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BOOK REVIEWS

David Miller, *Historia igrzysk olimpijskich i MKOl. Od Aten do Pekinu 1894-2008*, (The official history of the Olympic Games and the IOC. Athens to Beijing, 1894-2008), Dom Wydawniczy REBIS, Poznań 2008 (Hardback 2008, Mainstream Sport).

Shortly before the Games of the XXIX Olympiad in Beijing 2008 a spectacular book about the Olympic Games was published. The author of this magnificent volume, David Miller, a famous English sports journalist of *Daily Telegraph* has been known to Olympic readers for a long time. Since his graduation from Cambridge University in 1956 he has been working as a journalist and sport commentator during sixteen Olympic Games and thirteen Football World Cups. Some may ask how one man could manage all this and yet publish so extensively? Well, David Miller could, and he has also proved his skills in his earlier biographies of Matt Busby, Sebastian Coe, Stanley Matthews or the IOC' President Juan Antonio Samaranch.

There have been many books on the Olympic movement published by various authors; however, it is the first time an official history of Olympic Games and International Olympic Committee has been published with such detail and scope of rare interesting data.

The Official History of the Olympic Games and the IOC Athens to Beijing, contains 76 chapters set in two major streams. The book opens with the *Introduction* by Jacques Rogge, the President of the International Olympic Committee, devoted to the significance of both the book and the author himself. Rogge casts some shadows on the modern Olympic idea, especially in the aftermath of the Beijing Olympic Games, with all its political contexts, but he also expresses his confirmation of the timeless power of the Olympic idea.

In the beginning of the book, readers will find an outline of the book content. It includes a description of the historical context of the revival of the Olympic idea by French baron, Pierre de Coubertin and his struggle against all odds. This part is supported by historical facts and first-hand accounts of the IOA members.

The first major stream of the book concentrates on the origins of the International Olympic Committee. Readers can learn here about

all political, economic and social factors that have influenced the modern Olympic Movement. Miller points to the dangerous combination of radical nationalism and economic power of world expositions at the beginning of the Olympic Movement, which could have spoilt its explicit educational intentions. Romantic pedagogue, Pierre de Coubertin, wanted initially to use the Olympic Games – a sporting festival of youth – to improve moral education of French youth. Inspired by antiquity and its education in the spirit of “kalos kagathos” expressed through Ancient Olympic Games he came up with an idea of introducing similar values and ethical standards to modern education. Dramatic, though intriguing stories of such heroes as Spyridon Louis – a simple Greek farmer, winner of the 1896 Athens Olympic marathon race – Jim Thorpe, Paavo Nurmi, Sonja Henie, Emil Zátopek, Jesse Owens, Fanny Blankers-Koen, Herb Elliott, Kip Keino, Mark Spitz, Franz Klammer, Sebastian Coe and Carl Lewis, Hichama El Guerrouja, and of heroes of the most recent decades Steve Redgrave, Kathy Freeman and phenomenal Michael Phelps can be found in the book. Some of these stories are truly tear-wringing, others bring some reflection and even anger.

A great novelty in the book are descriptions of technical and architectural preparation for each Olympic Games, and especially interesting seems to be the discussions of technological development of equipment in each sport throughout the years. The description of development of rules in each sport also deserves the highest appraisal.

By reading *The Official History* we can travel in time and space through consecutive Olympic Games and, with a bit of imagination, find ourselves in the middle of a hot summer day somewhere in Seoul during the Opening Ceremony, or in cold but very vivid Calgary. We can follow the heat of preparation for races, tears of joy but also pain and disappointments. All these personal

experiences and seeing Olympic Games through the eyes of such Olympic super heroes as Jim Thorpe from the United States, Finland's Paavo Nurmi or more recently Sweden's Carolina Klüft, provide the readers with their impressions of the games, real emotions and their own ways to overcome stress in pursuit of human excellence. Others have their place in the history of the Olympic Movement rather than in Olympic records, (e.g. Demetrios Vikelas, Anita de Frantz – the first woman on the IOC board or Witalij Smirnow) and also share their thoughts and bring back their memories of the atmosphere of the world divided by the Iron Curtain. With remarkable collections of memories, personal accounts and opinions (more than 50 interviews) this book is not just another book on Olympic records, but it enriches the Olympic Movement with a spirit – something the Olympic Games seem to be lacking lately. The reader will certainly disagree with some opinions in the book, but many others will provide new light, shed especially on those darker pages of Olympic history like Nazism and the 1936 Olympic Games of Berlin; the tragedy of 1972 Munich Games, where a group of athletes from Israel were murdered by terrorists; boycotts of Moscow and Los Angeles Olympics as well as doping scandals at the 1988 Seoul Olympic Games.

