



Professor

**Dragomir**

**MATEEV**

Secretary General  
of the  
Bulgarian Olympic  
Committee.

*Professor Dragomir MATEEV, Corresponding Member of the Bulgarian Academy of Sciences, was born on May 24, 1902, in kavarna, Bulgaria.*

*His first publications are concerned with what he describes as "gravity shock in man after physical work." These studies are referred to in worldwide literature, especially in the Russian, American, English, and German scientific editions. They are also included in some textbooks on physiology.*

*Professor MATEEV has published significant works on muscle and general fatigue. His studies in this scientific field are summarized in the "reflex theory of fatigue," which has recently been universally acknowledged.*

*The results of his investigations in the field of sports physiology have appeared in many Russian, French, German, English, Italian, Polish, Czechoslovakian, Hungarian, Rumanian, and Bulgarian journals.*

Professor MATEEV lays great stress upon the concept that the functional loading with physical exercises, provoking the phenomenon "fatigue," brings into action, during the period of rest and on the principle of feedback, the processes of recuperation in the organism. These processes always and regularly end with a certain overrecuperation. This is the so-called "phase of exhaltation" during which the organism is able to work more intensively than before. The functional loading accompanied by exhaustion and fatigue, the processes of recuperation, and the phase of exaltation, for the "cycle of self-renovation" (termed by Professor MATEEV) which leads to structural and functional perfection. Consequently, the exercise, the training, appears as an important method of controlling the processes of renovation in the organism, in its different organs and systems for the purpose of their structural and functional perfection. Professor MATEEV summarizes his investigations in this domain, in a general theory of the onto- and phylogenetic development.

Since the very beginning of his scientific activity, Professor MATEEV has studied the problems of the physiology of age. His first papers in this field are concerned with infancy and youth. His original investigations on the puberty development of the Bulgarian boys and girls are published in English, German and Bulgarian.

During these last years, he has directed his attention to the physiology of aging and senility. Professor MATEEV develops and proves experimentally the concept that the processes of senile involution and atrophy have the character of involutio et atrophia ex inactivitate. On the other hand, he proves that the functional loading is an adequate physiological method of counteracting the senile involution and atrophy, that the functional loading in old men brings into operation, like in young men, the cycle of self-renovation. Thus, it is possible to counteract the processes of aging.

At present Professor MATEEV is the Head of the Institute of Physiology of the Bulgarian Academy of Sciences and Leader of the Center of Gerontology and Geriatrics to the Ministry of Public Health in Sofia.

We have published on the following pages one of his recent studies.