Sportlight by GRANTLAND RICE

NANA WNU Service

IT TAKES no subtle expert to understand that in the majority of cases that condition is one of the essential requirements in the making of a champion. But there are many arguments as to how one reaches condition along the surest road.

"No, I haven't any very revolutionary ideas about the training of young athletes. I ask them to be sensible and temperate in their eating and adopt regular habits for sleep and exercise. If the average youngster will live a normal life, eat wholesome foods and be regular in his every day habits there isn't going to be very much wrong with him."

Grantland Rice

The speaker was Dean B. Cromwell, famous track and field coach at the University of Southern California. Cromwell's teams have won so many track championships that the experts have almost quit trying to keep track of them.

I found Dean Cromwell at historic Bovard field on the Trojan campus, the field which has sent six football teams to the Rose Bowl without defeat, the field which has been the proving ground for countless national and Olympic champions of the cinderpath, the field which has turned out several prominent baseballers now performing in the major and minor leagues. Mr. Cromwell is always there, no matter what the season. Of course, Howard Jones attends to the football and Sam Barry bosses the baseballers but the venerable Dean, now in his thirty-second year at Troy, keeps a weather eye on all the athletes.

A Few Angles

"We're very fortunate here in Southern California," continued Coach Cromwell, "in that the foods grown so close at hand, plus the fine sunshine, provide most of the vitamins so necessary to good health for growing youngsters. The boys come from average homes where for years they have been eating the right kind of food.

"If a boy has been drinking tea or coffee and he comes to me a healthy youngster I'm not going to tell him to quit. If a boy has been a big milk drinker and he's sound physically I don't change his diet even if some coaches do claim that drinking milk is bad for the wind."

Coach Cromwell's training orders sound simple, but there happens to be more than he reveals. He sets his foot down hard on overwork, particularly in early season.

"Many years ago we had our inter-fraternity meets early each season," said the Dean. "I found that the athletes who did exceptionally well in these December meets generally were beaten later in the year by those who had been taking it easy at the start. Right then I barred my best athletes from these inter-fraternity meets. And I've been doing it ever since. We just coast along for six or eight weeks, building up stamina and leading a normal life. When the big tests come in late spring and midsummer I generally find my boys in pretty good shape."

Cromwell's rivals in the coaching business will add a fervent "Amen" to this statement. His Trojans have won 9 of the 13 N. C. A. A. meets in which they have competed, including the last 6 straight; taken top honors in the I. C. 4-A. the last 7 times they entered; and whipped Stanford in 11 out of the last 12 dual meets, to say nothing of bagging several Pacific Coast conference crowns.

Not for the Boys

Cromwell believes the recent emphasis on eastern indoor meets is bad on the college runners. Says it is all right for the A. A. U. and the promoters who cut up the mounting gate receipts, but states that the boys who are bearing down in January and February on the boards are put to too great a strain by having to be in shape clear through the summer for outdoor competition.

"You can bring your athletes to a peak only two or three times during a season," continued the Dean, "and these occasions must not be too far apart."

I asked Coach Cromwell what world record he thought would be broken next.

"The high jump," he returned. "And we may have just the boy to turn the trick. The record is now 6 feet 9¾ inches. Johnny Wilson, a senior here at Southern California, has done 6 feet 9¾ inches, and I firmly believe he will hit 6-10 before the 1941 season closes."

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His Greatest Athletes

The 60-year-old Trojan mentor, who looks and acts 20 years younger, has turned out a long string of champions, among them Charley Paddock, Morton Kaer, Bud Houser, Charley Borah, Lee Barnes, Earle Meadows and many more.

He says Bud Houser, former world's record holder in the discus and Olympic champion in both this event and the shot put, was the greatest competitor he ever coached.

• OUR COMIC SECTION •

Events in the Lives of Little Men

REVEALING CLUE

Daddy—Well, Dicky, did you know it was my birthday tomorrow?

Dicky—No, but I suspected it. I saw Ma going into de 5 and 10 fer a present fer somebody.

Arson

Gyp — Twiddle had the laugh turned on himself in his little joke with the insurance company.

Joint—How?

Gyp — He insured 500 cigars, smoked them, and then sent in a claim on the ground that they had been destroyed by fire.

Joint—And they laughed at him, I suppose?

Gyp—No, they had him arrested on a charge of arson.

WARM WEATHER

"Say, Bill, this reading glass makes a fine, warm spot on a cold day."

GENERAL HUGH S. JOHNSON Says:

United Features WNU Service

Washington, D. C.

DEFENSE LABOR PROBLEMS

There are two important proposals to check the threatened succession of strikes which could paralyze defense production. One is Mr. Knudsen's proposal to extend the principles of the Railway Mediation act, which requires a "cooling off" period before any strike can begin. The other is that of Assistant Secretary of War Patterson, which would reconstitute the World War Taft-Walsh board which relied upon distinguished mediation and impartial determination of issues backed up by public opinion and indirect use of other governmental war powers.

