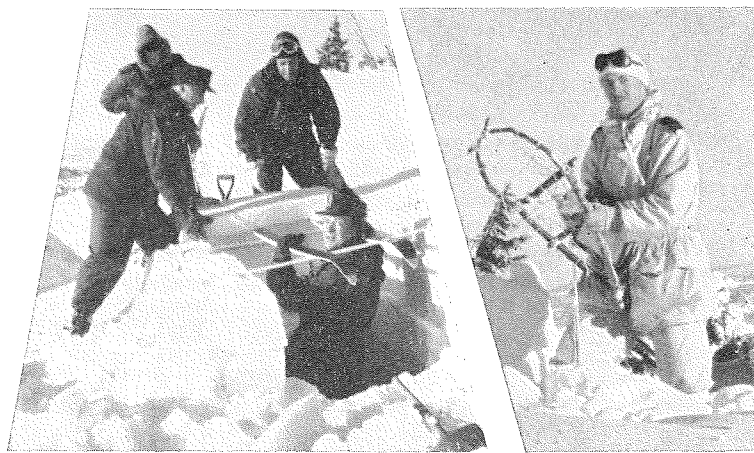
(Photos Norge)



Le Colonel Sandvik, directeur général du Stage,  
 le Lt-Colonel Holst-Sorensen, Danemark,  
 champion d'Europe de 800 m en 1948,  
 le Secrétaire Général,  
 le Major Arnol, de l'Ecole de Haute Montagne d'Aoste.

Colonel Sandvik, general director of the Clinic,  
 Lt-Colonel Holst-Sorensen, Denmark,  
 European champion 800 m in 1948,  
 the Secretary General,  
 Major Arnol, High Mountain School, Aoste.

Make shelter in time  
 Orienteering ability is a « must »  
 Unfit? Get Fit!  
 Never go alone  
 Tell us where you go  
 Avoid unknown terrain unless reliably checked  
 Improper planning, equipment and training can be fatal  
 No disgrace to turn back in time  
 Watch the wind, clouds and forecasts  
 Inspect your ski — and emergency gear in advance  
 Stick together — and keep your head!  
 Equip yourself for the mountains, not for the « looks »



**THE SLOGANS OF THE COURSE.**

1. Don't be tough, be clever! ~ 2. Be snow men, not snow babies! ~ 3. Skol! ~ 4. Bent those knees! ~ 5. Skol!



the patrol demonstrated how to organize the search party to probe the avalanche site for the victim. The patrol also set up an aid station to treat the victim for shock and frostbite prior to evacuation by dog sled.

And so it went. As we continued through the program, we became aware of the fact that every phase of the training was being presented by a recognized expert in that field; an expert with a lifetime of experience in winter operations and survival.

The days at Norefjellstua passed so quickly that it seemed we had just started when we found ourselves attending the closing dinner. As we took our places at the table, each of us found a striking medal alongside our plate, a medal depicting a famous Norwegian ski scene. The reverse of the medal was inscribed, « CISM Ski and Winter Survival, Norway 1961 ». The medal will become a treasured memento and bears further testimony to the amount of planning put into the course.

After an impressive and typically Norwegian dinner, Major Mollet presented the guest of honor, Lt General Bjarne Øen, Commander in Chief of the Norwegian Armed Forces with an award signifying the appreciation and respect CISM had for the organizers of the course.

The following morning, 32 of the delegates competed in a 10 kilometer cross country race with 25 qualifying for the NSF Badge, having completed the run in 65 minutes or less. The best time was turned in by Lt. Col. Giljarhus of Norway with the fine showing of 37.50. Close on the heels of the winner was Lt. D'Incal, Italy, with an exceptionally good run of 39.10. In true Olympic tradition, some of the less experienced competitors completed the grueling race even though they realized they had little chance of running in the required time — thus adding emphasis to the slogan « It's not whether you win or lose, but how you play the game ».

At 13.45 hours, 3 February 1961, the group assembled

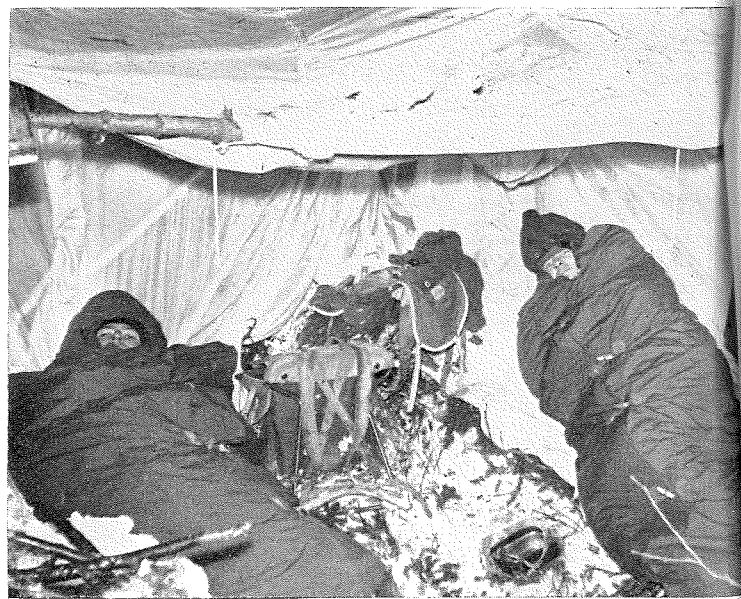
once again in front of Norefjellstua lodge and in a final ceremony, the CISM course was declared closed and the flag of Norway and the CISM flag were lowered for the last time.

All of us felt a tinge of homesickness when we boarded the bus and began the long ride down the mountain and back to Oslo. In ten short days; ten enchanting days — we had succumbed to the friendly atmosphere of the lodge, the hearty Norwegian food, congenial friends, and yes, even the pretty blond waitresses who were equally at home in the dining room or on skis.

In Oslo, a special tour was arranged for us to the ski museum at Holmenkollen. The museum and ski jump that bears the same name is a Mecca for skiers and was a fitting climax to our training. The museum includes a priceless collection of skis and allied equipment, the most interesting perhaps being a ski from pre-historic times, a ski which is estimated to be 4 000 years old.

At this point it seemed that the Norwegian delegation couldn't possibly do any more for us. However, such was not the case. A farewell dinner had been arranged by the NSF and once again we were treated to that famous Norwegian hospitality. In recognition of the appreciation CISM felt toward the NSF, an award was presented to that organization by Major Mollet, and on that happy note, we began our farewells.

The following day our group boarded a Belgian Air Force plane for the flight back to Brussels. When the aircraft lifted off the runway, we looked back for a final view of the land we had come to enjoy so much. As we gained altitude, the familiar snow covered hills of Norway grew smaller and smaller until finally they disappeared altogether. For a moment, it seemed that the friendships started at Norefjell had come to an end but then we reflected that there would be other days, other Norefjells, and happy reunions through the international friendship of CISM.





## FRANÇAIS

*Tout a marché comme sur des roulettes.* C'est bien l'impression ressentie par tous ceux qui suivirent « le stage de ski et de survie en montagne » organisé par la Délégation Norvégienne à Norefjell, du 25 janvier au 3 février 1961. Bravo Colonel Sandvik !

Norefjellstua se trouve à 120 km au nord-ouest d'Oslo.

Quarante-et-un délégués, quinze nations.

Si le ski se pratique maintenant sur toutes les parties du globe, la Suède, la Norvège et la Finlande restent l'élite du Cross-Country. La collaboration entre ces trois pays a donné un système de ski appelé « l'Ecole Nordique de Ski ». Un des principes de base du stage était d'illustrer « la philosophie, la technique et les méthodes de cette Ecole adaptées au ski militaire ». Parmi les participants, certains étaient très expérimentés, d'autres l'étaient moins. Le principe de la progression fut appliqué à des marches à ski de plus en plus difficiles et même à une descente de nuit. Quel beau spectacle, ces petites lanternes fixées sur la tête des skieurs dessinant un serpent de lumière.

Beaucoup d'innovations vestimentaires nous furent présentées, la plus révolutionnaire étant un sous-vêtement (à effet de cheminée). La Garde Royale nous démontra la construction d'abris d'urgence, soit en bois, soit en neige. Autres démonstrations : l'abandon d'un appareil par son pilote à cette latitude en hiver, un sauvetage par le Corps de la Croix Rouge à l'aide de chiens et de traîneaux, lors d'une avalanche. Les jours passèrent très vite. Trente-deux délégués prirent part à une course de Cross-Country de 10 km, vingt-cinq furent qualifiés pour l'insigne « N. S. F. », ayant accompli la course en 65 minutes ou moins.

