



Physiology of Bodily Exercise (Classic Reprint) (Paperback)

By Fernand Lagrange

Forgotten Books, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Physiology of Bodily Exercise Exercise and Work - Muscle - Nerve: Avalanche Theory. The Spinal Cord; Reflex Actions; Unconscious Movements - The Brain; Reflex Movements; Voluntary Movements - The Motor Centres; associated Muscular Actions. The Will, Agent of Work. Muscular Contraction - Course of a Voluntary Stimulus; Mode of Transmission - Nervous Vibration and the Muscular Wave - Time of Transmission; Latent Period. By bodily exercise, we mean work done with the object of perfecting the human organism from the point of view of strength, skill, or health. Scientifically speaking, there is no difference between the professional labour which circumstances demand from the peasant or workman, and the more or less refined exercise to which a sportman devotes himself. The manual labourer who chops wood, and the gentleman who fences, both perform muscular work. But the gentleman has his exercise at his own hours, regulates to his own taste the time he allots to it, following the calls of hygiene, diet and rest, while the poor man works too much, feeds badly, and sleeps little. This is why work...

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