Both plans have been remarkably successful. Secretary Patterson's worked almost perfectly in the last war. Mr. Knudsen's idea would require a new statute and a new kind of labor board to add to the rest—as would Mr. Patterson's. But the secretary's plan could be put into effect immediately by an executive order.

Would either or both work? Nobody knows. What is needed is not so much more new schemes and bureaus as better men. One reason why the Taft board worked so well was that its chief was a former President of the United States who even earlier had been internationally known and highly respected as secretary of war and governor general of the Philippines. Moreover, he had been a great federal judge of most liberal principles, noted for a record of absolute justice.

Finally, he was Big Bill Taft, a great humanist, who could frequently just chuckle and laugh the belligerance out of angry contestants. That kind of man could make almost any plan work today, but where are we going to find him? The great men of that generation seemed to regard no job as being beneath their dignity if the country needed to have it done, and there were more such men in those days.

Our labor mediation organization now is an unplanned and chaotic mess. Twelve states have their own labor boards and conciliators. They insist on acting each within its own state. The department of labor has a similar service. It doesn't like to be left out. The National Labor Relations board has another which horns in when possible. Mr. Sidney Hillman of OPM has another which is very active. The war department has been urged to engage in settling strikes. Now if we adopt Mr. Knudsen's or Mr. Patterson's suggestion—or both—there could be five, six or seven separate governmental horners-in on any threatened dispute.

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CHURCHILL'S ACCURACY

Winston Churchill's running controversial on the period from 1914 to this date is abreast of the best in English literature of any age, in vigor, style and content. That may add unduly to its fascination but it doesn't subtract at all from its substance. It is an advocacy very cogent in logic, thoroughly documented in every case. In all his dozens of controversies about British policy and defense, convincingly buttressed by compelling facts and figures.

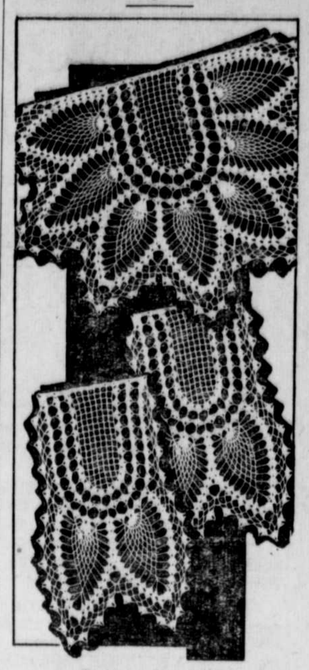
This isn't to say that he was always right. Sometimes, at critical moments, he was so right that his logic and action decided favorably to his country the ultimate issue of the earlier war—as for example, his mobilization of the fleet in 1914. Sometimes he was very wrong, as in the Antwerp excursion in 1914 and in the Narvik disaster in this war.

The adventure at Gallipoli also proved disastrous, but he argues well that it need not have been so. To what extent he was responsible for the 1918 thrust through Salonika, which broke the Central Powers, is not clear but he certainly favored it. Many students will always believe that the 1939 declaration of war over Poland was one of the most hideous mistakes in timing in all history but, however he favored it, his was not the principal responsibility.

So much for whatever the unfavorable side of the record may be. Turn to his position and pleading from the opening of the Versailles peace conference to this day, and especially the record in his books, "The Aftermath," "Arms And the Covenant" (published here in 1938 under the title "While England Slept"), "The World Crisis," and "The Unknown War." The two books first mentioned are for foresight, statesmanship and even clairvoyance among the most remarkable in literature.

If this voice had been only partially heeded from 1933 to as late as 1937, the present world catastrophe could certainly have been avoided. He stated and proved his case in advance in economic, military and diplomatic policy. His predictions on the military effect of the occupation and later fortification of the Rhineland and almost every other principal Nazi development, now seem almost uncanny in their correctness. His facts and arguments were faithfully transmitted to our government, where they produced no more effect than on his own.

Crocheted Chair Set In Pineapple Design



Pattern No. 2663

THE ever-popular pineapple design forms this lovely chair set. Though so effective a design it is an easy one to crochet. It is done in No. 30 cotton and can be used as scarf ends, too.

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Pattern 2663 contains directions for set; illustrations of it and stitches; photograph of set; materials required. Send order to:

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He that leaveth nothing to chance will do few things ill, but he will do very few things.—Halifax.

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We are all excited by the love of praise, and the noblest are most influenced by glory.—Cicero.

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JUST A DASH IN FEATHERS.. OR SPREAD ON ROOSTS

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He who quells an angry thought is greater than a king.—Cook.

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