« L'important n'est pas de gagner, mais de participer ».

## LE CODE DE LA MONTAGNE.

- Abritez-vous à temps.
- Orientez-vous, c'est vital.
- Pas en forme ? Alors entraînez-vous !
- Ne partez jamais seul.
- Dites où vous allez.
- Ne jouez pas à l'explorateur, restez en terrain connu.
- Mauvais équipement, mauvais entraînement et mauvaise préparation vous mettront en mauvaise posture.
- Pas de fausse honte à faire demi-tour en temps voulu.
- Surveillez le vent, les nuages, écoutez les prévisions météorologiques.
- Contrôlez souvent l'état de vos skis et le contenu de votre trousse de premiers secours.
- Restez en groupe, gardez votre sang-froid.
- Equipez-vous pour la montagne et non pour le bar.



# WHO'S WHO ?

## EDDIE CROOK.

A person who set his goal to be an Olympic Champion Eduard Crook from Detroit, Michigan, USA, climaxed his athletic career by winning a gold medal in the 1960 Olympics at Rome, in the middleweight division of the boxing championships. The 30 year old career Army Sergeant didn't attain this victory without training setbacks and determination.

Eddie with one year completed at West Virginia State was drafted into the Army in 1949. After playing football as a halfback and boxing for Fort Jackson and Fort Benning, he was offered a chance to play for the Philadelphia Eagles and Chicago Bears of the National Professional Football League as well as a scholarship to return to finish college at Arizona State.

At this time, Eddie decided to make the Army a career and went on to win the All-Army title in 1955 and the Golden Gloves title in 1956. It was during the 1956 United States Olympic trials that Eddie fought with a broken hand which was discovered 20 minutes before the finals. The man to whom he lost to is now a professional fighter.

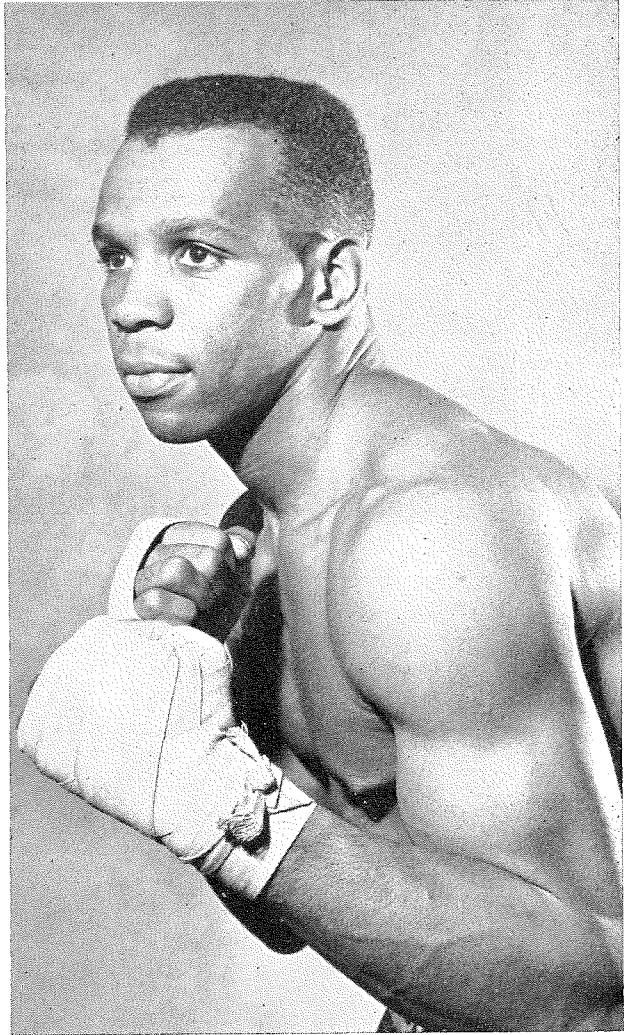
As a result of this injury and later reoccurrence, doctors advised him to take a two year layoff to allow for the injuries to heal. After being assigned to Germany, Eddie starred for the Berlin Bears football team to stay in shape until such time as he would be able to start boxing again.

In 1959, Eddie came fast on the comeback trail by winning every fight by knockouts to become *USAREUR* light middleweight champion as well as CISM light middleweight champion in Bologna, Italy.

1960 was the « do or die » year for Eddie to reach his goal. He won the *USAREUR*, All Army and Interservice titles with little trouble. In the Olympic trials, Eddie lost out to Wilbert McClure for a berth in the Olympic squad as a light middle weight. But because of his courage and determination, Olympic Coach Julius Menendez kept him on the squad and moved him up one weight to middleweight. Eddie won in the CISM Championship held in Wiesbaden.

In the Olympic competition it was one KO, one TKO and two decisions before Eddie was able to realize his goal — a gold medal — an Olympic champion, a fitting climax for anyone's athletic career.

a person who set his goal to be an Olympic Champion

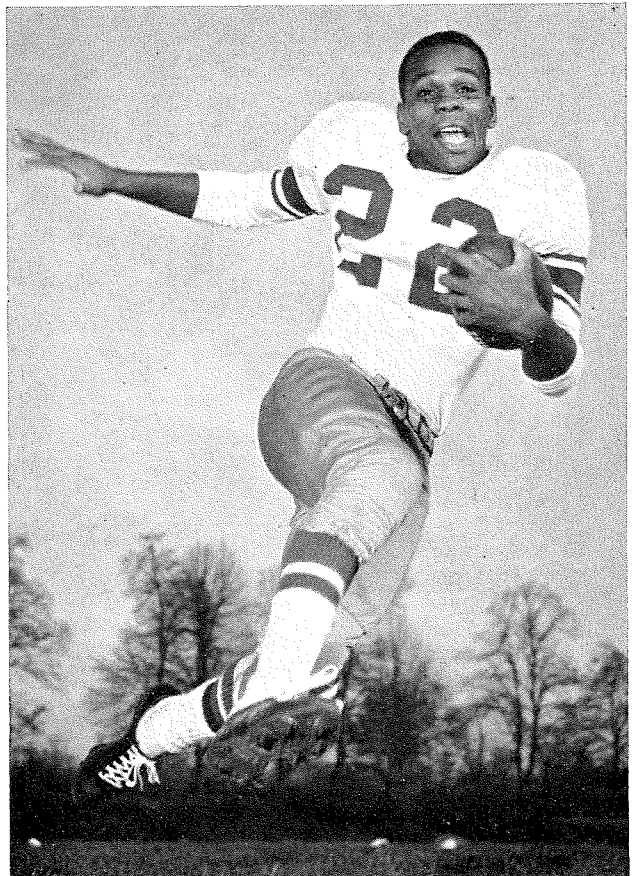


## EDDIE CROOK

### FRANÇAIS

En Boxe, Eduard Crook de Détroit, a atteint l'apogée de sa carrière en remportant une médaille d'or aux Jeux Olympiques de 1960. Ce sergent de carrière de 30 ans n'a pas obtenu cette victoire sans de gros efforts. Appelé sous les drapeaux en 1949, il fut demi-arrière de football et boxa pour Fort Jackson et Fort Benning. A cette époque Eddie décida de faire sa carrière dans l'Armée et gagna en 1955 le *All-Army title* puis les *Golden Gloves* en 1956. La même année, durant les éliminatoires Olympiques, Eddie combattit avec une main fracturée, ce qui ne fut découvert que 20 minutes avant la finale. Il dut se reposer un an. Affecté en Allemagne, il rejeta au Football avec les « Berlin Bears ».

En 1959 Eddie retourna sur le ring et devint champion de poids légers moyens *USAREUR* ainsi que champion CISM. L'année capitale devait être 1960 : « vaincre ou mourir ». Il remporta facilement les titres « *USAREUR*, All-Army and Interservices ». Il fut battu lors des éliminatoires Olympiques par Wilbert McClure, en catégorie poids moyens légers. L'entraîneur Olympique J. Menendez le garda dans l'équipe comme poids moyen du championnat CISM à Wiesbaden. Lors des Jeux Olympiques il atteignit son but : Médaille d'or - Champion Olympique !



## UN NOM - UN VISAGE



# BADMINTON

## S P O R T

### E T

### J E U

par le Lieutenant d'Aviation

Roger VAN MEERBEEK (Belgique)

#### FRANÇAIS

Le Badminton est un sport idéal, parce qu'il peut être pratiqué aussi bien comme simple délassement que comme sport de compétition. Il est attrayant, car il peut être joué par n'importe qui à n'importe quel âge, jeunes et vieux, garçons et filles.

