

part you wish to exercise, and the greater the mental effort the higher the result.

The foregoing is both logical and physiological.

Difference in Mental Exertion in Exercise and Field Athletics.

It will be noted that there is a distinct difference between the expenditure of energy in the few minutes given to the toning-up exercises done daily, and in the method of giving out energy in athletics.

In the former case one's endeavour is to thoroughly exercise the muscles in the shortest space of time. Hence we must concentrate the effort on the individual muscles or groups employed, with the intention of tiring them, until they ache slightly, as quickly as possible.

In sports, however, whether running or boxing, one's main endeavour is to husband energy until able to let it all out in a final burst, to win, if possible. Therefore one runs or uses the muscles with the lightest poundage of effort, never putting more into it than is absolutely essential. The two are opposite in intention, but by the sheer practice of muscle control in the former case one is enabled to control expenditure of effort when called upon to run or wrestle, with the added ability of being able to put more into the winning burst, or grip, or punch when one wishes to send down all the poundage of energy in a mighty effort.

When doing one's daily toning exercise it is necessary to learn how to localise the effort on par-