appeared to be satisfactory. There were difficulties reported with two lectures in respect of language — this emphasises the point that the lecturers for courses of this type must be really experienced and fluent in the vernacular of the course. It is interesting that Professor Lübbs presented more difficulty to the Indians than to the students from other countries (previously in Thailand Professor Lübbs had presented no difficulty in respect of understanding). It therefore appears that the problem may in fact be less one of fluency than of accent. The apparent difficulty was not reflected in the scoring in the examination papers, so that although students may have had problems with the lecturers there were no apparent difficulties with understanding of the actual material.

It is possible that some of the difficulties in the examination were accounted for by the unfamiliarity of the students with multichoice type of examination, particularly in a tendency to guess at answers rather than to leave blanks — incorrect answers being frequently penalised with minus marks. In other respects the students appeared to have enjoyed the Course enormously and it is a pleasure for me to report that despite some difficulties early on, a very happy and relaxed atmosphere developed among the students despite the disparity in their countries of origin. By the end of the Course there was a free mixture of students with no constraints, a matter for which the organisers should take credit and which is of course the whole essence of the Olympic movement and indeed of the International Federation of Sports Medicine.

SOME IMPRESSIONS OF INDIA AND THE SPORTS MEDICINE COURSE

H. E. ROBSON

When asked to join the lecturing team for the Asian Sports Medicine course reported by Williams above, I was also invited to visit the Hindu University at Varanasi (Benares), and see the Sports Medicine and Pulmonary Physiology Unit in the Institute of Medical Sciences. Having had difficulties in communication due to postal delays, and aware that though the British had introduced bureaucracy into India, the Indian officials had "improved" it beyond all recognition, I was prepared for absolute administrative chaos, so was delighted to find that there was only relative chaos, and only where State enterprise was concerned. Once in contact with people in the Universities and other places that I had only known through correspondence or through mutual friends, I received nothing but overwhelming kindness and generosity. A tour of the great University campus, and its good sports facilities, was followed very early the next morning by a boat trip down the River Ganges past the ghats, slightly put off when a dead body floated past the boat, explained as being possibly a murder, but more likely a poor relative whose salvation should be ensured by being washed in this holy river without the encumbrance of cremation charges. Later a visit was made to Sarnath, the place where Buddha preached his first sermon. In the afternoon I found that I was scheduled to give an open University lecture instead of leading a small seminar for the staff and students of the Unit, but there was an attentive and polite audience of 150 from many departments of the Institute and other faculties. The visual aids were not very good, a low-powered projector, and a greasy blackboard, but this is far from unknown in U.K. establishments, and none seemed to
mind. The next day was the start of an unforgettable experience, travelling from Varanasi to Delhi by train, 18 hours journey, with delays everywhere, but in reasonable comfort.

Delhi Sports Stadium was the assembly point for members of the course, and followed by a long coach journey to Patiala in the Punjab, to the Netaji Subhas National Institute of Sport, located in the palace donated to the Nation by the Maharajah of Patiala, which provided administration facilities, tuition and staff accommodation facilities. Student accommodation for about 250 was available in adjoining hostels, of a similar standard to that of U.K. colleges and new universities. In the palace, the rooms were enormous, plainly but adequately furnished, but the plumbing and electrical fittings were far from satisfactory, though the permanent staff did their best to improve conditions significantly. Quarter of a mile from the palace there is a large new sports hall, adjacent to the swimming pool, and with a well fitted-out lecture room where most of the sports medicine course lectures were held. There were difficulties here, as there is an electrical switch-off throughout India from 9 a.m. until 1 p.m. to conserve power. The sports hall had its stand-by generator, giving enough power to work the projector rather dimly, but not the blackboard lights or fans; in morning sessions, the room was either too stuffy, or if the doors were opened, noise from basketball and swimming were distracting, though training sessions had been timed for our benefit. In the afternoons, power was on, everything worked, but the fans were noisy, and good voice production was needed. For sessions where slides could be dispensed with, the empty basin of a fountain, or the shade of a large tree, made a most enjoyable lecture venue, and enabled the more informal tutorial situation easier, even with a group of over 40, or more as coaches from the Institute stopped to listen, and often contributed to discussions as they paused on their way to other assignments.