Peu coûteux, ne nécessitent pas d'installations spéciales, on n'a guère trouvé mieux pour conserver une bonne condition physique et pour oublier les soucis du travail.

Il suffit de tendre une corde entre deux arbres, d'avoir une raquette et des volants (shuttles) en plastic et de faire des échanges. Aucune difficulté, la raquette et le volant sont légers et le terrain petit. C'est ainsi que le Badminton peut être joué à l'école pendant les récréations, à la plage pendant les vacances, dans les bois pendant les promenades et dans les prairies en camping.

Les échanges entre débutants se font à une vitesse réduite. Immédiatement d'assez longs échanges se prolongent sans fautes. Bientôt le sens du placement se développe, on a la joie de placer le volant là où le partenaire... ne se trouve pas.

Cependant le Badminton est également sport de compétition et ceux qui veulent le pratiquer sous cette forme, constateront très vite qu'il est très athlétique et qu'il exige des qualités multiples telles que : vitesse, coordination, attention concentrée, réaction, équilibre, jeu de jambes, endurance, souplesse, etc...

À ce moment le jeu doit être pratiqué en salle en réunissant certaines conditions d'éclairage, de sol, de recul et de hauteur.

Être champion de Badminton est une sérieuse référence. En effet, le jeu est considéré comme étant un des plus rapides au monde après le hockey sur glace. Ceci est compréhensible : le terrain est réduit, le volant rapide et les feintes faciles à exécuter.

Les champions peuvent, grâce à leur technique, leur parfait contrôle et leur intelligence du jeu, varier les coups hauts ou bas, courts ou longs, croisés ou directs, rapides ou lents de façon à produire un jeu attrayant et spectaculaire tout en restant efficace.

#### ENGLISH

Badminton is an ideal sport as it can be played just for pure relaxation or as a competitive sport. It is attractive because it can be played by anyone, young and old, boys and girls.

Inexpensive, it does not require any special installation, and there is nothing better to keep in good physical shape and forget the worries of the day's work.

All that is necessary is a line between two trees, rackets, plastic shuttles, and a couple of players. There is no difficulty whatsoever; rackets and shuttles are light-weight and the playing area is small. Therefore, badminton can be played at school during recesses, on the beach during leave-time, in the woods during outings and in the meadows while camping.

Between beginners, exchanges are made at low speed. Pretty soon, fairly long exchanges are made without mistakes. Then, the sense of placement develops, and one has the pleasure to place the shuttle right there where the opponent... is not.

However, badminton is also a competitive sport and those who want to play it as such will soon find that it is very athletic and that it requires a lot of qualities such as : speed, coordination, concentrated attention, reaction, balance, foot-work, endurance, suppleness, etc.

For this purpose the game must be played indoors where lighting, playing area, run-back and height conditions are met.

To be a champion in badminton is a serious challenge. As a matter of fact the game is considered as one of the fastest in the world after ice-hockey. This is understandable as the area is small, the shuttle is fast and the tricks easy to do.

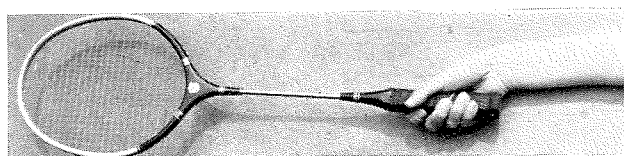
Champions can, because of their technique, perfect control and understanding of the game, vary the plays high or low, short or long, across or straight, fast or slow in order to present an attractive and spectacular game while at the same time they remain proficient.

## QUELQUES TECHNIQUES.

Il est impossible de présenter ici toutes les techniques et nous nous bornerons donc à donner pour chaque point une technique de base valable.

### 1. — La tenue de la raquette.

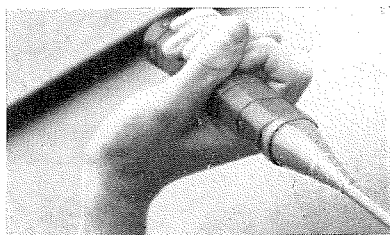
Il y a plusieurs prises correctes mais différentes. La photo vous montre la « prise marteau ». Le terrain étant petit, le volant et la raquette légère, cette prise unique vous permet d'exécuter aussi bien les coups droits et les revers.



### 2. — Le jeu du poignet.

Tous les coups sont des coups de poignet. C'est le « fouet » du poignet qui donne la vitesse au volant et non pas le geste large du bras comme c'est le cas au tennis.

Un bon joueur peut par un rapide et court coup de poignet changer la direction et la vitesse du volant comme il le veut. Son poignet peut couvrir 180°.



### 3. — Le Service.

Le Service est un des coups les plus importants parce qu'on ne marque des points que quand on a le service. Il se fait en diagonale, comme au tennis, mais on n'a droit qu'à un seul essai.

Le serveur doit envoyer le volant en le frappant de bas en haut, en dessous du niveau de la ceinture.

Il y a essentiellement deux types de « bon » service :

1. Le service très court, rasant le filet et tombant le plus près possible de la ligne de service court.
2. Le service très long et haut, tombant le plus loin possible dans la surface valable.

## A FEW TECHNIQUES.

It would be impossible to present, here, all the techniques and therefore, we shall limit each point to a valid basic technique.

### 1. — To hold the racket.

There are several different holds. The photo shows you the « hammer hold ». The area being small, the shuttle and the racket light, this single hold will allow you forward and back strokes.

### 2. — The wrist's movements.

All strokes are wrist strokes. It is the snap of the wrist which gives speed to the shuttle and not the wide swing of the arm as is the case in tennis.

A good player can, by a short and fast snap of the wrist just do as he wishes. His wrist can perform a 180° angle.

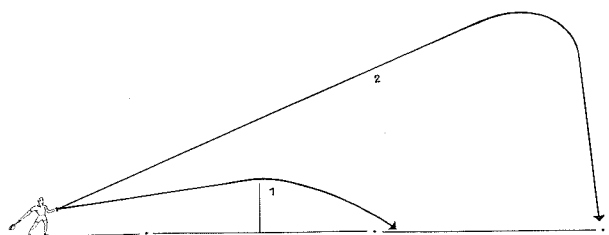
### 3. — Service.

Service is one of the most important strokes because one cannot score points unless the service has been completed. It is done diagonally, as in tennis, but one is allowed only one try.

The shuttle is served by hitting it underhanded from below the waist.

There are two types of good services :

1. The short service, just clearing the net and falling as close as possible to the line of short service.
2. The very long and high service, falling as far back as possible in the playing area.



#### 4. — Les coups de base.

Il y a 4 coups de base :

- Le lob ou clear.
- Le smash.
- Le drop ou amortie.
- Le drive.

Un bon joueur camoufle son coup jusqu'à l'ultime seconde et l'on ne peut jamais prévoir ce qu'il va faire.

L'armement du lob, du smash et du drop sont identiques : ce n'est que la terminaison du coup, l'action du poignet, qui déterminera le genre du coup. Ceci exige un excellent jeu de jambes de l'adversaire pour qu'il puisse réagir instantanément. La vitesse du shuttle varie énormément entre un smash vigoureux, où le volant peut atteindre les 200 km/h, et une amortie, où le volant plane, avançant à peine.

Le graphique présente les 4 coups de base :

#### 4. — The basic strokes :

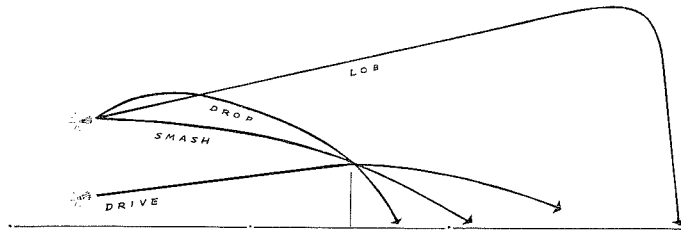
There are 4 basic strokes :

- The lob.
- The smash.
- The drop.
- The drive.

A good player hides his stroke until the last fraction of second and one never knows in advance what he is going to do.

The start of the stroke for the lob, smash and drop are identical; it is only the end of the stroke, the wrist action, that will determine the kind of stroke. This requires excellent foot-work from the opponent so that he may react instantly. The shuttle speed varies considerably between a hard smash, where the shuttle can reach 200 Km an hour, and a soft hit, where it glides, hardly going forward.

The chart shows the 4 basic strokes :



— Le lob est le coup défensif par excellence, il vise à gagner du temps, à éloigner le volant le plus possible quand on est en difficulté. Bien exécuté, il fait monter le volant très haut et tombe tout près de la ligne de fond. C'est le coup le plus long. Un lob moins haut mais passant quand même au-dessus de la tête de l'adversaire devient un coup offensif.

