

Fun for the Whole Family

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By ED WHEELAN



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S'MATTER POP—Officers at Chow

By C. M. PAYNE



MESCAL IKE

By S. L. HUNTLEY

Pa Should Write His Congressman



POP—Better Make It a Seat Without Arms

By J. MILLAR WATT



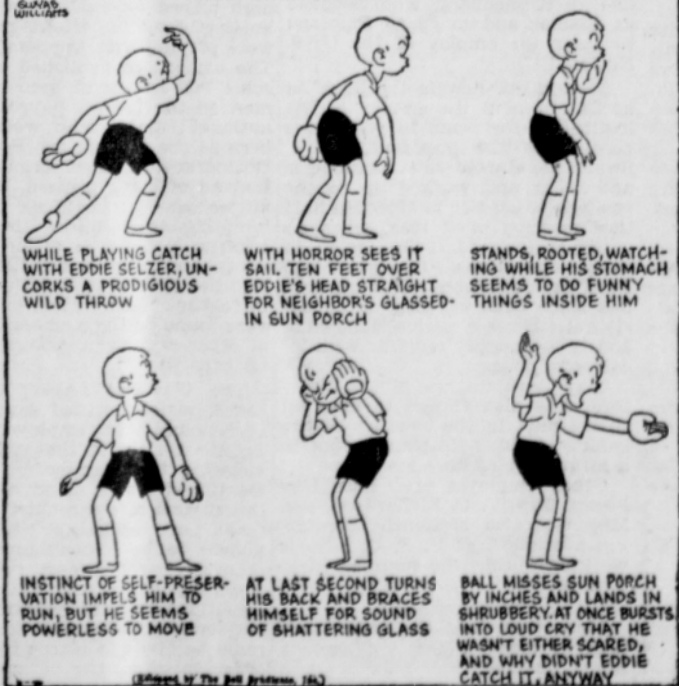
THE SPORTING THING

By LANG ARMSTRONG



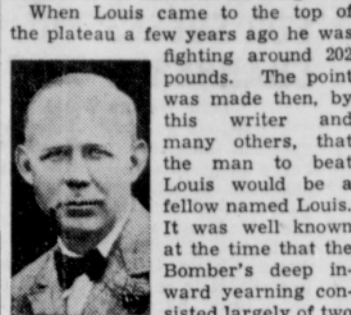
WILD PITCH

By GLUYAS WILLIAMS



Portlight

THE most astonishing single factor connected with Joe Louis and his career has received only scant attention. It concerns his weight.



Grantland Rice

When Louis came to the top of the plateau a few years ago he was fighting around 202 pounds. The point was made then, by this writer and many others, that the man to beat Louis would be a fellow named Louis. It was well known at the time that the Bomber's deep inward yearning consisted largely of two elemental desires. One was food—and the other was sleep.

The Weight Battle

Dempsey weighed 183 pounds when he slaughtered Jess Willard. Against Gene Tunney seven years later Jack was up to 193 pounds. Tunney, starting as a light heavyweight, was always working to pack on a few pounds until he came to a mark between 185 and 190.

Jess Willard weighed 240 pounds against Jack Johnson in Havana—265 when he met Dempsey at Toledo.

The greatest weight shift I've known belonged to Ace Hudkins, who fought at 135 and then skyrocketed after his ring career to 225 when he went in for horse racing.

But Louis goes marching along at 202, a number that is now his official landmark. There isn't the slightest change in his physical makeup after seven years.

The answer to this is fairly simple. Mike Jacobs and the Bomber's managers have kept him too busy for any accumulation to make any headway.

In the last three years Louis has spent the greater part of his time in some training camp. There is no other champion in ring history, with the money Louis has collected, who would have faced such a long grind.

Most fighters hate training—the drudgery of camp life. Louis has accepted the same without a squawk. And this has been the main reason that he has kept his weight in full control.

A Training Angle

A few days ago I was talking with one of our best known trainers and condition builders.

"The biggest mistake any athlete makes," he told me, "is getting out of condition. By that I mean well out of condition. You can get so far out of condition in two weeks that it might easily take two months to repair the damage. It is so easy to get out of shape and so difficult to get back in again."

This is one mistake Joe Louis has never made. I doubt if he has been far away from first-class condition since he first came along the road.

Against this method there was the case of Jack Dempsey who was out of the ring and away from action three years between the Firpo and the Tunney campaigns. Dempsey, fighting once or twice a year during that period, at least would have been in far better physical shape later on.

The Measure of Health

One of the greatest combined coaches and trainers I ever knew was Keene Fitzpatrick who gave nearly 50 years of his life to conditioning before he retired.

After leaving Michigan, Keene came to Princeton, where he trained Tiger entries in football, track and crew. He never missed a day's work in 44 consecutive years.

"When I was over 60 years old," Fitzpatrick told me, "I was in much better physical shape than many of the young athletes returning to college after a summer's vacation. I could actually outrun them. I tired far less than they did. Some of them returned to college far overweight, facing a long struggle to get right again."

"I am a great believer in watching your weight carefully," Keene added. "I've seen too many serious things happen to those putting on 10, 20 or 40 pounds. Diet and exercise will take care of this."

Keene was 100 per cent right. One answer to his idea is the case of Joe Louis who might easily have put on 15 or 20 pounds, but who has never varied more than two pounds in his ring career. Any athlete who has to keep putting on and taking off weight is facing a heavy handicap, no matter how good he may be.

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LOVE IS BLIND



"The woman I marry must look upon me as the greatest man in the world."

"Oh, well, you may find one. When a woman loves she is not only blind, but absolutely devoid of sense."

She Gets the Idea

"Ethel," said the young man timidly. "Did you ever think of marrying?"

"No, Harry," replied Ethel, looking demurely at her shoe. "No, the subject has never entered my mind—never at all."

"I'm sorry," Harry said, turning away. "One minute, Harry," called Ethel. "You've set me thinking."