

Fun for the Whole Family

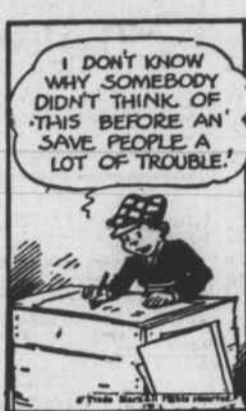
SPARKY WATTS



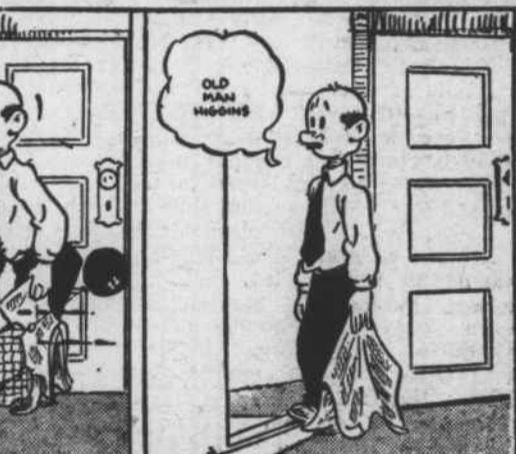
By BOODY ROGERS



REG'LAR FELLERS—Efficiency at Last



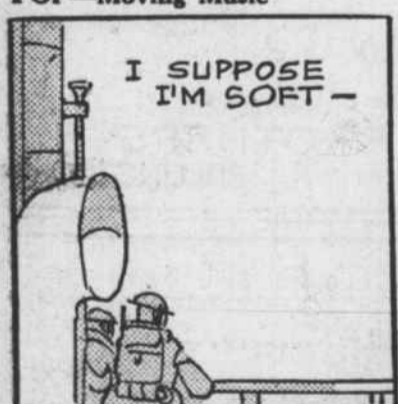
By GENE BYRNES



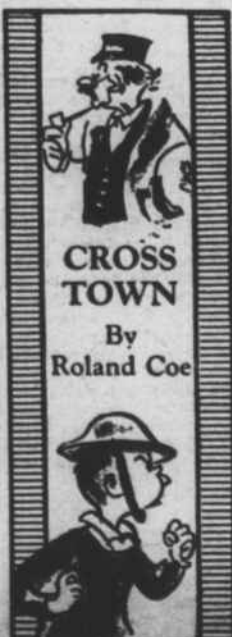
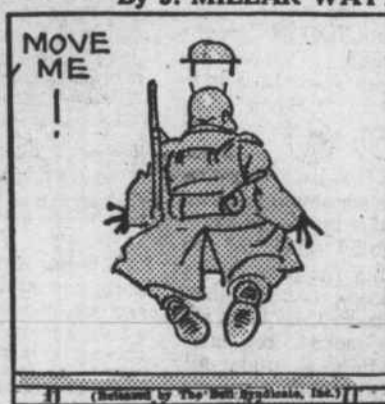
SOMEBODY'S STENOG—Man's Best Friend



POP—Moving Music



By J. MILLAR WATT



THIS matter we are about to tackle may be a trifle over our head, but we'll take a shot at it just the same. It concerns concentration, reflexes and instinct, which at least work together, although entirely different. But they are the main foundations of any winning effort.

Reflex action, as you probably know, is co-ordinated response of eye, brain and muscle to some situation. For example, in boxing the eye sees an opening as brain and muscle respond in a split second.

There's no wasted delay. But as one gets older reflex action gets slower. The eye will see the opening but the muscle usually arrives a trifle too late.

As a concrete illustration consider Mel Hein in football. Year after year Mel had a quick flash of what was happening and he was usually on top of the play. He can still see what is taking place in a half-flash, but naturally after so many seasons of wear and tear his legs may not quite get there in time, although it is still amazing how many times big Mel is on hand at the right second.

Instinct and reflexes are something that can't be taught. You have them or you don't have them. Eddie Arcaro and Ted Atkinson will tell you that in any close spot it is instinct that directs the next move, for it must be done in less than a breath.