— Le smash, le plus rapide, est le coup offensif par excellence. C'est le « kill-shot » qui fait le point. Un bon smash fait piquer le volant vers le sol le plus près possible du filet.

— Le drop est un coup de précision qui vise à faire tomber le volant juste derrière le filet au moment où l'adversaire a reculé. C'est surtout un coup qui trompe l'adversaire et qui est très efficace. C'est un coup offensif parce qu'il fait descendre le volant dans le court adverse. Il est le plus souvent employé en double.

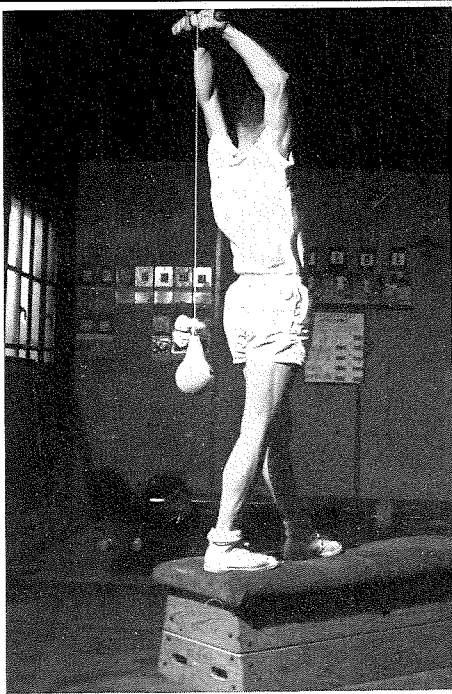
— The lob is a defensive hit par excellence. It is designed to gain time, and to get the shuttle as far as possible when one is in difficulty. Well executed, it sends the shuttle very high and it falls very close to the base line. It is the longest stroke. A lob of less height which would go over the opponent's head becomes an offensive stroke.

— The smash which is the most rapid, is the offensive stroke par excellence. It is the kill-shot that makes the point. A good smash sends shuttle to the ground as close as possible to the net.

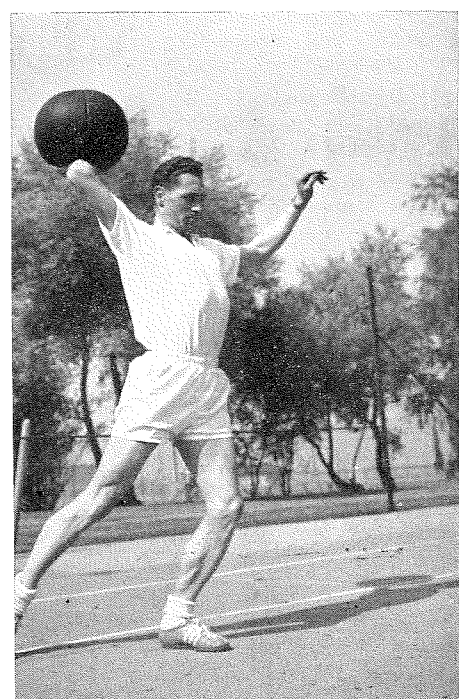
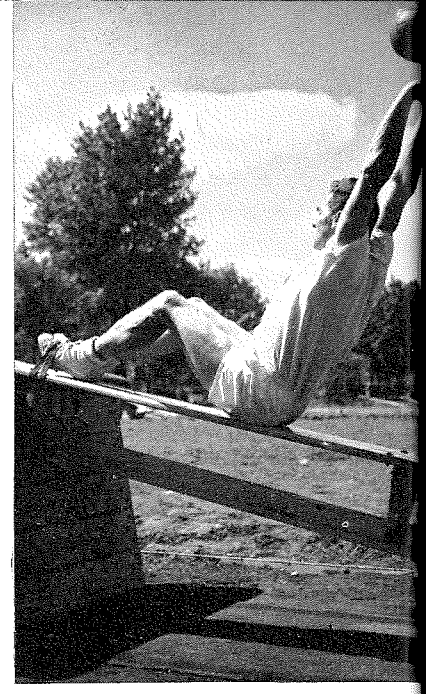
— The drop is a precision stroke which is designed to let the shuttle fall just behind the net when the opponent has backed-up. It is a stroke which deceives the opponent and which is very effective. It is an offensive stroke because it makes the shuttle go down in the opponent's court. It is often used in doubles.

(Copyright)

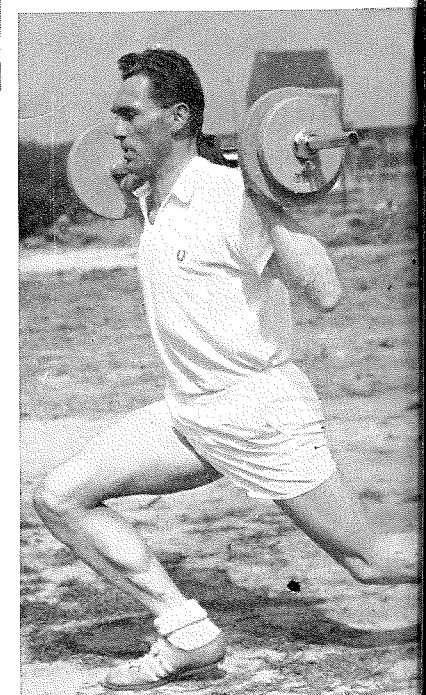




Le Cross-promenade et le Power-Training sont des éléments importants de la préparation physique spécifique du joueur de Badminton. C'est d'ailleurs valable pour tous les athlètes.



The Badminton-player, as any other athlete needs physical conditioning. Cross-promenade and Power-training are a must. Some typical exercices are shown.



Une nouvelle méthode de respiration artificielle :

par le Médecin-Colonel G. LARTIGUE

## BOUCHE à BOUCHE

sans appareil et avec temps expiratoire actif

**A CANNES**

**FRANÇAIS** Dans « La Respiration Artificielle », nos lecteurs trouveront une étude critique détaillée ainsi que la technique (avec nombreuses photographies) des principales méthodes de Respiration Artificielle : Emerson, Eve, Thomson, Silvester, Schaefer, Nielsen-Hederer, Insufflation bouche-à-bouche (*Rescue Breathing* ou *Direct Artificial Respiration* des Américains).

Cette dernière méthode présente certains avantages extraordinaires mais aussi de multiples inconvénients avec, en particulier, l'utilisation d'un tube spécial pour la pédagogie et l'insufflation d'un temps expiratoire passif. Ce temps, dans les techniques américaines, ne fait intervenir que l'élasticité du thorax de la victime de même que la méthode de Schaefer, pour le temps inspiratoire : ce qui paraît insuffisant au point de vue ventilation et non conforme à l'avis des spécialistes préconisant un temps expiratoire et un temps inspiratoire actifs.

Le Colonel Lartigue a mis au point au Bataillon de Joinville une nouvelle technique d'insufflation bouche-à-bouche supprimant les deux inconvénients signalés plus haut avec suppression de tout appareil et réalisation d'un temps expiratoire manuel très efficace.

Cette nouvelle technique peut s'appliquer soit sur une victime allongée, soit dans les cas où aucune méthode ne peut être appliquée sur place, faute de pouvoir allonger la victime. C'est le cas par exemple, des alpinistes foudroyés le long d'une paroi rocheuse, des baigneurs noyés ou hydrocutés à proximité d'une rive à pic et surtout de plongeurs devant être hissés à bord d'une barque.

C'est cette dernière technique, améliorée après présentation devant les spécialistes réunis en 1960 à Cannes pour le premier Congrès Mondial de Médecine Subaquatique, qui est exposée ci-dessous :

### 1° Position de la victime :

Sur le lieu même de l'accident, asseoir la victime, le dos appuyé contre une des jambes du sauveteur, avec la tête reposant sur la cuisse de ce dernier.

### 2° Temps préparatoire :

Après nettoyage de la bouche, placer la tête de la victime en hyper-extension sur la cuisse du sauveteur avec menton relevé vers le haut, par action combinée des deux mains.

