

Josai University  
**BULLETIN**  
 LIBERAL ARTS

---

Natural Science  
 Health and Physical Education

**CONTENTS**

- A Study of Circulative Function (5)  
 ..... Eiko Hatakeyama (1)  
 Hiroshi Ishii
- The Study of Women's Long Distance Track  
 and Field Athletes Training (Part 1)  
 —The Correlation of Josai Runner's Blood  
 Condition, Endurance, Weight  
 and Their 1995 Performance— ..... Naoto Suzuki (21)  
 Yasumichi Yokouchi
- The Case Study of Women's Long and Medium  
 Distance Track and Field Athletes (Part 2)  
 —Josai University's athletes are being  
 compared with Japan's top runners  
 in hope of facilitating the advancement  
 of the former to a higher level  
 (Especially by observing the  
 3000 m and 5000 m records)— ..... Yasumichi Yokouchi (43)  
 Naoto Suzuki
- The Hanno Formation in the Western Kaji Hill and  
 the Summit Level Map of the Kanto Mountains  
 Hideo Kagami, Yuichi Okano  
 ..... Masakazu Rikita, Shoji Matsumoto (59)  
 Minoru Abiru and Ichiro Aida

---

Josai University

1-1, Keyakidai, Sakado-shi  
 Saitama-ken, JAPAN