The instinct and the reflexes of such ball players as Ty Cobb, Babe Ruth and other leaders worked perfectly as a rule. They did the right thing subconsciously without any direct conscious thought attached. They rarely did the wrong thing. Jack Dempsey will tell you in his two closing fights with Gene Tunney that he could see openings which he could have used effectively in his earlier years. But he was no longer the Dempsey of Toledo, especially against the cleverness of a Tunney.

Mental Discipline

But concentration is another affair. It doesn't call for the split-second, the powder-flare speed the other two ingredients demand. Concentration demands the discipline of the mind or brain that in turn controls muscular movement. It is one of the rarest of all the competitive species, since it goes with mental punishment. It is something that must be forced and watched. It can never be taken for granted as it may slip from your hold like a greased eel.

To begin with, any extended concentration means punishment. "One of the reasons I quit tournament golf," Bobby Jones told me, "was that I got tired of taking the beating I had to take through 72 holes of play, where I knew I couldn't afford to take my mind off the job."

Jones was one of the best of all concentrators. "I find I can hit the ball as well as ever," Gene Sarazen says, "but I can't keep concentrating as I used to. I can't keep thinking through every shot to be played. My mind begins to wander."

Tunney was one of the best concentrators in all sport. Gene worked as hard on directing his mind as he ever worked on his legs or arms. A few hours before facing Dempsey in Chicago, Tunney read some book—I've forgotten the name. But he could tell you everything he had read in that book. That means the top of mind control—with a million dollars at stake—and Jack Dempsey's punch just on ahead.

Few would believe the number of hours Tunney forced himself to practice this combination. "And it wasn't any fun," he added. "It was the hardest sort of work."

Walter Hagen could kid with you and laugh with you one minute, and a second later concentrate entirely on the shot to be played. Few are that lucky.

Think of Next Play

Few football players know the value of concentration as Mel Hein knew it. While the opposing team had the ball, he continually faced the possibilities of a pass, a hidden ball, a line thrust, a spinner or an end run. A good defensive back or a defensive lineman must have complete control of his thinking apparatus through every playing second. Hamberg of Navy belonged in this class. Blanchard and Davis of Army have this ability.

Most Notre Dame teams have been kept alert, able concentrators on the next play. "I want your bodies physically relaxed—your minds always alert," Knute Rockne told and taught them.

Jack Johnson's concentration was almost entirely on defense—Jack Dempsey's on attack. Ty Cobb used to map out certain plays weeks in advance, and then be ready to use them when the right time arrived. He rarely overlooked the right time.

Without concentration you might not be able to use such natural gifts as reflexes or instinct.

ASK ME ANOTHER?

A General Quiz

The Questions

1. What part of the United States was once known as New Connecticut?
2. What determines the price of gold?
3. If one could stand at the North pole, in what direction might one face?
4. Can you complete the following proverb, "When you take out and do not put in, expect—?"
5. How did the United States acquire Florida?
6. What is the name of the breed of tailless cats?

The Answers

1. The Western Reserve in Ohio.
2. It is fixed in the United States by an act of congress.
3. Only south.
4. "To reach the bottom."
5. By purchase from Spain.
6. Manx cats.

SNAPPY FACTS

about RUBBER



A Boeing Superfortress lands on enough nylon to make 4,000 pairs of stockings. B. F. Goodrich builds Superfortress tires reinforced with nylon cord.

California not only has more passenger automobiles than any other state in the Union but also has more than any foreign country.

Using a road magnet, the Michigan State Highway Department recently gathered 400 pounds of nails, tacks, and other metal objects from 200 miles of highway.

Gene Tunney

In war or peace

B.F. Goodrich

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Kidneys Must Work Well—

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24 hours every day, 7 days every week, never stopping, the kidneys filter waste matter from the blood. If more people were aware of how the kidneys must constantly remove surplus fluid, excess acids and other waste matter that cannot stay in the blood without injury to health, there would be better understanding of why the whole system is upset when kidneys fail to function properly.

Burning, scanty or too frequent urination sometimes warns that something is wrong. You may suffer nagging back-ache, headaches, dizziness, rheumatic pains, getting up at night, swelling. Why not try Doan's Pills? You will be using a medicine recommended the country over. Doan's stimulates the function of the kidneys and helps them to flush out poisonous waste from the blood. They contain nothing harmful. Get Doan's today. Use with confidence. At all drug stores.

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