### 3° Position du sauveteur :

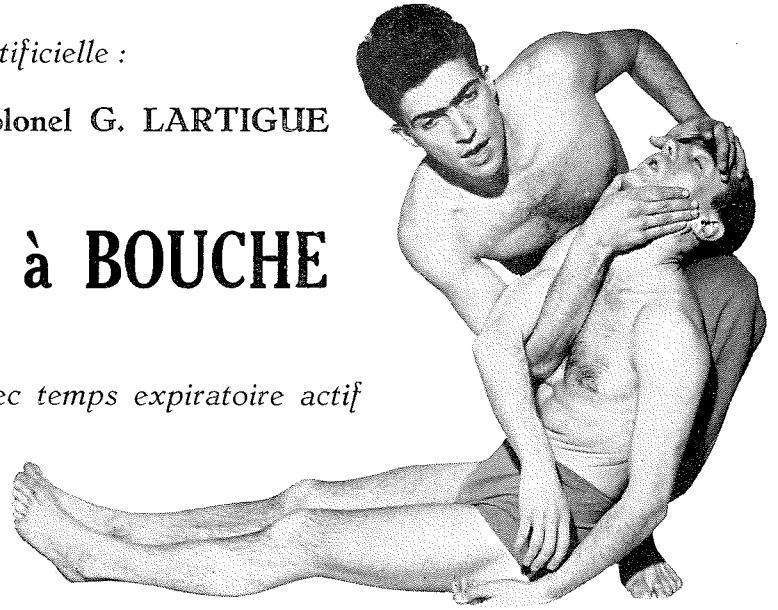
#### a) Position des membres inférieurs :

1. — Se placer latéralement à hauteur du bassin de la victime, en genuflexion, le pied gauche, par exemple derrière la victime et au contact du bassin le membre inférieur gauche servant de dossier.

2. — Du côté opposé, le genou est appuyé sur le sol au contact du bassin.

#### b) Position des membres supérieurs :

1. — Passer le bras antérieur (par exemple droit sous l'aisselle du même côté de la victime), l'avant-bras étant en contact avec sa poitrine et la main saisissant la mâchoire entre le pouce d'un côté et les autres doigts de l'autre côté;



Temps expiratoire actif (Lartigue), pendant l'inspiration du sauveteur.

(Photo S. C. A. France)

**ENGLISH** In « The Artificial Respiration », our readers could find a detailed and critical study as well as technique (with many photos) of the main methods of Artificial Respiration : Emerson, Eve, Thomson, Silvester, Schaefer, Nielsen-Hederer, Mouth-to Mouth Respiration (*Rescue Breathing* or *Direct Artificial Respiration*).

The last method shows some advantage but also many drawbacks, in particular, the utilization of a special tube for pedagogy and the insufficiency of a passive breathing out time. In American techniques, this time utilizes only the elasticity of the victim's thorax, the same for the method of Schaefer, in the breathing in time : for ventilation, that seems insufficient and not in accordance with specialist's advices which advocate an active breathing out and breathing in time.

Colonel Lartigue has perfected in the « Bataillon de Joinville » a new mouth-to-mouth respiration technique which suppresses the two above mentioned drawbacks with : tube removal and realization of a very efficient manual breathing out time.

This new technique may be applied either on a stretched out victim or in any case, when no method can be used, when the victim cannot be placed in a lying position. For instance, in the event of struck down mountaineers along a rocky slope, of drowned or hydrocuted swimmers near a steep-to bank and particularly of drivers to be hoisted in a boat.

Below this last technique is explained, which has been improved after presentation before the 1960 Cannes Specialists Meeting on the occasion of the first Subaquatic Medicine World Congress.

### 1° Victim's posture :

At the very spot of the accident, to seat the victim- his back supported by one of the Rescuer's legs, his head resting on the latter's thigh.

### 2° Preliminary time :

After a mouth-cleaning, to set the victim's head through hyper-tension upon the Rescuer's thigh. His chin is lifted with both hands.

### 3° Rescuer's posture:

#### a) Posture of the lower limbs :

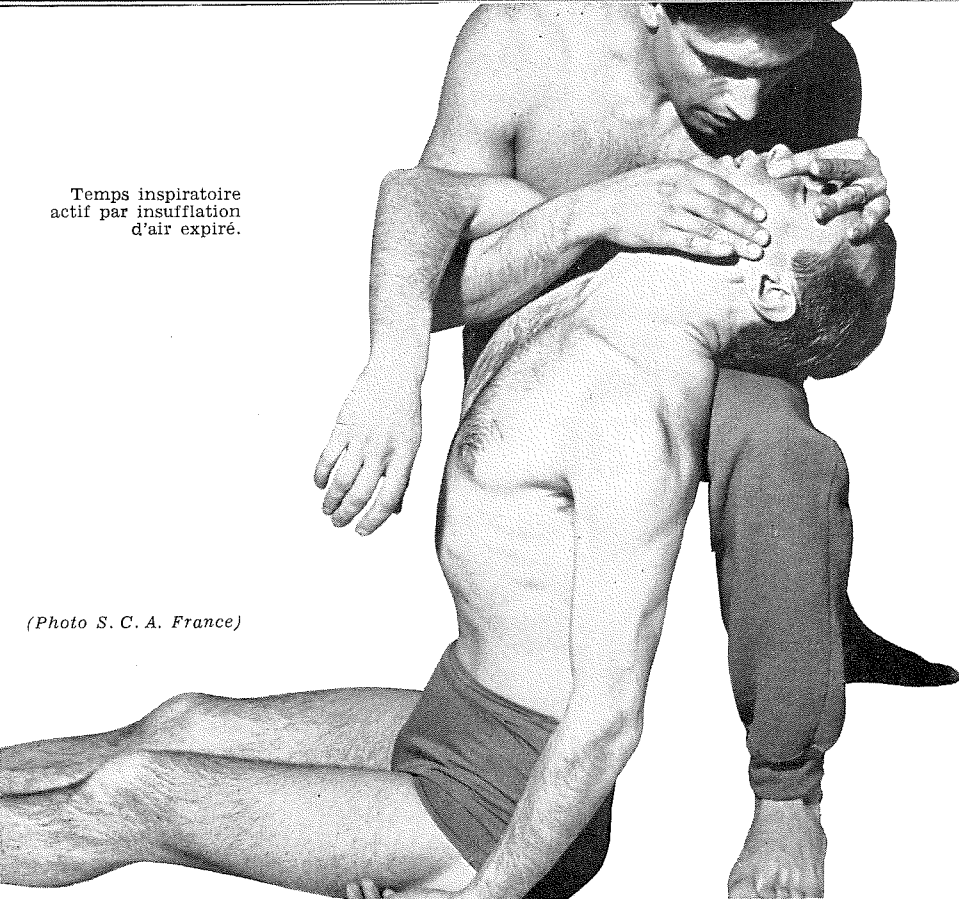
1. — To take place laterally at the victim's thigh level, knees bent, for instance the left foot behind the victim and left leg backing the victim's pelvis.

2. — On the opposite side, the knee is leaned on the ground, touching the pelvis.

#### b) Posture of upper limbs :

1. — To slip the anterior-arm (for instance the right-side arm under the victim's right side arm-pit) the fore-arms touches his breast and the hand grips his jaw between

Temps inspiratoire  
actif par insufflation  
d'air expiré.



(Photo S. C. A. France)

# MOUTH TO MOUTH

## a new method

2. — Appuyer le bord cubital de la main postérieure sur le front de la victime, doigts en l'air, pouce et index écartés, au-dessus du nez.

4° Temps expiratoire actif (avec inspiration du sauveteur) :

Simultanément :

a) Inspirer à fond (environ le double de la respiration normale).

b) Incliner le haut du corps sur l'avant-bras antérieur.

c) Comprimer fortement le thorax de la victime entre l'avant-bras antérieur et le membre inférieur servant d'appui au dos de la victime, tout en maintenant ce membre inférieur dans sa position primitive.

5° Temps intermédiaire :

Se redresser en levant l'avant-bras antérieur de manière à libérer complètement la poitrine de la victime tout en la redressant pendant que le sauveteur termine l'inspiration en ouvrant la bouche aussi largement que possible.

6° Temps inspiratoire actif (par insufflation d'air expiré) :

Simultanément :

a) Insuffler l'air inspiré pendant le premier temps en appliquant la bouche autour de la bouche de la victime, maintenue entrouverte avec les lèvres écartées, grâce aux doigts de la main antérieure, jusqu'à ce que l'on voit se soulever la poitrine de la victime.

a) Pincer les narines de la victime entre pouce et index de la main postérieure.

7° Reprise du temps expiratoire :

Simultanément :

a) Se relever en dégageant la bouche et en reprenant le premier temps d'inspiration profonde avec appui sur l'avant-bras inférieur pour exercer la pression sur le thorax.

b) Relâcher la pression sur les narines en écartant et en relevant le pouce et l'index de la main supérieure.

c) Faciliter l'expiration de la victime par les doigts de la main inférieure écartant les lèvres en ouvrant la bouche.

