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The Kentucky High School Athlete, May 1944

Kentucky High School Athletic Association

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THE KENTUCKY



High School Athlete



I AM AN AMERICAN

Official Organ of the KENTUCKY HIGH SCHOOL ATHLETIC ASSN.

MAY - 1944



Director Bob Drennan

Superintendent of Lancaster Schools

Bob was appointed by the board to complete the term of J. R. Binford of Versailles, who resigned to accept a position with a national publishing concern. His work was such that he was elected for a two year term at the recent annual meeting in Lexington.



Education:

Graduate East Prairie (Missouri) High School, 1930; B. S. Western, 1934; M. A. University of Kentucky, 1940.

Personal:

Age 31; Married Ruth Dickerson, Lancaster, 1937.

Professional Experience:

Instructor and Basketball Coach Memorial Consolidated High School, Hardyville, 1934-35; Instructor and Athletic Director Lancaster High School 1935-42; Instructor and Basketball Coach Barret Manual Training High School, Henderson, 1942-Jan. 43. Superintendent of Schools in Absence of C. H. Purdom Jan. 43 to date.

Honors:

Member: Phi Delta Kappa; Member of Rotary (past President of Lancaster Club); has been member of delegate assembly of K. E. A.; delegate to K. H. S. A. A. on several occasions. Member of Football, Basketball and Track teams at East Prairie High School for four years; Freshman numerals and three varsity letters in football at Western; Member of Western's S. I. A. A. champions, 1932.

The Kentucky High School Athlete

Official Organ of the
Kentucky High School Athletic Association

Vol. VI - No. 10

MAY, 1944

\$1.00 Per Year

Six-Man Football

By H. N. Ockerman, President Salt River Valley Conference, Taylorsville

Football is believed to be the oldest outdoor game in existence. Its entire history is a story of change. This change has been slow in some years and fast at other times. Calcio, the Italian game, was played by twenty-seven players. The first intercollegiate football game in America was played November, 1869, between Princeton and Rutgers, using twenty-five players each. Twenty-man and fifteen-man teams were used until 1876 when the eleven-man game was introduced.

Many new games have been brought about by the result of a felt need. The most recent is that of six-man football. This game is to bring football to more boys in a safer and more enjoyable form. It contains the real substance of eleven-man football, such as running, passing, tackling, blocking and punting, but is more simple and better adapted to the ability of the average boy. It is safer than the eleven-man game because there is less body contact in the line. As everyone is eligible to handle the ball, it eliminates the drudgery of playing in the line, (as some boys maintain).

From the spectator's point of view the noticeable difference between the two games lies in the smaller number of players. If you can imagine an eleven-man team without the tackles, guards and one half back, you have a clear picture of the team. You also notice the game is played on a smaller field. All the players are eligible for a forward pass and more of them handle the ball. As it is an open game you can see what each player is doing and can follow the movements of the ball. Every running play must include one lateral or forward pass.

In my experience with six-man football

I find the boys are very enthusiastic about the game because they all can handle the ball. In the end, boys of the team will be all-around players skilled in ball handling, passing, pass receiving, blocking and tackling.

In 1938, the Salt River Valley Conference was organized. This conference was made up of eight small schools which did not play eleven-man football. The coaches felt we should have some form of fall sport to fill the gap between the beginning of school and the basketball season. Six of the eight schools played six-man football. Due to the change in school personnel and restriction on transportation last year only Taylorsville and Chaplin had teams in the Conference. Perryville and Burgin High Schools had organized teams last year and Taylorsville played each school two games and as the result carried its athletic program.

To you schools who cannot maintain your eleven-man team, why not organize a six-man team? If you have lost your coach to the army and are unable to find another coach, don't let football down! Any one can coach six-man football for the rules are simple and you have fewer boys to work with. Miss Crume, Principal of Chaplain High School, did not have a man in the school system this year, but she carried on both football and basketball, and did a remarkable job. If a woman can keep up the athletic program, what alibis have we men when we abandon athletics?

Some schools with eleven-man teams have many small boys going out for football who have no opportunities to play. I would suggest those schools organize six-man teams for them. As school men let's put in a little extra work and not let our athletic program down. If your school can play six-man football this fall, contact me and I will see about arranging games for you.

Vol. VI - No. 10

MAY,

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Editor W. B. OWEN Leitchfield, Kentucky

BOARD OF CONTROL

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Subscription Rates . . . \$1.00 Per Year.

From the Secretary's Office

MINUTES OF THE ANNUAL MEETING

The twenty eighth annual meeting of the Kentucky High School Athletic Association was held in the Fireside Room of the Phoenix Hotel, Lexington, on Friday afternoon, April 14, 1944.

President Russell E. Bridges called the meeting to order at 3:00 p. m., with seventy-three regularly elected delegates or alternates present.

Leon Cook moved, seconded by Walter Price, that the minutes of the 1943 meeting of the association, which had been previously sent to all member schools, be approved without being read. The motion was carried unanimously.

The Secretary-Treasurer gave the following report on the activities of the association during the 1943-44 school year.

The Board of Control has held four meetings during the year, one in Ft. Thomas, one in Henderson, and two in Lexington.

Two schools were suspended from the association during 1943-44 for the remainder of the school year, the St. Augustine's High School of Lebanon and the New Liberty High School.

Four hundred eighty seven schools joined the association this year, which is two more than the membership last year. Eighty two schools are listed as playing football, which is eleven less than last year. Four of these schools indicated that they were playing six-man football. Four hundred seventy one schools entered district tournaments this year.

One hundred twelve of one hundred fifteen district tournament reports have been received, showing total receipts less federal tax of \$42,498.85, which is an increase over the receipts of the district tournaments last year. Thirty-six districts used the state plan for the distribution of profits.