The sports facilities of the Institute were put at the disposal of the visiting lecturers, and the younger and fitter ones took full advantage, and played against stiff opposition from the resident staff and their families. After work, there was almost always something organised for us; a reception at the Director’s house, invitations for drinks and snacks at the homes of the Assistant Director, the Chief Coach and other members of the staff. A full Sunday was spent at Chandigarh, the new capital of the Punjab, when the Institute’s doctor, Dr. Ahujah, invited Eide Lübs and me to his family home, and showed us the sailing club on the lake, the rock gardens, constructed from waste material, an example of modern art by recycling broken china, and the Mogul gardens near Simla, the Pinjore, not as well known as Shalimar, but very beautiful.

Apart from the kindness we received, we were most impressed by the very high standard of lectures by the senior academic staff of the universities visited, and by the Indian lecturers on the course. Both at Varanasi and at the Punjabi University of Patiala, interesting work was in progress in the field of exercise physiology, and despite the few facilities available, and the lack of expensive electronic equipment, significant results were being obtained, and papers published in many European and American journals, including this one.

The lack of sophisticated equipment was not confined to the universities; buses and lorries were on the roads in profusion, many rather old. There were fewer cars than would be found in Europe, but motor scooters abounded, often with five occupants riding or hanging on. Pedal rickshaws could transport up to eight or nine children to school, horse and mule carts were on all main roads, and we saw camels and elephants carrying goods along the grand trunk road, a century after Kipling recounted Kim’s adventures. Pedal cycles were to be found all over, and in even the main
A field officer of the Indian Army with his family transport.

A “school bus” — eight or nine in a pedal rickshaw is not uncommon.

Chandigarh Sailing Club, Punjab, with the sister of Dr. Ahujah, Medical Officer to the N.I.S. Patiala.

cities (except New Delhi and Chandigarh) the cow and the buffalo held undisputed priority over all other road users. The cattle were usually followed by small children collecting the dung in handfuls, and plastering it on any adjacent wall to dry out for fuel. At the same time, crop yields appeared to be less than they might have been for lack of water-retaining and nitrogen-rich humus, a situation common to many arid countries. Labour was cheap and plentiful, though domestic service is no longer very easy to obtain, and relatively expensive for the professional family, as in the U.K. The grass of the playing fields at Patiala was cut by a team of eight men wielding long knives, but it gave employment to eight instead of one man with a lawn mower.

Housing of the professional men that we met was similar to that of Mediterranean Europe, but with parking place for the motor scooter rather than the Mercedes. Conditions for the low paid worker were very different; wages of 50 pence or $1 a day were usual for agricultural workers and rickshaw coolies. Animal protein, except milk or yoghurt, is almost unknown to these people, both from religious and economic factors, and the main protein sources are pulses, — peas, beans, lentils, wheat and rice. We did not see the worst areas of impoverishment in Calcutta or Bombay, and there were few beggars in the areas we visited.

Politically, the impression we gained was of a country trying to improve its own standard of living in its own way, sandwiched between the strong U.S. presence in Thailand and the increasing pressures from Eastern Europe. The Punjab is only a few hours drive for an armoured division from Afghanistan, and it is essential that India tries to avoid antagonism of either side. The Trade Fair in Delhi was predominantly devoted to the large exhibition halls of the USSR, China, DDR, Poland, Hungary, Indonesia, etc. The U.K. had a small stand in another hall, with a few posters on it! The East German influence was very strong in all sport, medicine, physical education and what industry we saw, but the Indians seem to have kept the best traditions of the British Raj to incorporate into their own way of life; afternoon tea, cricket and other clubs, and above all kindness, hospitality and thoughtfulness that we have encountered rarely elsewhere.