8° Cadence :

Environ 12 à 15 insufflations par minute, chaque temps, expiratoire et inspiratoire durant deux secondes environ.

the thumb, on one side, and the other fingers, on the other side.

2. — To press the cubital side of the back hand on the victim's forehead, fingers up, thumb and fore-finger separated above the nose.

4° Active breathing out time (with Rescuer's breathing in) :

Simultaneously :

a) To breathe in thoroughly (about twice as much as normal breathing).

b) To bend the upper body on the anterior fore-arm.

c) To compress vigorously the victim's thorax between the anterior fore-arm and the lower limb supporting the victim's back, while keeping the lower limb in its previous posture.

5° Intermediary time :

To stand erect again while lifting the anterior fore-arm in a way to release completely the victim's breast. At the same time to stand erect the victim while the Rescuer finishes the breathing in in opening the mouth as much as he can.

6° Active breathing in time (by breathing in of the breathed out air) :

Simultaneously :

a) To breathe the breathed in air during the first time while placing the mouth round the victim's mouth, kept half-open with the fingers of the anterior hand till the victim's breast starts to raise itself.

b) To pinch the victim's nostrils between the thumb and the fore-finger of the back hand.

7° Resuming of the breathing out time :

Simultaneously :

a) To stand up while removing the mouth and to resume the first deep breathing in time. To make a pressure on the thorax, to lean on the lower fore-arm.

b) To slacken the pressure on the nostrils while separating and holding up the thumb and the forefinger of the upper hand.

c) To make easier the victim's breathing out with the fingers of the lower hand separating the lips.

8° Rhythm :

About 12 to 15 insufflations per minute, each time breathing out and breathing in time lasts about two seconds.

# La vie au Life at the C.I.S.M.

## RESULTATS — RESULTS

Natation-Swimming — Sonthofen, 1960 (28 nov. - 3 déc.)  
(9 nations, 183 concurrents) — (9 countries, 183 competitors)

|  |  |           |              |                                       |
|--|--|-----------|--------------|---------------------------------------|
| <b>100 METRES NAGE LIBRE</b>             | 1 <sup>o</sup> MORRIS, Lyman (A/ed Ce)   | U. S. A.  | 56 s         | <b>100 METERS FREESTYLE</b>           |
|  | 2 <sup>o</sup> KAMOUN, Marc (2 <sup>e</sup> classe)                                    | FRANCE    | 58 s 3       |                                       |
|  | 3 <sup>o</sup> RITTON, Ch. (soldat)  | HOLLANDE  | 59 s 1       |                                       |
| <b>400 METRES NAGE LIBRE</b>             | 1 <sup>o</sup> BONAFOS, Jean-Pierre (caporal)  | FRANCE    | 4 mn 43 s    | <b>400 METERS FREESTYLE</b>           |
|  | 2 <sup>o</sup> RITTON, Ch. (soldat)  | HOLLANDE  | 4 mn 47 s 3  |                                       |
|  | 3 <sup>o</sup> D'ORIO, Vittorio (gendarme)   | ITALIE    | 4 mn 49 s 8  |                                       |
| <b>400 METRES 4 NAGES</b>                | 1 <sup>o</sup> BLEEKER, Horst (kanonier)   | ALLEMAGNE | 5 mn 20 s 7  | <b>400 METERS INDIVIDUAL MEDLEY</b>   |
|  | 2 <sup>o</sup> FRIBERG, Rolf (cadet)   | SUEDE     | 5 mn 25 s 3  |                                       |
|  | 3 <sup>o</sup> RITTON, Ch. (soldat)  | HOLLANDE  | 5 mn 27 s 7  |                                       |
| <b>1 500 METRES NAGE LIBRE</b>           | 1 <sup>o</sup> BONAFOS, Jean-Pierre (caporal)  | FRANCE    | 19 mn 28 s   | <b>1 500 METERS FREESTYLE</b>         |
|  | 2 <sup>o</sup> LOUVET, Marcel (2 <sup>e</sup> classe)                                  | FRANCE    | 19 mn 45 s 1 |                                       |
|  | 3 <sup>o</sup> D'ORIO, Vittorio (gendarme)   | ITALIE    | 21 mn 12 s 4 |                                       |
| <b>4 × 200 METRES NAGE LIBRE, RELAIS</b> | 1 <sup>o</sup> FRANCE (BONAFOS, LAHANA, WAGNER, KAMOUN)                                |           | 8 mn 56 s 9  | <b>4 × 200 METERS FREESTYLE RELAY</b> |
|  | 2 <sup>o</sup> ALLEMAGNE (SANDER, BONICKE, WEBER, BLECKER)                             |           | 9 mn 07 s 1  |                                       |
|  | 3 <sup>o</sup> HOLLANDE  |           | 9 mn 10 s    |                                       |
| <b>4 × 100 METRES RELAIS 4 NAGES</b>     | 1 <sup>o</sup> FRANCE (BAUDELIN, BOULLANGER, ISCHAN, KAMOUN)                           |           | 4 mn 23 s 1  | <b>4 × 100 METERS MEDLEY RELAY</b>    |
|  | 2 <sup>o</sup> ITALIE (ELSA, LAZZARI, CIACCI, D'ORIO)                                  |           | 4 mn 25 s 9  |                                       |
|  | 3 <sup>o</sup> ALLEMAGNE (KUPER, SANDER, WEBER, BLECKER)                               |           | 4 mn 27 s    |                                       |
| <b>200 METRES BRASSE</b>                 | 1 <sup>o</sup> LAZZARI, Roberto (A/2 C)  | ITALIE    | 2 mn 42 s 2  | <b>200 METERS BREASTSTROKE</b>        |
|  | 2 <sup>o</sup> SANDER, Rolf (kanonier)   | ALLEMAGNE | 2 mn 43 s 1  |                                       |
|  | 3 <sup>o</sup> NILSSON, Bernt (sergent)  | SUEDE     | 2 mn 43 s 4  |                                       |
| <b>200 METRES PAPILLON</b>               | 1 <sup>o</sup> WEBER, Horst (Flg)  | ALLEMAGNE | 2 mn 30 s 3  | <b>200 METERS BUTTERFLYSTROKE</b>     |
|  | 2 <sup>o</sup> FRIBERG, Rolf (cadet)   | SUEDE     | 2 mn 34 s 1  |                                       |
|  | 3 <sup>o</sup> LOMBARDI, Claudio (soldat)  | ITALIE    | 2 mn 34 s 3  |                                       |
| <b>100 METRES DOS</b>                    | 1 <sup>o</sup> ELSA, Gilberto (A/1 C)  | ITALIE    | 1 mn 05 s 2  | <b>100 METERS BACK STROKE</b>         |
|  | 2 <sup>o</sup> BAUDELIN, Jacques (caporal)   | FRANCE    | 1 mn 06 s 3  |                                       |
|  | 3 <sup>o</sup> LECHNER, Charles (2.d.Lt)   | U. S. A.  | 1 mn 08 s 6  |                                       |
| <b>PLONGEON (TREMPIN)</b>                | 1 <sup>o</sup> MILLS, Estel L (P. V. T.)   | U. S. A.  | 159,72 pts   | <b>DIVING (SPRING BOARD)</b>          |
|  | 2 <sup>o</sup> FRANKEN, Helmut (Gefr.)   | ALLEMAGNE | 128,10 pts   |                                       |
|  | 3 <sup>o</sup> MARI, Lamberto (Gendarme)   | ITALIE    | 125,29 pts   |                                       |
| <b>WATER-POLO</b>                        | 1 <sup>o</sup> FRANCE (DAVID, BINDREIFF, LERIBLE, MARCHESI, FRICKERT, ANDRE, NEUBAUER) |           | 10 pts       | <b>WATER-POLO</b>                     |
|  | 2 <sup>o</sup> ITALIE  |           | 8 pts        |                                       |
|  | 3 <sup>o</sup> HOLLANDE  |           | 6 pts        |                                       |
| <b>SAUVETAGE Individuel :</b>            | 1 <sup>o</sup> NILSSON, Bernt (sergent)  | SUEDE     | 44 s 1       | <b>LIFE-SAVING Individual :</b>       |
|  | 2 <sup>o</sup> FRIBERG, Rolf (cadet)   | SUEDE     | 48 s 2       |                                       |
|  | 3 <sup>o</sup> ALBERTI, Javier (soldat)  | ESPAGNE   | 51 s         |                                       |
|  | CUCCINIELLO, Domenico (gendarme)   | ITALIE    | 51 s         |                                       |
| <b>Par équipes :</b>                     | 1 <sup>o</sup> SUEDE   |           | 148 s 4      | <b>Teams :</b>                        |
|  | 2 <sup>o</sup> ITALIE  |           | 155 s 7      |                                       |
|  | 3 <sup>o</sup> FRANCE  |           | 160 s 1      |                                       |



**Ski-Skiing**  
**Andermatt 1961 (25-26 Fev.)**  
 (9 nations) - (9 countries)

**Patrouille - Patrol**

|            |   |
|------------|---|
| 1° Norvège | Lt. MIKKJEL Thon.<br>Korp. AARSTEIN Berg.<br>Sdt. STORLI Olav.<br>Sdt. GAUSTAD Rolf.  |
| 2° Suède   | Oblt. NILSSON Sören.<br>Fte. MOLIN Georg.<br>Vk. SOLLEN Harry.<br>Vpl. LUNDMARK Mats. |
| 3° Suisse  | Lt. LÖTSCHER Bruno.<br>Kpl. ZAUGG Otto.<br>Gfr. JORDEN Raymond.<br>Kan. AMMANN Hans.  |

**Combiné - Combined**

- 1° Serg. STUFFER Livio (Italie).  
 2° Plt. FAVRE Jean-Daniel (Suisse).  
 3° Guardia TOSELLO Luigi (Italie).