All of the sixteen regional tournament reports have been received, showing total receipts less federal tax of \$24,291.22, which is an increase over last year's regional tournament receipts. Seven regions used the state plan for distribution of profits.

The gross receipts of the state tournament were \$19,382.60. Profit to the association from the tournament will be approximately \$10,900.00. An itemized report of tournament receipts and disbursements will appear in a forthcoming issue of the association magazine.

Three hundred twenty three basketball officials and one hundred football officials registered with the K. H. S. A. A. this year. This was a decrease in number from last year. There were nine football rules interpretation clinics held under the direction of Bernie A. Shively of Lexington. Football rules examinations were held for officials a short time after the clinics were conducted. Four officials took the examination, with one receiving the approved rating and one receiving the certified rating. Sixteen basketball rules interpretation clinics were conducted by Charles J. Vettiner of Louisville. Sixteen basketball officials took the rules examination, with three receiving the approved rating. The sixteen employment bureaus for officials functioned again this year.

Fifty schools insured their athletes under the K. H. S. A. A. Protection Fund. Eight hundred forty four boys were insured for football, five hundred fifty eight for basketball, and four for track. Eighty two injuries were reported. Fifty three claims, totaling \$771.50, have been paid to date. There will probably be a few spring football claims.

The annual audit will show details of receipts and expenditures for all K. H. S. A. A. accounts.

The proposals included in the mimeographed list sent to all member schools and printed in the April issue of the magazine were then considered.

Proposal I, providing that "Any student who has reached draft age and who has been given occupational deferment shall be ineligible during the time of such deferment to participate in high school athletics," was carried.

Proposal II, concerning the limiting of spring football practice, failed to carry by the necessary two-thirds vote, and the motion to adopt was declared lost.

Proposal III, providing that "The games of the State Basketball Tournament shall be played on a playing space 82 by 50 feet, outside dimensions," was carried.

Proposal IV, designating the Armory at Louisville as the site of the state tournament, was lost. President Bridges then asked for an expression of opinion from the delegates concerning the advisability of moving the tournament to Louisville if accommodations were available. Upon taking a vote, it appeared that the great majority of delegates favored the moving of the state tournament to Louisville if accommodations at the Armory and the hotels are available.

Proposal V, providing that "The State shall be divided into sixteen regions of four districts each," was lost.

Proposal VI, authorizing the Board of Control to investigate the possibilities of having more radio broadcasting of state tournament games, was carried unanimously.

Coach Ralph Carlisle, who had offered Proposal VII concerning the giving of a front row box seat for every session of the state tournament to the coach of each of the sixteen competing teams, asked that his proposal be changed to become a recommendation for consideration by the Board of Control. There being no objections, the proposal was declared a recommendation by President Bridges, and was then carried.

Coach Ralph Carlisle, who had offered Proposal VIII, providing that "Each of the sixteen teams that participate in the state tournament shall receive from the K. H. S. A. A. fund sixty dollars (\$60.00) over and above expenses already assumed by the Association," asked permission to add the following to his proposal: "This sixty dollars is for the purpose of covering incidental expenses for each of the sixteen teams." The amendment and the original proposal were then carried by an unanimous vote.

President Bridges then stated that the terms of the President, Vice-President, Secretary-treasurer, and two directors expired on June 30th of this year, and asked for nominations for the office of president. Adron Doran nominated Russell E. Bridges for President, W. B. Owen for Vice-President, and Theo. A. Sanford for Secretary-Treasurer. Mr. Bridges then asked if there were other nominations. Eberly Hammack

moved, seconded by Willard Bass, that nominations cease and that the President, Vice-President, and Secretary-Treasurer be reelected by acclamation. The motion was carried. Mr. Bridges then asked for nominations for a director to represent Regions 5, 6, 7, and 8. Brad Jones nominated Bruce Daniel and Paul Walker nominated Brad Mutchler for the position of director to represent Regions 5, 6, 7, and 8. President Bridges asked the nominees to retire and the vote was taken. Mr. Mutchler was declared elected. President Bridges then asked for nominations for director to represent Regions 9, 10, 11, and 12. T. K. Stone nominated Robert M. Drennan for the position of director to represent Regions 9, 10, 11, and 12. Edgar McNabb moved, seconded by Cliff Cox, that the nominations cease and that Mr. Drennan be elected by acclamation. The motion was carried unanimously, and Mr. Drennan was declared elected. The President then called on the Board members who had just been elected, and each responded with a short talk.

The Secretary then made an announcement concerning the dinner meeting. There being no further business, the meeting adjourned.

The dinner meeting of the association was held in the Fireside Room of the Phoenix Hotel at 6:00 p. m. with ninety-seven delegates, guests, and school officials present. Dr. Frank S. Lloyd, of the Office of Defense Health & Welfare, Washington, D. C., was the principal speaker for the occasion. He gave a challenge to the school men in Kentucky for extra effort in their attempt to prepare boys and girls for service to their country by giving them more intensified training in physical education.

KENTUCKY HORSES

Kentucky horses—

gleaming satin, —alive, vibrant
from fiery nature surging
through ropes of veins
cording the contour of
sleek covering.

Eyes glowing coal-like

looking on and beyond
into a magical, mysterious world
of Blue Grass Horsedom
not understood in the flesh
of common horse
or common man

Officials' Rating On Sportsmanship Of K. H. S. A. A. Member Schools

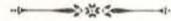
FOOTBALL AND BASKETBALL—1943-44

(The failure of numerous officials to file their reports on time has caused many schools to receive no ratings for the current school year.)

