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WHAT A SIMPLE MATTER THE GOLF SWING IS

By Edgar A. Guest

Non-golfers who have stood by and laughed as some devotee of the royal and ancient game swung at a ball and missed have no doubt wondered what there is to the game and why its difficulty. Golfers themselves frequently are none the less puzzled to know why the art of driving is so hard to acquire. The how and the why of the drive have been described and explained thousands of times and still but a few can hit a golf ball with regularity so that it will fly on a straight line for 200 yards.

And yet it is all a very simple matter. All that has to be done is clearly set forth in Arnold Haultain's book "The Mystery of Golf." For the benefit of the non-golfers who sneer derisively and the golfers who are seeking knowledge we re-print here Mr. Haultain's careful explanation of what must be done if the drive is to be a good one:

"Not only is the stroke in golf an extremely difficult one, it is also an extremely complicated one, more especially the drive in which its principles are accentuated. It is in fact a subtle combination of a swing and a hit; the "hit" portion being deftly incorporated into the "swing" portion just as the head of the club reaches the ball, yet without disturbing the regular rhythm of the motion."

That seems an easy thing to do, and yet behold what the good driver must go through in order to achieve the hit and swing with rhythm:

"The whole body must turn on the pivot of the head of the right thigh bone working in the cotyloidal cavity of the os innominatum or pelvic bone, the head, the right knee and right foot remaining fixed, with the eyes riveted on the ball. In the upward swing the vertebral column rotates upon the head of the right femur, the right knee being fixed; and as the club head nears the ball the fulcrum is rapidly changed from the right to left hip, the spine now rotating on the left thigh bone, the left knee being fixed; and the velocity is accelerated by the arms and wrists in order to add the force of the muscles to the weight of the body, thus gaining the greatest impetus possible."

We have recently asked a number of golfers if they were conscious of trying to pivot "on the head of the right thigh bone working in the cotyloidal cavity of the os innominatum" and each one invariably replied that neither Alex Ross nor Fred Lamb, their golf instructors, had even mentioned that matter to him.

All of which goes to show how much there is to learn if one is ever to break 80. But we must hurry. We are anxious to get out to the club and give our right thigh bone a little practice in the art of "working in the cotyloidal cavity of the os innominatum."

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