**Football-Soccer**

| Poules - Groups |  | Qualifié - Qualified   |
|-----------------|--|--|
| Poule I         | Belgique - Pays-Bas<br>Pays-Bas - Belgique   | 1 - 2<br>1 - 0<br>Pays-Bas                                   |
| Poule II        | Portugal - Luxembourg<br>France - Portugal<br>Portugal - France<br>Portugal - Luxembourg<br>Luxembourg - France<br>Luxembourg - Portugal | 3 - 0<br>3 - 0<br>3 - 2<br>4 - 0<br>0 - 5<br>0 - 2<br>France |
| Poule III       | Turquie - Irak<br>Irak - Turquie   | 4 - 1<br>2 - 2<br>Turquie                                    |
| Poule IV        | Grèce - USA<br>USA - Grèce   | 4 - 0<br>1 - 6<br>Grèce                                      |

Deuxième Tour : Turquie 25, 28 et 31 mai.

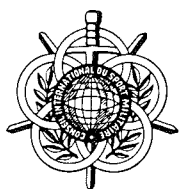
Finale : Corée, à Seoul, du 31 août au 12 septembre.

Second Round : Turkey, May 25, 28, 31.

Final Round : Korea, at Seoul, 31 August - 12 September.

LES LIVRES — BOOKS — LES LIVRES — BOOKS — LES LIVRES — BOOKS — LES LIVRES — BOOKS

- ALLEN (Neil) : *OLYMPIC DIARY, ROME 1960* (illustrations, Nicholas Kaye, London, 13 s 6 d).
- AUBLET (Henri) : *L'EQUITATION* (illustrations, 120 pages, Collection « Que sais-je ? », P. U. F. Paris, 2,50 F).
- AVIS (F. C.) : *THE SPORTSMAN'S GLOSSARY* (illustrations, 301 pages, Souvenir Press, London, 21 s). This book gives the exact meaning of some 8.000 sporting terms and expressions used in Association Football, Athletics, Basketball, Boxing, Cricket, Cycling, Fencing, Golf, Hockey, Horse Racing, Ice Hockey, Lawn Tennis, Rugby Football, Show Jumping, Swimming and Water-Polo. No fewer than 10.000 separate entries cover the field of those popular sports. Within each sport's particular section the special words, technical terms and factual information are arranged in alphabetical order, making for compactness and clarity. The explanations are clear and to the point. Reference is therefore both easy and quick, since related terms are grouped together : in a few seconds any elusive point can be clarified, or the exact meaning of a term defined, or a knotty argument settled.
- AYLWARD (J. D.) : *THE SMALL-SWORD IN ENGLAND.* (illustrations, Hutchinson, London, 50 s).
- BATTISTI (Paul) : *L'ENTRAÎNEMENT DES ESCRIMEURS (PHYSIQUE ET TECHNIQUE)* (illustrations, 37 pages, Institut National des Sports, Paris, 3 F).
- BAZETOUX ((Henri) : *TOURNOIS* (224 pages, Collection Alternance, les Editions du Scorpion, Paris, 7,80 F).
- BOBET (Jean) : *Le CYCLISME «ENCYCLOPEDIE PAR L'IMAGE »* (illustrations, 64 pages, Hachette, Paris, 3 F).
- CARRINGTON (Jack) : *MODERN TABLE TENNIS* (illustrations, BELL, London, 10 s. 6 d).
- COUTTET (James) et GIGNOUX (Paul) : *CHRISTIANA LEGER* (illustrations, 64 pages, Hachette, Paris, 5,25 F).
- DESHPANDE (H. V.) : *HISTORY AND DEVELOPMENT OF SHREE HANUMAN VYAYAN PRASARAK MANDAL, PREMIER INSTITUTION OF PHYSICAL EDUCATION.* (illustrations, 54 pages, H. V. P. Mandal's Saraswati press, Amravati, India).
- FLEISHER (Nat) and ANDRE (Sam) : *A PICTORIAL HISTORY OF BOXING* (Spring Books, 17 s 6 d).
- GARCIA (Henri) : *RUGBY-CHAMPAGNE (JEU A XIII),* Préface de Marcel Hansenne (248 pages, La Table Ronde, Paris, 8,50 F).
- GENEVOIX (Maurice), de l'Académie Française : *VAINCRE A OLYMPIE* (253 pages, Le Livre Contemporain, Paris, 10,50 F).
- HEATON (Peter) : *YACHTMAN'S VADE MECUM* (illustrations, 320 pages, Black, London, 30 s).
- HOPPICHIER (Franz) : *NEIGE ET STYLE* (illustrations, 96 pages, Collection « Diagonales », Hachette, Paris, 8 F).
- INSTYTUT NAUKOWY KULTURY FIZYCZNEJ (Institute for Research in Physical culture) : *LIST OF INSTITUTIONS, RESEARCH CENTERS, SCHOOLS, PERSONS AND PERIODICALS IN THE FIELD OF PHYSICAL CULTURE* (IV + 132 pages, I. N. K. F. Warszawa). In presenting this book to the user, the Documentation Centre of Physical Education of the I. N. K. F. in Warsaw kindly requests that all comments and additional information be sent to the address INSTYTUT NAUKOWY KULTURY FIZYCZNEJ, Warszawa, Marymoncka 34, Poland. Contents : 1 - World organizations; 2 - International Organizations; 3 - National organizations; 4 - List of Persons; 5 - List of organizations.
- LIDDELL : *MY SOCCER STORY* (Stanley Paul, 12 s 6 d).
- MALHAME (Renato) : *OLIMPIADI 1960, Terminologia sportiva italiano-francese e francese-italiano* (178 pages, Salvatore Jodice, editore, Napoli, 1960, 600 Lires).
- MAYER (Otto) : *A TRAVERS LES ANNEAUX OLYMPIQUES* (illustrations, 330 pages, Pierre Cailler, Publy-Lausanne, 12 F suisses).
- MOYSET (René) : *INITIATION A LA BOXE, Préface du Président de la F. F. B.* (48 pages, Bornemann, Paris, 3 F).
- POLASEK (Ollié) : *SKI-ING* (illustrations, Nicholas Kaye, London, 21 s).
- SENAY (André) et HERVET (Robert) : *MONSIEUR DE COUBERTIN* (illustrations, 191 pages, Points et Contrepoints, Paris, 9 F). Un ouvrage très documenté, agréable à lire.
- TATARELLI (Giacinto) : *NOZIONI DI MEDICINA SPORTIVA PER IL CANOTTAGIO E LA CANOA (Guida pratica per i medici sportivi e gli allenatori)* (92 pages, Ministero della Difesa-Marina, Roma). Toutes les questions intéressant les rameurs de compétition, en particulier : la sélection, le contrôle médico-sportif, l'alimentation, l'entraînement, le rythme respiratoire en cours de compétition et la pathologie des rameurs.
- ULLYETT (Roy) : *SPORTS CARTOONS.* (Oubourne Press, London, 4 s 6 d).
- VUARNET (Jean) et JOUBERT (Georges) : *SKI MODERNE* (illustrations, 144 pages, Arthaud, Paris, 8,70 F). L'explication du style « godille ».
- WALKER (Billy) : *SOCCER IN THE BLOOD* (Stanley Paul, London, 15 s).