	Ex.	Good	Fair	Poor		Ex.	Good	Fair	Poor	
Adairville			11		5	Clay County	5	3		
Allen County	4					Clinton County	4			
Anchorage	65	3	1			College	8			
Anton	11	1				Columbia	51			1
Arlington	3	1				Combs	3		1	
Ashland	7	1				Corbin	24			
Athens	4					Corydon	18	13	12	1
Auburn		4				Crab Orchard	10	10	3	
Augusta Tilghman	19	1				Crestwood	63	1		
Austin-Tracy	12					Cromwell	12			
Bagdad	16	9	2	1		Cropper	43	13		
Bald Knob	3	1				Cub Run	12			
Barbourville	24					Cumberland (Cumberland)	39	8	1	4
Bardstown	3	7	2			Cumberland (Praise)	18	2		
Barret Manual Training	43	2	1	1		Cynthiana	15	1		
Beaver Dam	10	5	1			Dalton	12	4		
Beech Grove	4					Danville	41	3		
Belfry	42	4	3	3		Daviess County	3	1		
Bell County	12					Dawson	1	19	4	
Bellevue	6	2				Dayton	13	7		
Benham	18	4	1	1		Dixie Heights	34	8	2	
Berea	9	3				Dixon	41	5	4	2
Berea Academy	26	2				Drakesboro	16			
Bethany	4					Dry Ridge	8			
Betsy Layne	16					Dudley	4			
Black Star	10		2			Dundee	12			
Bloomfield	4	4				duPont Manual Training	24			
Boston	4					Earlington		7	5	
Bowling Green	62	2				East Bernstadt	8			
Bradfordsville	29	2	1			Edmonton	40			
Breckinridge (Hardinsb'g)	7					Elizabethtown	13	1	1	1
Breckinridge Tr. (Mo'h'd)			1	1		Eminence	36			
Brewers	4	1	3			Evarts	15	1		
Bridgeport	2	1	1			Fairdale	13	3		
Bristow	3					Ferguson	2	1		
Brooksville	2	6				Fern Creek	13	5	2	
Brownsville	12					Finchville	20	6	2	
Buffalo	7	1				First Creek	2	2		
Burgin	16	2	1			Flaherty	4			
Burkesville	4					Fleming	31	3	1	1
Bush	4					Fordsville	17	2		
Butler (Princeton)	40					Forkland	3			
Calhoun	6	2				Fort Knox	4			
Camargo	4					Fountain Run	8			
Campbell County	10	2				Frances	12			
Campbellsburg	22	1	1			Frankfort	6	2		
Campbellsville	52	3	1			Franklin	8			
Caneyville	37	3				Frederick Fraize	13	8	2	1
Carrollton	36					Fulgham	10	1	1	
Cave City	32					Fulton	12			
Cayce	26	4	2			Gallatin County	4	2	1	1
Center	4					Garth	25	1		2
Centertown	12		2	2		Glasgow	39	9		
Central (Clinton)	12	2	2			Glendale	4			
Central (Richmond)	2	1		1		Gleneyrie	4	3	1	
Central City	9	4	2	1		Good Shepherd	4			
Central Park	24	11	1			Great Crossing	3			
Chandler's Chapel	14	2				Greensburg	55	1		
Chaplin		4				Greenup		2	2	
Clarkson	6	2				Greenville		2	1	1
Clay	56	24	12			Guthrie	10	2		

	Ex.	Good	Fair	Poor		Ex.	Good	Fair	Poor
Hall	8				Meade County	3	3		
Hanson	12				Middleburg		3		
Hardin	6		2		Middlesboro	32			
Harlan	41	5	1	5	Milburn	1	1	1	1
Harrodsburg	3	4	2	2	Millersburg Mil. Inst.	24			
Hartford	9	3	3	1	Milton	24			
Hawesville	7	2	1	1	Minerva	3	1		
Hazel	1		2	1	Moreland	2	5		
Hazel Green	12				Morganfield	27	7	2	
Hebbardsville	15	7	2		Morgantown	4	1	1	2
Henry Clay (Lexington)	7	1			Mortons	16			
Henry Clay (Shelbyville)	19	7	2		Mt. Eden	16	4		
Hickman	12	3	3	2	Mt. Sterling	36			
Highland (Waynesburg)	3	4			Mt. Vernon	8	11		
Highlands	31	8	1		Mt. Washington	4	5	2	1
Hiseville	20				Munfordville	12			
Hodgenville	4	4			Murray	24	4		
Holmes	23	1			Nebo	25	3		
Holy Name	30	13	5		New Castle	37	6		
Hopkinsville	40	8			Newport	32	1	2	1
Horse Branch	24				Niagara	32	1	3	
Howe Valley	12				Nicholasville	3	3		
Hughes Kirkpatrick	4				North Middletown	4			
Hustonville		2	1		Nortonville	5	7		
Inez	33	1	2		Oil Springs	4			
Irvine	51	1			Olve Hill	4	8		
Irvington	8	2			Olmstead	5	3		
Jackson County	2	2			Oneida Institute	4			
Jeffersontown	40				Onton	52			
Jenkins	4				Orangeburg		4		
Jennys Creek	4				Ormsby Village	35	6	6	1
John's Creek	8				Owensboro	22	4		1
Kavanaugh		4	3		Owenton		5	3	
Kings Mountain		3			Owingsville	1		1	1
Kingston	9	3			Paint Lick	6	2	3	
Kirksville	30	2			Paintsville	23		1	
Knifley	12	2	1	1	Paris	8			
Knox Central	10	1	1		Park City	52			
Kuttawa	4				Peaks Mill	6		1	1
Kyrook	12				Phelps	16			
Lafayette	2	1		1	Pikeville	41	6		1
LaGrange	28				Pikeville College Academy	12			
Lancaster		4			Pineville	1	1		2
Laurel Creek	4				Pleasureville	42	3	1	2
Lawrenceburg	13		1	1	Poole	42	6		4
Lebanon	26	2			Prestonsburg	4			
Lebanon Junction	4				Prichard	4			
Leitchfield	8				Providence	47	7	5	1
Leslie County	24	7	1		Pruden	4			
Lewisburg	2	2			Raceland	1	3		
Lewisport	11				Rineyville	26	2		
Liberty	12	1	1	5	Robards	25	4	1	2
Lily	10	1	1		Rochester	8			
Livermore	7				Rockport	12			
Lloyd	3	1			Rugby University	26	2		
London	16	2	1		Russell Springs	16	3		
Lone Jack	12	1	2	1	Russellville	30	2		
Louisa	36				Sacramento		8		
Louisville Male	44	5	1	2	Sadieville	6			
Loyall	52	3	1		St. Augustine's	3	1		
Ludlow	3	1			St. Charles	16			
Lynch	23	3	1	1	St. Frances Academy	8	2	1	
Lynn Camp	13	2	5		St. Joseph	2	4	2	
Lynnvale	4				St. Joseph's Prep.	8	12		
McKell	2	1	1		St. Xavier	42	5	2	3
McKinney		3			Salem	3	1		
McVeigh	12				Salyersville	7	1		
Mackville	7				Sanders	3	6	3	
Madison	21	1	2		Sandy Hook	4			
Madisonville	29	20	3		Science Hill	4			
Marion	22	6	4	4	Scottsville	16			
Martha Norris Memorial	8				Sebree	44	2	2	
Mayfield	45				Sharpsburg	12			

