

remove religious injunctions that had prohibited a naturalist approach in the physiological sciences, and allowed greater attention to practical medical knowledge. Among those affected by changes at the University of Coimbra was Francisco de Mello Franco who began his studies in 1771. De Mello Franco's book *Tratado de Educação Física dos Meninos para Uso da Nação Portuguesa*, which states in the introduction *É preciso forticar as crianças!* (It is necessary to fortify the children!) calls for attention to the health of children and includes discussions about the physiological benefits of physical exercises. It drew especially upon such writers as Locke and Ballexserd. The influence of physicians Simon A. Tissot and George Cheyne is also evident, as is that of Boerhaave, in various other books by the Mello France. This paper is based upon a range of eighteenth century Portuguese sources and also such secondary literature as places developments there in a larger context.

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## **The Road All Runners Run": Death and the Long-Distance Runner**

A.E. Housman's famous poem, "To an Athlete Dying Young," offers uncanny insights into running as a metaphor for life. This metaphor can be seen in novelistic form in a number of works of fiction, among them Dominiqe Braga's *5.000* (1924), Siegfried Lenz's *Brot und Spiele* (1959), Brian Glanville's *The Olympian* (1969) and Allan Sillitoe's *The Loneliness of the Long-Distance Runner* (1959), which was also made into an important film. All of these works end tragically. They suggest the inescapability of human mortality, which athletes experience – in a metaphoric sense – earlier than others.

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## **Glued to the Tube and Addicted to Snack Food**

It is hard to imagine in this age, which worships at the altars of the fat-free body, that there was a time in America's history when obesity, as we now define it, was not only not frowned upon, but was actually desired to the same degree that we