# Liste des Pays Membres List of the Member-Countries

## Chefs de délégations - Heads of Delegations

|                       |   |                      |
|-----------------------|---|----------------------|
| ALLEMAGNE             | Lieutenant-Colonel H. MÖLLER                | GERMANY              |
| ARGENTINE             | Général de Division FERNANDO IGNACIO HUERGO | ARGENTINA            |
| AUTRICHE              | Lieutenant-Colonel KARL LÜTGENDORF          | AUSTRIA              |
| BELGIQUE              | Lieutenant-Colonel JEAN WENDELEN            | BELGIUM              |
| BRESIL                | Lieutenant-Colonel GERALDO DA SILVA ROCHA   | BRAZIL               |
| COREE                 | Major-Général MIN BYUNG KWON                | KOREA                |
| DANEMARK              | Lieutenant-Colonel LOHMANN-KRÄGH            | DENMARK              |
| EQUATEUR              | Lieutenant-Colonel R. V. ARMIJOS            | ECUADOR              |
| ESPAGNE               | Général J. AGULLA GIMENEZ CORONADO          | SPAIN                |
| E.-U. D'AMERIQUE      | Major STUART HOSKINS                        | U. S. OF AMERICA     |
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| GRECE                 | Colonel Médecin NICOS PAPARESCOS            | GREECE               |
| IRAK                  | Colonel ISMAIL REZUQI                       | IRAQ                 |
| IRAN                  | Colonel HOSSEIN DJAHANBANI                  | IRAN                 |
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| LIBAN                 | Capitaine GALEB FAHSS                       | LEBANON              |
| LUXEMBOURG            | Major JEAN WELTER                           | LUXEMBOURG           |
| MEXIQUE               | Général ALBERTO SALINAS CARRANZA            | MEXICO               |
| NORVEGE               | Lieutenant-Colonel HARALD SANDVIK           | NORWAY               |
| PAKISTAN              | Air-Commodore M. M. PIRACHA                 | PAKISTAN             |
| PAYS-BAS              | Lieutenant-Colonel J. J. F. BORGHOUTS       | NETHERLANDS          |
| PEROU                 | Général JUAN BOSSIO COLAS                   | PERU                 |
| PORTUGAL              | Général ALEXANDRE CORREIA LEAL              | PORTUGAL             |
| REPUBLIQUE ARABE UNIE | Général Major ABDEL R. MOHAMED AMIN         | UNITED ARAB REPUBLIC |
| SUEDE                 | Colonel VALDEMAR SWEDENBORG                 | SWEDEN               |
| TURQUIE               | Lieutenant-Colonel MUHTEREM OZYURT          | TURKEY               |

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|  |                    |
|--|--------------------|
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| Brigadier Général Royal HATCH (U. S. A.) . . . . . | Vice-Président     |
| Major d'Aviation Raoul MOLLET (BELGIQUE) . . . . . | Secrétaire Général |
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### Trésorier Archiviste - Treasurer Archivist

Colonel de Réserve Honoraire M. CHOME (BELGIQUE)

#### Colonel Lartigue (M. D.) winner of the Medical Academy award

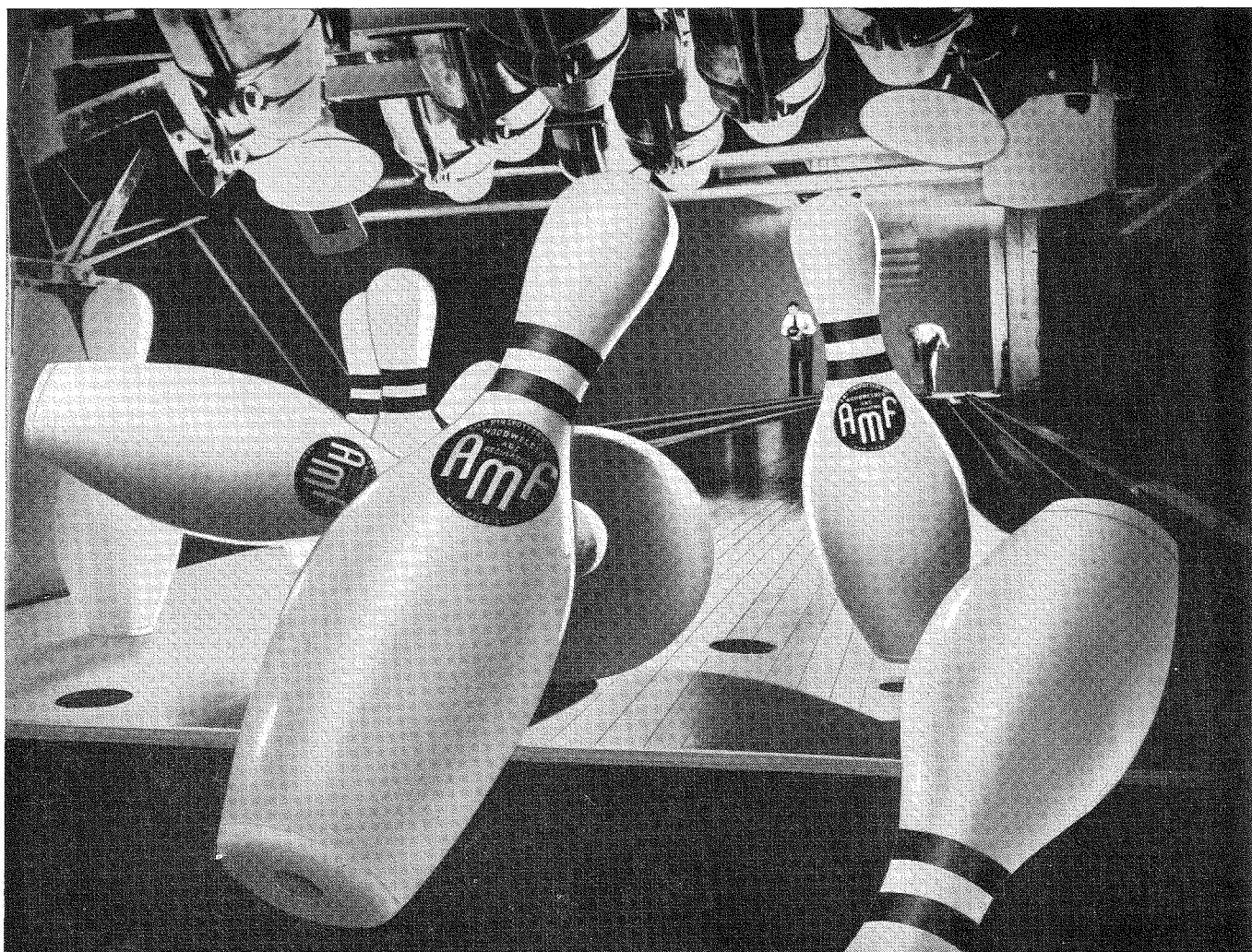
Colonel Lartigue (M.D.) of the Central Service of Military Sports, is one of the prize winners of the National Academy of Medicine. He received the award of the Sports and Youth High-Commissariat for services rendered in cooperation with Messrs. Djourno and Strumza, Professors at the Medical Faculty of Paris : *Manual Artificial Respiration*.

Colonel Lartigue who has just been re-elected in Teheran as the *General Reporter for CISM Academy* — composed of 26 countries and presided over by Colonel Debrus — is known for his numerous works on Sports Training,

Sports Medicine, and in particular the CISM Training Pamphlet, 30 Flexion Test, Fainting Mechanism, Prevention and Treatment of Asphyxiations and Fainting, and artificial respiration.

Following the memoirs presented at the National Academy of Medicine, this organization unanimously expressed the desire for a compulsory teaching of artificial respiration in all schools from 12 to 13 years of age. The decret of May 1927 rendering mandatory and exclusive the Shaefer method and the adoption of standard Sylvester and Nielsen methods (the Nielsen method having priority when only one method was taught), will be abrogated.

(From *L'Equipe*.)



# AMF INDOOR BOWLING GOES INTERNATIONAL

Indoor bowlers in England, France, Sweden, Germany, and Belgium are now enjoying "a new dimension" in their favorite game—thanks to AMF Pinspotters, the ingenious machines which *automatically* set pins in the game of tenpin bowling.

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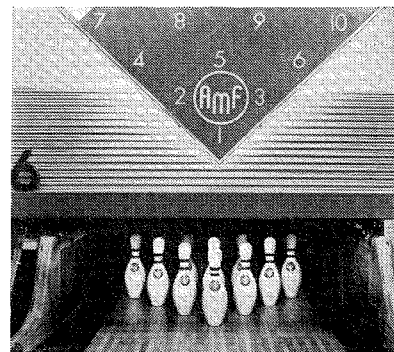
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