	Ex.	Good	Fair	Poor		Ex.	Good	Fair	Poor
Shelbyville	43	13			Utica	3	3	1	
Shepherdsville	10	2			Valley	24	15		1
Short Creek	4				Vanceburg-Lewis County	3	1		
Simon Kenton	4				Van Lear	12			
Simpson County	12				Versailles	8	2	1	1
Simpsonville	43	16			Vicco	1	2		1
Slaughters	31	2	3		Vine Grove	4			
Somerset	13	3			Viper	1	1	2	
Sonora	12				Virgie	4			
South Portsmouth	3	1			Waco	10	2		
Spottsville	8				Waddy	27	7	1	1
Stamping Ground	3				Wallins	8			4
Stanford	24				Warfield	28			
Sturgis	31	9			Wayne County	4	2		1
Sulphur	25	3			Waynesburg		3		
Summer Shade	8				Weaverton	16			
Sunfish	12				Webbville	4			
Taylor County	42	4			Western (Hickman)	12			
Taylorsville	8	4			West Louisville	2	2		
Temple Hill	44				West Point	6	2		
Todd County				4	Wheatcroft	30	5	1	
Tompkinsville	44				Whitesburg	32			
Trapp	12				Whitesville	3			
Trenton	15	5			Williamsburg	6	1	1	
Trimble County	20	4			Willisburg	4			
Uniontown		3	4	1	Wilmore				3
Upton	20				Winchester	16			



REPORT OF INSURANCE CLAIMS

Fifty schools insured their athletes under the K. H. S. A. A. Protection Fund—844 boys were insured for football, 558 for basketball, and four for track. 82 injuries have been reported to date, 53 claims, totalling \$771.50, have been paid.

FOOTBALL CLAIMS

School	Claimant	Injury	Amount Paid
Barret Manual Tr.	Joe Joyce	Broken tooth and X-Ray	\$13.00
Barret Manual Tr.	John Hines	X-Ray	3.00
Barret Manual Tr.	George Wallace	X-Ray	3.00
Barret Manual Tr.	Donald Henderson	Broken tooth and X-Rays	16.00
Barret Manual Tr.	Earl Mounts	Broken tooth and X-Rays	16.00
Barret Manual Tr.	Billy Moors	X-Ray	3.00
Benham	Paul Gilley	Broken tooth and X-Ray	13.00
Benham	Robert Anderson	X-Ray	1.50
Benham	Junior Cole	Chipped tooth	1.50
Benham	Dorsey Harrell	X-Ray	1.50
Bowling Green	Charles Bryant	Dislocated shoulder	12.50
Carrollton	John Roeder	Dislocated ankle and X-Rays	15.00
Corbin	Cleve Thomas	Dislocated wrist	7.50
Corbin	Kenneth Hill	Loss of two teeth	4.00
Cumberland	Jimmy Fugate	Fractured finger and X-Ray	10.50
Cumberland	Jimmy Branham	Fractured metacarpal	10.00
Cynthiana	William Fitzgerald	Loss of tooth and X-Ray	13.00
Danville	Robert Anderson	Fractured finger	4.00

