

Nikolaus Katzer, Sandra Budy,
Alexandra Köhring, Manfred Zeller (eds.)

Euphoria and Exhaustion

Modern Sport in Soviet Culture and Society

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Frankfurt/New York

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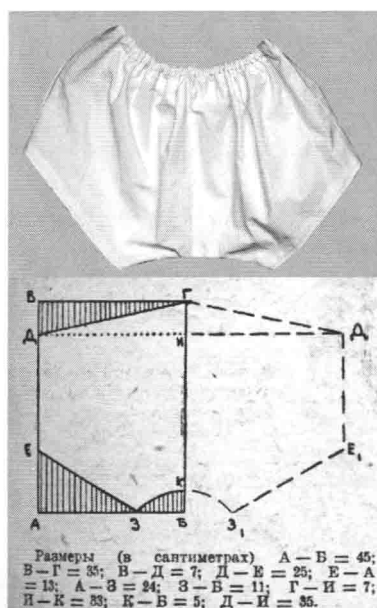
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Sports trousers, 1928

In the early Soviet Union, sport was seen as one of the activities that defined modern man. Nevertheless, factory-made sports clothing was only produced in large quantities for certain important sporting organisations. The March issue of the Soviet sports journal "Fizkul'tura i sport" ("Physical culture and sport") from 1928 contained in its column on "practical advice" instructions on how to sew a pair of sports trousers. Members of both sexes could wear this standard pattern. The trousers were intended to be comfortable and cheap to make. We show here the pattern and a pair of sports trousers made following it.



„Fizkul'turniki, sew your sports trousers yourselves! (Fizkul'turniki, sheite vashi trusi sami)". In Fizkul'tura i sport (1928), 12, 15.

Euphoria and Exhaustion

Professor *Nikolaus Katzer* is director of the German Historical Institute in Moscow. *Sandra Budy*, M.A., *Alexandra Köhring*, M.A., and *Manfred Zeller*, M.A., are fellows at the research Project "Social and Cultural History of Sport and Physical Culture in the Soviet Union" at Helmut Schmidt University in Hamburg.

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Printed with a subsidy by Deutsche Forschungsgemeinschaft (DFG)

Bibliographic Information published by the Deutsche Nationalbibliothek:
The Deutsche Nationalbibliothek lists this publication in the Deutsche Nationalbibliografie;
detailed bibliographic data are available in the Internet at <http://dnb.d-nb.de>.
ISBN 978-3-593-39290-5

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Cover illustration: R. Karmen, In the Stadium, Sovetskoe Foto (1928), 7.

Cover design: Guido Klütsch, Cologne

Printed on acid free paper.

Printed in the United States of America

For further information:

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www.press.uchicago.edu

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Euphoria and Exhaustion

The euphoria of the first few days of the new year is a natural reaction to the new year. It is a feeling of excitement and anticipation for the future. This feeling is often accompanied by a sense of optimism and a belief in one's ability to achieve one's goals. However, this euphoria is often short-lived. As the new year progresses, the initial excitement fades, and a sense of exhaustion sets in. This is a natural reaction to the stress and pressure of the new year. It is a feeling of being overwhelmed and exhausted by the demands of the new year. This feeling is often accompanied by a sense of despair and a loss of motivation. The euphoria of the first few days of the new year is a natural reaction to the new year. It is a feeling of excitement and anticipation for the future. This feeling is often accompanied by a sense of optimism and a belief in one's ability to achieve one's goals. However, this euphoria is often short-lived. As the new year progresses, the initial excitement fades, and a sense of exhaustion sets in. This is a natural reaction to the stress and pressure of the new year. It is a feeling of being overwhelmed and exhausted by the demands of the new year. This feeling is often accompanied by a sense of despair and a loss of motivation.

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ISBN 978-3-593-39290-5

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Cover illustration: R. Karmen, *In the Stadium*, Sovetskoe Foto (1928), 7.

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