



## College Athletics (Classic Reprint) (Paperback)

By Michael C Murphy

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...



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