Danville	Edwin Kubale	Two broken teeth	20.00
Danville	John Walters	Fractured toe	2.00
Dayton	William Frommel	Fractured femur	75.00
Dayton	Joseph Benzinger	Dislocated wrist	7.50
Frankfort	Charles Pewitt	Broken rib	5.00
Harlan	Bill Ghent	Fractured tibia and fibula	60.00
Harlan	Earl Bradford	Broken tooth	3.00
Harlan	Bob Pope	Broken tooth	3.00
Highlands	Sherley Duncan	Fractured fibula	40.00
Highlands	Wilbert Grimme	Fractured femur	75.00
Highlands	Richard Sullivan	Broken nose	10.00
Highlands	Eugene Lehmann	Fractured tibia	40.00
Marion	Billy Dyer	Fractured clavicle	25.00
Middlesboro	Elmer Ingle	Broken rib	5.00
Middlesboro	Jack Jenkins	Broken rib	5.00
Middlesboro	Ben Rice	Broken rib	5.00
Morganfield	Aaron Abell	X-Ray	3.00
Morganfield	Aaron Abell	Loss of tooth	10.00
Murray	Tom Covington	X-Ray	3.00
Murray	Lee Ross Melugin	X-Ray	3.00
Murray	Ben Crawford	Fractured fibula	40.00
Newport	Richard Dietz	Fractured wrist and X-Rays	21.00
Newport	Stanley Perry	Fractured clavicle	25.00
Newport	Clifford Belcher	Replacing knocked out filling	3.00
Newport	Edward Krechling	Broken tooth	10.00
Newport	Erwin Petering	Fractured metacarpal and X-Ray	18.00
Newport	James Palmer	Broken facing	3.00
Russellville	Joseph Ryan	Fractured metacarpal and X-Ray	10.00

BASKETBALL CLAIMS

School	Claimant	Injury	Amount Paid
Barret Manual Tr.	Tommy Gordon	X-Ray	3.00
Cave City	Maurice Riherd	X-Ray	3.00
Maysville	Ronald LeForge	Fractured tibia and fibula	60.00
Morganfield	A. C. Kennedy	Broken tooth and bridge loosened	2.50
Newport	Paul Spaulding	Broken tooth	3.00
Prichard	Hubert Bowling	X-Rays	12.00
Walton-Verona	James Pennington	Fractured finger and X-Ray	10.50

TRACK

The Board of Control, in its meeting held during K. E. A., named Murray, Louisville, Lexington, and Bellevue as sites for regional track meets to be held on May 12. A one-day state track meet will be held on Friday, May 19, at the University of Kentucky, with Athletic Director Bernie A. Shively managing the meet. Mr. Shively will be assisted by the regional track managers, Preston Holland, Brad Jones, John Heber, and John Schaar. The secretary was authorized to set up additional regional meets in areas where there are as many as four schools having track teams.

BASEBALL

The State High School Baseball Tournament, which was discontinued last year, will be held on May 29-30. The site of the tournament has not been determined as yet. The secretary is attempting to find eight areas in the state with each having enough teams to justify the holding of a regional tournament. All local expenses of the teams advancing to the state meet will be paid by the association, and a small allowance will be made for transportation.

GOLF

The State High School Golf Tournament will be held at Fort Knox on May 9-10. The meet is sponsored jointly by the Fort Knox Board of Education and the Officers' Club. The tournament manager will be Supt. William E. Kingsolver. He will be assisted by Coach Herschel Roberts.

Comparative Track Records By State

STATE	AVERAGE TIME FOR LAST THREE YEARS					HURDLES		RELAYS	
	100 Yd.	220 Yd.	440 Yd.	880 Yd.	Mile	120 Yd.	200 Yd.	880 Yd.	Med'y
Alabama	10.3s.	23.7s.	52.0s.	2:07.7	4:47.5	16.7s.	23.4s.	1:32.9
Arizona	10.1s.	22.7s.	51.3s.	2:34.1	4:45.1	15.1s.	22.9s.	1:33.3
Arkansas	10.4s.	23.3s.	52.4s.	2:05.6	15.6s.	1:34.9	3:51.1
California	9.9s.	21.9s.	49.8s.	1:57.1	4:33.4	14.7s.	1:29.3
Colorado	10.2s.	22.2s.	52.2s.	2:03.3	4:44.1	15.5s.	23.0s.	1:34.3
Connecticut	9.9s.	22.2s.	51.6s.	2:03.8	4:36.3	1:35.4
Florida	10.4s.	23.2s.	51.6s.	2:05.3	4:47.2	16.5s.	24.2s.	1:32.6	2:07.7
Georgia	10.2s.	22.9s.	52.8s.	2:14.9	4:42.6	16.0s.	1:35.0
Idaho	10.2s.	22.7s.	51.3s.	2:04.4	4:40.1	14.8s.	23.2s.	1:35.9	3:38.6
Illinois	10.1s.	22.2s.	50.9s.	2:00.7	4:30.2	14.7s.	22.5s.	1:32.1
Indiana	10.3s.	22.1s.	50.4s.	2:00.9	4:29.1	15.3s.	23.3s.	1:32.6
Iowa	10.4s.	22.7s.	50.4s.	2:02.0	4:33.3	15.1s.	23.1s.	1:31.7	3:41.4
Kansas	10.3s.	23.0s.	51.0s.	2:02.7	4:33.7	15.2s.	23.7s.	1:31.6	3:33.0
Kentucky	10.5s.	23.1s.	53.2s.	2:07.3	4:43.4	16.4s.	24.4s.
Louisiana	10.1s.	22.4s.	51.0s.	2:04.0	4:37.4	15.9s.	1:33.0
Massachusetts	10.3s.	22.7s.	53.2s.	2:03.0	14.2s.	1:34.4
Michigan	10.5s.	23.0s.	52.0s.	2:02.3	4:33.8	15.0s.	23.0s.	1:33.0
Minnesota	10.2s.	22.4s.	51.7s.	2:00.1	4:38.2	15.4s.	23.2s.	1:43.0
Mississippi	10.1s.	23.6s.	53.6s.	2:05.9	4:53.0	15.7s.	23.8s.
Missouri	10.0s.	22.4s.	51.0s.	2:00.2	4:33.4	15.2s.	22.9s.	1:33.3
Montana	10.4s.	23.1s.	51.8s.	2:01.3	4:33.5	15.0s.	22.8s.
Nebraska	10.3s.	23.0s.	51.3s.	2:03.2	4:39.8	15.4s.	24.0s.	1:34.0
Nevada	10.1s.	22.1s.	55.7s.	2:12.0	5:00.2	15.7s.	23.4s.	1:40.0
New Jersey	10.0s.	22.2s.	50.4s.	1:59.2	4:32.4	15.6s.
North Dakota	9.9s.	23.2s.	51.4s.	2:04.6	4:38.7	15.7s.	23.7s.	1:36.6	3:51.5
Ohio	10.0s.	22.2s.	50.5s.	1:59.1	4:30.8	14.8s.	1:30.6
Oklahoma	10.1s.	22.1s.	52.2s.	2:04.0	4:43.3	15.3s.	23.4s.	1:34.4
Oregon	10.3s.	23.2s.	52.3s.	2:03.0	4:33.8	15.7s.	23.6s.	1:34.8
Pennsylvania	10.0s.	22.1s.	50.7s.	2:00.6	4:32.4	15.1s.	22.7s.	1:33.6
South Dakota	10.4s.	24.0s.	53.9s.	2:08.0	4:45.4	15.8s.	24.2s.	1:36.1
Tennessee	10.0s.	24.7s.	53.1s.	2:03.6	4:36.0	16.0s.	24.8s.	3:38.0
Utah	10.5s.	23.2s.	52.3s.	2:04.8	4:46.8	15.6s.	23.7s.	1:34.4	3:48.1
Washington	10.2s.	22.0s.	50.3s.	2:00.4	4:33.6	15.4s.	23.0s.	1:31.9
West Virginia	10.4s.	23.6s.	53.3s.	2:03.0	4:45.7	15.4s.	23.4s.	3:37.0
Wisconsin	10.4s.	20.8s.	53.0s.	2:02.7	4:31.7	14.8s.	23.4s.	1:34.3
Wyoming	10.5s.	23.0s.	56.1s.	2:13.2	5:01.7	16.1s.	34.0s.	1:38.7
AVERAGE	10.21s.	22.74s.	52.0s.	2:03.9	4:36.2	15.44s.	23.45s.	1:34.3	3:31.8
Our Average	?	?	?	?	?	?	?	?	?

