

Owing to the amplitude of one's movements, the locomotive organs afford a striking litheness of body, which controls one's speed of execution.

*Dr. Bellin du Coteau.*

The general system of metabolism and the co-ordination of the body act together in perfect harmony, because the athlete submits himself to hygienic practices which do not attain this state of perfection in any other form of education. This is also due to the fact that he burns energy and eliminates toxic effects profusely from his system.

*Dr. Bellin du Coteau.*