

Basketball's Contribution In Wartime

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MORE basket ball was played on the Pacific Coast during the past year than at any other time. Despite the fact that many colleges were unable to field a team, service teams and industrial teams more than took up the slack. Basket ball has made a great contribution to the war effort by conditioning service men and providing recreation for them and the people on the home front.

Many outstanding officers and physical training directors of the Army and Navy have made this statement, "Send us men in good physical condition, and we can make soldiers and sailors of them in half the time." The need by the armed forces for good physical conditioning goes a long way in showing the coaches and physical directors of high schools and colleges where they fit into the picture. Our physical education program in wartime should have as three of its objectives the following: *first, a good all-round physical conditioning program; second, a development of the skills that accompany this conditioning; and third, the development of positive qualities of character, confidence, discipline, etc.*

What the Military Wants

The following physical fitness factors are the objectives of the military: agility, body balance, coordination, endurance, strength, speed, and power. Other desirable qualities are team play, fighting spirit, poise, ability to think under fire, responsibility, self-discipline, confidence, and initiative. The accomplishment of the positive qualities and the factors of physical fitness make our soldiers outstanding among the soldiers of the world. Our major sports program provides a splendid training program for developing some of the above-mentioned characteristics required for a well-trained fighting man.

Basket Ball Develops the Qualities Needed

Few sports are the equal of basket ball for the development of the kind of skills needed by soldiers. The quick reactions, well-coordinated movements, and the ability to relax are qualities peculiar to basket ball training and are generally recognized as skills necessary for flying. Basket ball abounds in opportunities to develop the factors of physical fitness. The Army student trainee physical efficiency test consists of the following events: push-ups, squat jumps, sit-ups, pull-ups, 100-yard pick-a-back run, the Burpee, and the 300-yard run. The push-ups and pull-ups are the only tests in which basket ball does not contribute generously toward good scores. Basket ball is recognized as a great leg conditioner as well as a strong cardiac-respiratory conditioner. Therefore, a basket ball coach in his warm-up practice each day could give a specially planned set of exercises to develop the arm and shoulder girdle muscles.

Good Body Balance and Agility

Very few activities could better train a player or soldier to handle and control his body more quickly and cleverly than basket ball. Diving head first into foxholes and using clever, agile footwork, the soldier may win out in a hand-to-hand combat mainly because of that superiority. Good body balance is that fundamental position of the body from which all effective movement starts.

Basket ball goes at a fast tempo, which calls for excellent condition. The type of running characteristic of the game, such as quick starts, short bursts of speed, and shifty running, should be most effective when applied to battle conditions. Men use these skills best who have developed them into habits through several years of training.

The physical training work in the Navy Pre-Flight schools has used basket ball as one of its major activities. It places

a premium on individual competitive skill, aggressiveness, physical stamina, and team play. Amazing stories have come from the four corners of the earth as to how much basket ball has been played for the training and recreation of our soldiers.

Editor's Note:—Mr. Dean, one of the outstanding basket ball coaches of the country, is author of PROGRESSIVE BASKET BALL, of which a second printing is now available. It is complete on all phases of the game and may be secured through our nearest stores. The price is \$3.00.

A NATION'S STRENGTH

A nation's strength is in its men and women.
It is strong only as they are strong;
Its welfare and that of the world
In war-time or peace-time depends upon
Strength of spirit and strength of body.
The only guarantee of survival
Of the liberties of civilization
Is a physically fit America.

—From "Cavalcade of Sports"

The Best Investment Ever Made?



IF SOMEONE suddenly asked you what was the best all-time investment ever made by an individual in the world what would be your answer?

For our money we will go along with Queen Isabella's financing of Columbus as the wisest and most profitable investment ever made in a venture of any kind. "Chris" returned to her a whole new world from which sprang a nation that has become the wealthiest, the most powerful on the globe. Blessed with boundless resources—fired by energy and spirit that know no defeat—Americans have achieved a standard of living and success no other country can equal.

Today we are being asked to make an investment that is the most important and urgent that any American can make—War Bonds protect everything that is treasured by us.

Hoard War Bonds—Not Cash

Hoard war bonds—not cash. Both are promissory notes of your Government. Both are guaranteed by your Government. But war bonds increase in value—idle cash does not. When you pay \$75 for a \$100 war bond, this is what happens: After two years, it's worth \$76.50; after four years it's worth \$80; after eight years it's worth \$84; after nine years it's worth \$92; and in a short ten years it's worth \$100. Moreover, if the necessity occurs, it may be cashed at any time.

Sixth War Loan—November 20th to December 16th

When you buy a War Bond you buy a share in freedom; you hasten the day of Victory and help keep inflation down. You remove the shackles from conquered people and help save the lives of many gallant men and bring them home much sooner. You help conserve resources that are being wasted in war and you speed the return of happy, peaceful days. **Where else can you obtain so much for so little?**