Sample Table For Individual State Display

TRACK	AVERAGE TIME FOR LAST THREE YEARS					HURDLES		RELAYS	
	100 Yd.	220 Yd.	440 Yd.	880 Yd.	Mile	120 Yd.	200 Yd.	880 Yd.	Med'y
Iowa Average	10.4s.	22.7s.	50.4s.	2:02.0	4:33.3	15.1s.	23.1s.	1:31.7	3:41.4
U. S. Average	10.2s.	22.7s.	52.0s.	2:03.9	4:36.2	15.4s.	23.4s.	1:34.3	3:31.8
Difference	-.2s.	0.0	+1.6s.	+1.9	+2.9	+.3s.	+.3s.	+2.6	-9.6

The Human Machine

By Arthur H. Steinhaus
Professor of Physiology at
George Williams College, Chicago

Dr. Arthur H. Steinhaus has devoted over twenty years of research, teaching and writing, to the physiology of exercise and related problems of physical fitness. His leadership in this field is recognized both here and abroad. He is currently president of the American Academy of Physical Education.

Three horsepower . . . firing from four billion cylinder-like muscle cells averaging 1/600-inch in diameter, 1½ inches in length, operating on sugar and fats at a mechanical efficiency of 25 to 30 per cent . . . this is the human motor.

"Can we use engineering terms to describe the human body?" you may ask.

Yes, rightly and aptly, too . . . for, to whatever else man's grandeur may attain, his body is fundamentally a machine . . . a marvelous and intricate machine.

Think of the billions of cells mentioned above as bound into 696 distinct muscles comprising more than 40 per cent of the body's weight. These form a flesh mass which, though itself 75 per cent water . . . is capable of pulling 140 pounds per square inch of cross section!

All this is performed at an operating temperature at least 30 degrees cooler than your cup of coffee.

So efficient is the human mechanism that, were we built to use motor fuel, each of us, on the average, could operate his body for ten days on a single gallon of gasoline.

Amazingly Flexible Skeleton

More than 200 bones of every imaginable size and shape, joined in over 250 places, form man's fantastically flexible skeleton.

Subject to our will, this mass of "sticks and stones" is animated by our 696 muscles, which are themselves supported by the skeleton.

This skeleton of our's deserves due reverence for its quality of structure and its mechanical excellence. Its bones, though 30 per cent water, have twice the strength of oak wood, and though hard enough to resist a load of two tons per cubic inch, are yet remarkably elastic.

The Miraculous Blood Pump

The 5 to 6 quarts of blood in each of

our human machines is pumped by the heart around and around . . . nearly 4,000 trips a day.

The heart, creating a pressure of 2½ pounds per square inch creates a blood flow of 55 feet per minute.

With diminishing pressure the blood travels through the smaller arteries, then through any one of the 317 billion capillaries, where, in a brief second, it performs its function, before pouring into veins that bring it back to the heart.

This is the food-oxygen-and-heat-distributing system of the human machine . . . and the mechanism for removal of all kinds of wastes.

When the body is at rest, the heart carries one-third quart of oxygen from lungs to muscles, glands and nerves, with a heart output of four quarts per minute.

In strenuous exercise, the demands for oxygen are greatly increased, and the tireless pump responds accordingly. The heart of a trained athlete in action may pump 40 quarts per minute—enough blood to carry fifteen times as much oxygen from his lungs. This superior oxygen-capturing power distinguishes the trained man.