David Miller has made a tremendous effort to write in the most comprehensive way about the most dramatic and even politically troublesome issues of modern Olympic Games. Miller's discourses about doping or problems with London Olympic Games 2012 or Sochi 2014 will certainly

attract criticism from some, but this has not scared him from writing about the matters he believes are important for keeping the Olympic Spirit clean. The question is for how long can the Olympic Spirit defend itself in today's world, lacking values and avoiding moral responsibility.

Occasional errors in the records or other details (like dates or names) do not spoil the reader's impression of this excellent book. Though as a Pole, while reading it I was desperately looking for any comments or pieces of information on Olympic achievements and input of Polish athletes. Unfortunately, I have found very few. But this is why Professor Kajetan Hądzulek has been asked to contribute a special, additional chapter on Polish Olympic history, which would greatly supplement the Polish translation of the book. Having read the book one reflection remains. Some people in the so-called "Western" countries tend to underestimate other cultures and nations which have very often contributed to the history of the world's most magnificent sporting phenomenon – the Olympic Games.

In his final thoughts David Miller manages to articulate the positive side of the Olympic Movement, which gives us a ray of light for an optimistic future of the movement and the Olympic Spirit in general. Can the Olympic Movement survive another thousand years? Well, at least, let's give it another hundred.

Małgorzata Bronikowska
Laboratory of Olympism & Ethnology of Sport
University School of Physical Education, Poznań

Ryszard Winiarski, Janusz Zdebski: *Psychologia turystyki* (Psychology of Tourism), Wydawnictwo Akademickie i Profesjonalne, Warszawa 2008.

Ryszard Winiarski and Janusz Zdebski's work is the first academic textbook in Poland, which discusses present-day tourism in a psychological perspective. There have been many studies related to the modern interdisciplinary field of tourism, which focus on the economic, sociological and spatial aspects of tourism. However, publications concerned with the psychological side of tourism at the turn of the 20th and 21st century in Poland have been rather incidental. *Psychologia turystyki* written by two

superb experts in the area of tourism tries to fill this gap.

The textbook is brilliantly written, convincingly enriched with substantial examples and splendidly illustrated. It consists of nine logically interrelated chapters, including considerations about psychological aspects of present-day tourism.

The first chapter outlines the characteristics of modern tourism, different theoretical conceptions of tourism as well as some new tendencies.

The second chapter, focusing on the development of tourist activities in different stages of man's life, is to a certain extent an innovatory text written in a very interesting way. The authors make clear to the reader, that, in fact, at every moment of their lives people do feel the need for tourism, but the degree of this feeling as well as the intensity of participation in tourism tend to vary. The authors' original typology of "tourist careers" is one of the very few in Polish literature.

The third chapter "The motivation for tourist activity" is a well-written part based on universally well-known theories of motivation.

In the following chapter the authors attempt an analysis of experiences connected with tourist activities. They discuss, in particular, the criteria of the choice of places to visit and emotional reactions to the environment. Extremely valuable are considerations about tourist experiences, especially a synthetic discussion of MacCannell's opinions on perception the tourist impressions.

The considerations about psychology of intercultural relations in tourism are the subject of the fifth chapter. This part of the textbook is devoted not only to the basic types of contacts between tourists and residents of visited tourist sites, but also to cultural differences and conditions of tourists' patterns of behaviour, which have also an influence on the style and quality of life of local communities. The authors include here a great deal of original information about different kinds of tourists' diseases and discomforts in consequence of cultural interactions. They describe, with valid arguments and a great deal of originality, the notions of cultural shock, Stendhal's syndrome, Paris syndrome and Jerusalem syndrome.

The sixth chapter focuses on selected psychological processes within the tourist group. The chapter addresses such questions as changes of fulfilled social roles, interpersonal and intrapersonal conflicts, etc.

Tourism as a means of intentional influences is the subject of the seventh chapter. The tourist trip is presented here as an educational process. The chapter is also devoted to the controversial subject of incentive tourism as a modern form of team management. The final part of this chapter considers psycho-preventive, therapeutic and wholesome values of tourism.

In the eighth chapter the authors present in an interesting way the psychological aspects of tourist offers, focusing on different variables of market segmentation. In the next part a psychological typology of tourists and holiday-makers is discussed. The final part of the chapter is devoted to the role of psychological factors in planning and realizing the conception of tourist product, as well as in the process of selection of the tourist offer.

The last chapter of the textbook tries to answer the question whether psychology of tourism can be regarded as a new independent scientific discipline. The authors generally prove that such a scientific discipline already exists, although some of their arguments may not be fully convincing.

The reviewed academic textbook is a successful publication on the Polish publishing market fulfilling the existing gap in the psychological aspects of present-day tourism. It is a well-written textbook with substantial practical examples, and it will be surely read not only by students but also by all readers interested in present-day tourism.

Stefan Bosiacki
Faculty of Tourism and Recreation
University School of Physical Education, Poznań