

... was pre-
in 1930 for
1960 for 17
ate for the
events, but
rate of im-
ing, you can
et.
ting with a
ore complex
perfect this
years of ex-
ell as many
athlete per-
er vault-
5 feet, 8½
ut this was
tation with
4 years of
dvantage to
is mediocre,
remely high
the pole at
more above
bamboo pole.
at are clear-
of them are
have great
to perfect-
lass pole.
han six feet
r-glass pole
grip on the
hes apart-
ng and his
How much
e champion
perfect his
ner four or
mates in the
thinking to
s being im-
uld be much
vaulting pit.
out a foot
70 feet high.
st four feet
etic rubber.
ut his land-
ing the bar.
the landing.

As long as he lands in the pit, he knows he will not be injured even though he lands on his back or even his head. Men have dived into such a pit from a height of 40 feet without injury.

Some degree of fear has always been an important factor in vaulting, even though the champions would deny it. Scientist Arthur H. Steinhaus of George Williams College has conducted research to find the best ways of what he calls inhibiting the inhibitions of sportsmen to make sure that psychological restraints do not lessen physiological limits.

Many helpful hints were obtained, none of them conclusive. But sooner or later, ways will be found to help men vault with complete abandon, with complete concentration of body-mind-emotions upon the positive aspects of pulling for the sky. The strength and quickness are there within us all the time, in games and sports as in vital emergencies; we need only to discover how to release the brakes that hold us in check.

TODAY, WE TEND TO BELIEVE that competitive-ness is inherited; you have it or you don't. But tomorrow we shall recognize that this quality of toughness, will-to-win, self-confidence, relaxation, and control—call it what you will—is present in each of us within a wide range of potential and can be developed by proper training just as deliberately as can physical qualities. Tomorrow, we shall be as mentally uninhibited and positively concentrated toward all-out performances as today we are well-trained physically.

How high then can vaulters go? As I said: what height would you accept as possible?

Suppose a world-record sprinter like Henry Carr of Arizona, six feet, three inches tall, were to develop his upper-body muscles by strength training and begin vaulting at the age of 10 or even eight? Suppose his training were sound throughout, with no experience of hard landing or broken poles, and therefore no inhibitions. His relaxation would be that of a three-year-old who had never known injury. Does 19 feet seem superhuman? Or 20 feet? Or—but I leave it to you. We in coaching say so often, "What is merely superhuman today will be done tomorrow; the impossible just takes a little longer."

Even vaulters hesitate to make specific predictions; what they really believe would seem too fantastic. As the former world-record holder, Pentti Nikula of Finland, said: "Clearing 17 feet, 4 inches is only my immediate goal. My ultimate one is secret—too high to be believed by others, so high it will take time to achieve."

JUNIOR Treasure CHEST

EDITED BY ANN DAVIDOW



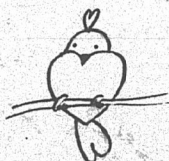
Let's Draw a
Valentine Bird
By Ann Davidow



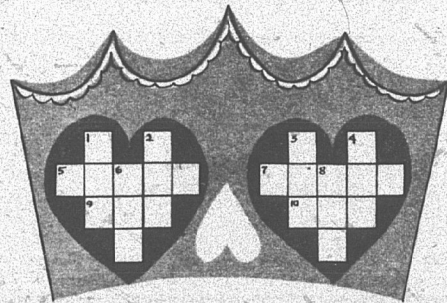
A Valentine,
without a word.



Becomes a little
sweetheart bird.



The Queen of Hearts By Rose Mae



Across:

5. The Queen of Hearts, she made some ----- all on a summer's day.
7. The ----- of Hearts, he stole those tarts, and with them ran away.
9. A buzzing insect
10. --- Queen of Hearts

Answers:

Down—1. Lab; 2. ate; 3. ant; 4. Eve; 5. bee; 10. the. Across—5. Tarts; 7. Knave; 9. bee; 10. the.

Down:

1. Short for laboratory
2. I drank my milk and --- my cookie.
3. This insect often visits me at picnics.
4. Adam and ---
6. The color of hearts
8. A word of surprise

Valentine Puzzle

Each player gets a stiff red-paper heart that has been cut into eight pieces and put in a separate envelope. The one who puts his heart back together first wins a prize.



2 FREE ENLARGEMENTS
OF YOUR FAVORITE
PHOTOS, NEGATIVES
OR COLOR SLIDES

FROM FAMOUS HOLLYWOOD FILM STUDIOS

Just to get acquainted we will make you a beautiful 5x7 Professional Enlargement of any 2 photos, negatives, or color slides FREE. Be sure to include color of hair, eyes, and clothing for prompt information for having your enlargements beautifully finished in natural life-like oil colors and mounted in handsome ivory frames. Limit 2. Please enclose 10c for handling each enlargement. Originals returned. Be sure to include all information in the coupon below and mail to us promptly.

Act NOW!

Fill out description below. Mark back of picture 1 and 2.
COLOR—Picture No. 1
Hair
Eyes
Clothing
COLOR—Picture No. 2
Hair
Eyes
Clothing

MAIL THIS COUPON TODAY!

HOLLYWOOD FILM STUDIOS, Dept. FW-25
7021 Santa Monica Blvd., Hollywood 28, Calif.

Enclosed find _____ snapshot or negative.

(specify number, limit 2)

Please make _____ free enlargements.

(specify number, limit 2)

Please enclose 10c for handling and mailing each enlargement.

Name _____

Address _____

City _____ Zone _____ State _____

NOTHING LIKE POULTICE HEAT FOR MISERY OF CHEST COLDS

Antiphlogistine's moist natural heat penetrates deep down. Speeds relief of colds, muscular aches, congestion—as only a poultice can. Reliable! Over 227-million sold. At all drugists. Trial size jar only 69c.

ANTIPHLOGISTINE®
POULTICE SAY: ANTI-FLO-JES-TEEN

BACKACHE & NERVE TENSION
SECONDARY TO KIDNEY IRRITATION

After 21, common kidney or bladder irritations affect twice as many women as men and may make you tense and nervous from too frequent, burning or itching urination both day and night. Secondly, you may lose sleep and suffer from headaches, backache and feel old, tired, depressed. In such irritation, CYSTEX usually brings fast, relaxing comfort by curbing irritating germs in strong, acid urine and by analgesic pain relief. Get CYSTEX at drugists. Feel better fast.

LARGE or HALF SIZES

30 to 56—14½ to 32½
FREE
FASHION CATALOG
SHOWS HOW YOU CAN GET THAT SLIM MER, YOUNGER, FRETTER LOOK! See hundreds of today's smartest fashions that fit as if made on you. Dresses, suits, coats, sportswear, lingerie, corsets, shoes—low priced! Write TODAY!
FIFTH AVENUE at 30th Street
Dept. 328
New York, N.Y. 10018

FALSE TEETH

KLUTCH holds them tighter
KLUTCH forms a comfort cushion; holds dental plates as much firmer and stronger that you can eat and talk with greater comfort and security; in many cases almost as well as with natural teeth. Klutch lessens the constant fear of a dropping, rocking, chattering plate. If your dentist doesn't have Klutch, don't waste money on substitutes, but send us 10¢ and we will mail you a generous trial box.
KLUTCH CO., Box 5208, Elmira, N.Y.

CROOKED TOES?

This highly effective device of soft, flexible rubber—Dr. Scholl's TOE-FLEX—tends to gradually straighten crooked or over-lapping toes by exerting an even outward pressure. Very comfortable. Sizes: Small, Medium, Large. 75¢ each. Sold everywhere.

Dr. Scholl's TOE-FLEX