

In the stadium the competent specialist has the opportunity of studying the characteristics of the man in good health, as well as the various degrees to be found in the definition of health.

Sport sets problems that are met with on the stadium; they are the subjects of special study in practical experiment and are solved in the great research centres.

Universities have realized the importance of sport in the education of youth, in co-ordination with intellectual development.

*Victor Boin.*

The system of circulation is stimulated by exertion, which it bears without weakening. After this expenditure of energy the return to normal takes place swiftly, as can be expected of any well adjusted mechanism.

*Dr. Bellin du Coteau.*

The breathing of a sportsman is far superior to that practised by anybody else subject to another form of training. His lung capacity is far above the average whatever the sport he practises. His training in breathing serves an essentially useful purpose.

*Dr. Bellin du Coteau.*

Sham amateur status is both unfortunate and immoral. It tends to instil hypocrisy in young men on the threshold of life, and thus they acquire in the inevitable course of events moral defects which will affect their whole lives.

*Victor Boin.*

Through the practice of bodily exercises our youth will aim above all at increasing their moral strength.

*Plato.*

The digestive system cannot fail to reap an advantage from an athletic exercise well carried out.

*Dr. Bellin du Coteau.*