The wiring diagram of the human machine still baffles comprehension. Twelve billion microscopic nerve strands, varying in length from the smallest fraction of an inch to nearly two yards, make possible the connecting of every one of the millions of sense organs on the surface or in the interior of the body, with any one of the many billions of muscle or gland cells that determine your expression of life, be it fight, talk, thought or tears.

The Intercommunication System

The thousands of nerve impulses arising constantly in your many sense organs "burn" their way at 4½ miles per minute over fuse-like nerve strands toward, through and away from your central nervous system to your muscles and glands.

Some of these connections are as regular and fixed as the two ends of a trolley line running straight through town down the main street. Others, taking advantage of the infinite switching and distributing facilities in brain and cord are as governed by chance as the ultimate path of an aim-

less driver, who, upon entering a large city, cruises for hours through its maze of streets, to emerge most anywhere!

While in the city, his path is modified by traffic swirls, by the ruts of earlier drivers, by streetcar tracks and by the chance meeting with any driver, who, with fixed destination, rushes him along in his wake.

Building The Road To Strength And Character

However, the impulses traveling over our human nerves no matter how seemingly aimless and winding, are all recording their trails, as do wheels on soft streets. Their courses to be followed again as memories, or habit ruts . . . and thus to function in the formation of character.

The pavement and qualities of the "street" may be inherited, but how these are to be used is determined by the million and one forces of environment, which, playing upon the eyes, ears and other senses, determine the course of the "traffic."

Many of these influences are as fortuitous and uncontrolled as the clap of thunder or the accidental fall that shoots fear or pain through our frames.

Many others can be planned, and constitute "education" . . . whether administered by parents, teachers, friend or by hard experience. Altogether this "education" from many sources determines whether the accumulation of experiences that is the human machine shall at any particular moment cry, chatter, or sneeze; fight, stand, or run; lie, work, or pray; create, destroy, or dream. This is the human machine with soul!

Man-Made Machine Vs. Human Machine

Man-made machines wear out with use. A brief "running in" period of operation brings them to perfection, after which they deteriorate with each succeeding revolution.

Not so, the Human machine! At birth it is but a bundle of possibilities, that of growth, adjustment, renewal and self perpetuation in a state of high efficiency for a very long period.

To gain and to hold strength in heart, lung, muscle and brain, these organs must regularly be taxed to their maximum performance level. This is the role of hard work and strenuous sports.

Only through hard physical effort, we now know, can any of us attain a high level of physical fitness; and then only when such effort is supported by proper

diet, sufficient rest, adequate medical and dental care, purposeful direction of mental and emotional activities, and the sensible regulation of injurious excesses especially of alcohol and tobacco can physical training make its maximal contribution to our total fitness.

For the demands of war-time today and peace-time tomorrow, nothing short of total fitness is sufficient. . . . Our national goal . . . represented in the goal of each individual . . . must be:

- (1) A body free from disease.
- (2) Muscles, heart and lungs to supply enough strength, speed, agility and endurance to do easily the maximum tasks with which we may be faced.
- (3) An alert mind, free from worry, fear and tension, capable of relaxing utterly the moment an opportunity is presented, and capable as quickly of becoming totally engrossed by the challenge of the next event.
- (4) A spirit that feels itself, with others, part of an important venture and important to that venture.

If we would have our human machines strong enough to do our daily physical tasks without undue fatigue, we should build muscles capable of doing at least twice the work required of them routinely.

If you develop shoulders and arm muscles able to carry a 40 pound burden from the market, a 20 pound load will cause no arm ache or backache.

When a muscle is loaded to the limit all of its cells must contract at once. In so doing they squeeze all the blood out of the muscle blood vessels and allow no fresh blood to enter. In a short time the blood-starved muscles begin to ache.

By proper exercise—by work and sports—we can build muscles so strong that only half of the muscle mass will normally work, while the other half rests.

To summarize this "overload principle" of keeping the human machine ready to meet all requirements, we may say, "A little exercise much harder than your day's work will cause your muscles to grow larger than necessary for the day's work."

Athletic trainers for years have followed this principle. Baseball players have, in certain cases, worn heavier shoes in practice than in games. Boxers have punched heavy bags with extra heavy gloves. Sprinters have readied themselves for competition with longer runs in practice. Middle distance runners have trained over longer

(Continued on Page Twelve)

Courier-Journal All-State Basketball Squad

After the State Tournament nominations made by coaches, officials and sports writers were compiled, the following were selected for their performance during the season. Despite the rather comprehensive list of fine players there are still great numbers of comparatively unknown performers whose names would make no mean addition. Kentucky is fast becoming the basketball capital of the nation, and the following 100 boys would be representative of the best to be found between the Atlantic and Pacific.

FIRST SQUAD

Player and School	Vote Pct.
Wallace Jones, Harlan.....	64
Ralph Beard, Louisville Male.....	39
Don Sparka, Dayton.....	36
Glenn Combs, London.....	33
Albert Cummings, Brooksville.....	33
Oz Johnson, Valley.....	31
Fields McGregor, Brewers.....	29
J. V. Morris, Calhoun.....	26
Corkey Howerton, Olive Hill.....	23
Lacy Risner, Hindman.....	22

SECOND SQUAD

Johnny Lewis, Male.....	21
Carl Eagle, Harlan.....	20
Earl Bradford, Harlan.....	19
Alonzo Nelson, Madison.....	18
James Durham, Anchorage.....	17
Jack Garrett, Corbin.....	17
Garland Townes, Hazard.....	15
Jack Walker, Barbourville.....	15
William Warren, McHenry.....	14
Robert Gillespie, Brooksville.....	13

