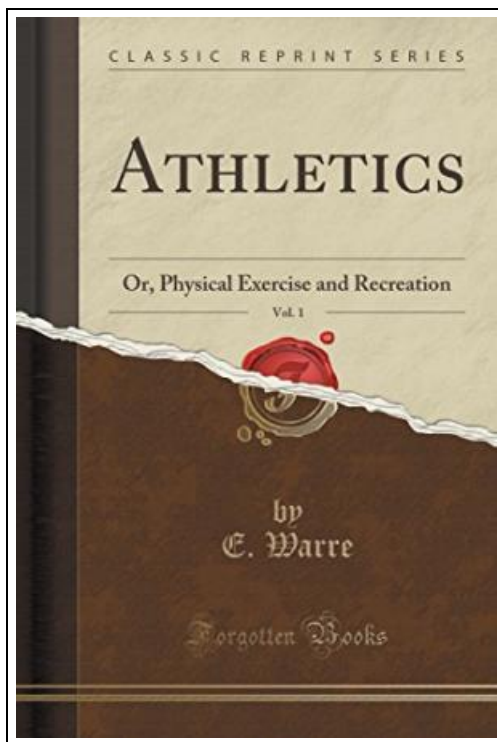


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Athletics, Vol. 1: Or, Physical Exercise and Recreation Importance of subject to national welfare - Athletics underrated - Overrated - True function - Individual - Social - Influence on character - Self-control - Fairness - Unselfishness - Good fellowship - Summary. In the motto so happily adopted for the International Health Exhibition, the right end and object of athletics, which we may define as physical exercise and recreation, is tersely and truly expressed. It would be hard to say how much that concerns intimately not only the happiness and usefulness of individual life, but also the good of society, and the future of the race, is involved in the right appreciation of the truth contained in this little form of sound words. They commend that which is as often overlooked by the enthusiastic advocate of intellectual progress as it is neglected by the thoughtless worshipper of physical prowess. They are a standing rebuke to those who would take one side only of human nature under their care, and leave the other to take care of itself. A sound mind in a sound body! or A healthy mind in a healthy body! About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain...



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