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## Title Page

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## THE PHYSIOLOGY OF PHYSICAL CONDITION

Were we in the locker room of almost any high school or college at the beginning of an athletic season, we would almost surely find the coach talking to the boys under his charge in somewhat this fashion;—

“Now boys, if we expect to have a successful season, and live up to what the community expects of us, it will be necessary that we train.” “Be careful about what you eat, avoid heavy food, do not eat between meals, get plenty of sleep with your windows open, avoid coffee and tea, and leave tobacco alone.” The coach may have a few other pet hobbies, but fundamentally these are the things he will stress as being necessary for securing and maintaining good physical condition.

Again if we were to follow the coach and the squad to the athletic field or into the gymnasium, we would see the boys being put thru a series of exercises designed to build up the muscles necessary for that particular sport, and to gain “good physical condition.” Were we to watch day after day, we would see these exercises increased in amount and intensity until after several weeks of training the boys were doing an amount of work which only a few weeks before would have been physically impossible. If the boys have responded well to the admonitions of their coach or trainer, he will smile as he sees them perform, and will comment between chuckles that they are “in the pink.” To him it means that they will be able to go thru a hard game giving

their maximum of energy all the time and still have a reserve that will carry them until the end of the contest.

Some coaches will not be so well satisfied. The boys will be listless at the start of the days practice, and will soon show signs of fatigue. They may look about the same as men who are in good physical condition, they may be able to do just as strenuous work for a short time, but there is something lacking, and no matter how hard they try or how well they are coached, if they meet teams of their own caliber, they are consistent losers.

The question is often asked, “why don’t the boys train?” “Why is it that they make a good showing the first half only to be defeated in the last half or the last quarter?” The answers may be varied. Some men willfully break training rules because they think more of their own personal pleasure than they do of the success of the team or their own success as athletes. The treatment, if any, for this sort of individual must be mental. Many boys fail to observe training rules because they do not know what good physical condition is, or because they do not see the necessity of doing certain things in order to obtain it. It is for this latter group that this article is written, with the hope that it will make easier the grind of training by a knowledge of what is accomplished by it. Incidentally, since good physical condition is essential to the best functioning of the mind and to the highest success in any kind of activity, this article may have a wider application.