

CONTENTS

Original Paper

- Encouragement from Friends after Failures and Recipients' Subsequent Feelings and Goal Achievement Motivation** 1
Yoshiharu FUKUOKA

- Effects of Intermittent Breath Holding during Prolonged Exercise on Ventilation and Blood Lactate Responses** 13
Daisuke KUME, Shogo AKAHOSHI, Risa KURATO, Takashi YAMAGATA, Toshihiro WAKIMOTO and Taku KODAMA

Short Report

- Correlations between Postpartum Depression, Support, and Affection in Married Couples One Month after Childbirth** 23
Yoshiharu FUKUOKA

- Effects of Baby Massage Based on Child's Temperament Characteristics on Child-Rearing** 33
Yuko TAKEI, Masaharu TERASAKI, Masako KADOTA, Yoichi OKUTOMI and Itsuko TAKEUCHI

Material

- Changes in Relative Exercise Intensity during a Two Hour Endurance Race Using a Tandem-Bicycle for Exercise** 47
Sho ONODERA, Takuma WADA, Yutaro TAMARI, Noboru YOSHIDA, Sotaro HAYASHI, Hidetaka YAMAGUCHI, Tatsuya SAITO and Akira YOSHIOKA