

actual exercise period. Therefore, accelerated respiration persists for a shorter time at the close of the exercise period. That is, the oxygen debt is less for the same quantity of work in the trained subject. Reduction in lactic acid accumulation is probably a factor in delaying the onset of fatigue, also, in the physically trained individual.

Whatever the effects of work or exercise may be in making the muscle larger and stronger, there seems little doubt but that the most beneficial effects of work or training are in other directions, so far as increased muscular efficiency is concerned. In training, the increased effectiveness of the circulatory system and respiratory adjustments to exercise and the better muscular coordination and decreased waste movements that result are probably of much greater significance than mere increases in muscle size & strength.