THIRD SQUAD

Robert Mohler, Brewers.....	12
Ben Johnson, Madison.....	12
Bobo Davenport, Bowling Green.....	11
Charles Parrish, Bowling Green.....	11
Bob Wright, Elkhorn City.....	11
E. Sparkman, Carr Creek.....	10
Buddy Hampton, Lee County.....	10
Bob Finnell, Dayton.....	10
Edd DeCoursey, Wayland.....	10
Zeb Blankenship, Elkhorn City.....	9

HONORABLE MENTION

(Not ranked according to the percentage of votes):
 Cordie Arterburn, Glasgow; Harold Bomar, Anchorage; James Borah, McHenry; J. W. Brackett, Sonora; Billy Brannock, Georgetown; Jack Brummitt, Virgie; Sam Brown Wayne County; Odell Byrd, Lebanon; Clyde Cooper, Brooksville; Billy Cunningham, Oxford; Billy Davis, Irvine; Harold Dawson, Shepherdsville; "Demon" DeMoss, Dayton; C. Duff, Owsley County; Smith Dunn, Benton.
 Billy Edwards, Russellville; Paul Gilley, Benham; Lynn Grogan, Lafayette; Maurice Hale, Daviess County; Paul Hall, Barbourville; James Harper, Oxford; Dick Heman, Bowling Green; Andy Howe, Highlands;

Jack Holley, Olive Hill; B. Howle, Barlow; Jim Hughes, Danville; Bobby Hyatt, Lawrenceburg; Joseph Jennings, Waddy; Bill Johnson, Shelbyville; Clements Keith, Manchester; George Kenderick, Johns Creek; Eugene Kenny, St. Joe of Bardstown; Bob Kelly, Stanford; Johnny Knopf, St. Xavier; Raymond Kring, Carrollton; L. McLin, West Liberty; Ed Mudd, Louisville Male; Paul B. Murphy, Paintsville; Jerry Murphy, Maysville; William Murray, Dayton; Red Nickell, West Liberty; Carl Norton, Winchester; Jack Park, Harrodsburg; Kenneth Pate, Benham; Bernard Pergem, Ashland; Bill Petrey, Pikeville; Ray Potts, Hartford; C. Pugh, Sharpe; J. C. Powell, Harrodsburg; "Jeep" Quire, St. Xavier; Vernon Reed, Hodgenville; George W. Riddle, Daviess County; Neil Rose, Brewers; Arnold Sams, Great Crossing; Claude Sharpe, Greensburg; William Schuchart, Erlanger; Eddie Shroat, Murray; Bob Snapp, Millersburg Military; Paul Teipel, Dixie Heights; Gilbert Teague, Central City; Jimmie Thornberry, Rineyville; Dick Ward, Dixie Heights; Charles Ward, Hartford; Bobby Watkins, Central City; John Weldon, Marion; "Bunkie" Wilkie, University; H. L. Wilson, Murray Training; Billy Wright, Howe Valley; John Yates, Cloverport; Singleton Yeary, Lafayette.

THE HUMAN MACHINE (Continued from Page Eleven)

routes than those they would be covering in competition.

Then let us remember, as we turn our attention to the building of a strong America, that the human machine constantly renews its parts . . . even the bones! Some parts are renewed hourly, others daily, weekly or monthly. To accomplish this, proper nutrition and adequate rest are required.

If you are organically sound, strenuous exercise will build sufficient strength to allow you to cope with daily physical tasks without disabling fatigue.

The human machine may increase in knowledge, skill and wisdom beyond three-score years and ten. For this are needed periods of intense mental application alternating with carefree relaxation . . . the exultations of hard won successes, and the soul-searching moments of failure.

Our search has revealed for all of us the laws that govern the efficient functioning of the human machine. For health, strength, happiness and security, we have only to

The East and West of Kentucky Teachers Colleges



President W. H. Vaughan, who is directing Morehead's war and peace program, has served the college as dean and president since 1928.

Morehead Goes Nautical With 600 Sailors on Campus

State Teachers College in Eastern Kentucky
Giving Specialized Training to Men
By WILLIAM EMMETT BRADLEY

A long whistle is heard and the special Navy train rolls into view around the curve. Amid great clouds of steam the train grinds to a stop and the bluejackets of the new division step ashore for the beginning of their course at the special Navy Training School (Electrical) at Morehead State Teachers College.

The sailors are met at the station by the division officer who, after checking their papers, calls the men to attention and soon the section is marching to their first stop, the mess hall. Then the men are marched to the barracks and given room assignments. After this the men are given a physical examination.

The new division is then divided into five sections of thirty men each with a section leader and assistant section leader, for the individual groups. Every man is then assigned to fire, cleaning, and security stations. At the end of two weeks a study leader for each section is appointed.

With these preliminaries out of the way, the new trainees are ready to start on their course of training.

Murray ALMA MATER

In the heart of Jackson Purchase,
'Neath the sun's warm glow,
Is the home of Murray College,
Finest place we know.

Though we leave thy walls forever,
Many miles go hence,
May our love for Alma Mater
Only have commenced.

Chorus:

May we cherish thy tradition,
Hold thy banner high,
Ever guard thy name and glory,
Live and do or die.



DR. JAMES H. RICHMOND
President of Murray State Teachers
College

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University of Kentucky
Lexington, Ky.

THANKS!

During the past school season our Kentucky schools have given us a lot of nice orders, and for this we now say "Thank you."

Should you need some personal equipment for your summer vacation, just drop us a line. Our wholesale prices are always open to both your school or to you as a teacher or coach.

REMEMBER—"IT PAYS TO PLAY"

THE SUTCLIFFE CO.

LOUISVILLE, KY.