

## College Athletics (Classic Reprint) (Paperback)

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## Reviews

*This publication is definitely worth purchasing. Yes, it is actually engage in, nevertheless an amazing and interesting literature. You can expect to like just how the author write this publication. (Odie Dicki)* 

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## COLLEGE ATHLETICS (CLASSIC REPRINT) (PAPERBACK)



Forgotten Books, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Excerpt from College Athletics It is an indisputable fact that no animal is so much improved by training as man - none stands such long and severe preparation with advantage - and none displays the difference between condition and its absence in so great a degree. But it is not only that man may be enabled to do certain feats of activity and strength that training is desirable, but that he may do them with pleasure to himself, and even with advantage to his general health; and this marks the grand principle which every man who values his health should certainly keep in view, namely, that no one should attempt to compete in any contest requiring agility or strength unless he has had such a preparation as shall enable him to perform his task without feeling any ill effects from it. For instance the man in condition can row through a race of three or four miles in which his whole powers are taxed to their very utmost, and shall, at the end of it, be almost blind from the exertion he has made; and yet before he gets out of the boat he is all right, and could go through the same in half an hour without injury - whilst the man out of condition lies nearly fainting, or perhaps quite insensible, for many minutes or even still longer, and is only revived by stimuli to an extent which will not allow any further liberty to be taken with his naturally strong constitution. Pluck will do much in place of condition, but numberless are the instances of ruined health from the excessive draughts which have been made upon this valuable...

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