



How Joe Loomis's Long Legs Win Him Championships.

The Magical 7-League Boots of Fairyland Outclassed in Reality by the "Thoughtful" 10-Foot Stride of the Newest Athletic Marvel

YOUNG Mr. Joseph G. Loomis has a 10-foot stride. That is, when he is running, the distance between the place one foot leaves the ground and the place the other foot leaves the ground is exactly 120 inches. He can do this mainly because his legs are disproportionately long.

Because of the length of his legs and because also, he thinks, of the "thoughtful" way in which he uses them, young Mr. Loomis—he has only been out of school for a year and a half—won four championships at the championship meet in Baltimore last Summer. Winning this number at one meet in itself made him a fifth world's record.

Young Mr. Loomis, in fact, has the nearest equivalent to the famous 7 League Boots of legend—with psychology added. This running stride of 10 feet should be reach the maximum of efficiency that would enable him to keep it up from start to finish of a 100-yard dash, for instance, would enable him to beat every other average championship runner by about 20 feet.

The records his 10-foot psychological stride has won for him were the junior and senior 100-yard dashes, the 220 yard hurdle race and the running high jump.

Loomis's remarkable ability is intensified by the fact that he is not overburdened with muscle, is 6 feet 2 inches tall and weighs only 180 pounds. He is an absolutely disproportioned human being, so far as the usual standards go. He has extraordinarily long and thin arms and legs, which give him the appearance of an overgrown boy.

traordinarily long legs, I am enabled to increase my stride near the finish to ten feet and thereby beat them to the tape, for the ordinary fast sprinter in using an eight-foot stride is at his limit and cannot increase it to meet my unusual advantage.

In hurdle racing my long legs are, of course, a distinct help, for I merely step over the hurdles while I am in my stride and I never have to hesitate or lose a fraction of a second while clearing them. A good hurdler with shorter legs has to make a perceptible effort to clear the hurdles. The slowing up he undergoes to gather together his feet for the jump is enough for me to beat him out.

High jumping is one game in which I have added to my natural advantage of long legs by hard thinking. I mean by that I believe much success in track work is due to concentration of my mind on the event in which I am competing. When one does this victory generally follows, provided, of course, that the ability is also there. Lots of fellows have ability but do not know how to bring it out at the right time. That is where science and psychology enter in. I have often talked to the cross-bar in the high jump; told it I wasn't afraid of it, made up my mind it was nothing at all to clear it and by putting my mind in such a confident state, together with the good condition of my body, I have been able to win difficult contests that meant something and were worth while.

Let me say right here that I have always been in athletic competition for the sheer love of it. I enjoy every minute of it. I have the athletic instinct, and while I haven't got a lot of muscle I can control perfectly every bit of what I have. This, and my striving for nerve control, have been the great factors in my successes.

I have been competing only for a short while, and I have continued to improve as I get older. I am told

Loomis on the Starting Mark in a Hurdle Race. His First Six Strides Will Take Him Over the First Hurdle. His Extraordinarily Long Legs and Arms Enable Him to Do This.

that one gets better as he gets older. I am twenty-two years old and if I continue to improve I certainly ought to set up certain marks in my specialties that will surprise the world and be hard to beat.

My first appearance in the East

was at the John Wanamaker's Millrose Athletic Club games at Madison Square Garden, New York City, a few weeks ago. I was successful in demonstrating my theories of high jumping by clearing six feet one inch from scratch, jumping from a

very bad floor. I did not have to jump any higher, my competitors all failed to clear six feet one inch.

I felt that night that I could have broken the world's indoor record, but I was entered in the 70-yard hurdle race which immediately fol-

How to Tell Your Fortune with the White of an Egg

By Professor Sothnos Latillier. The Well-Known French Astrologer.

THIS is one of the least known of all methods of foretelling the future, according to the ancient, secret wisdom of prophetic insight. Yet it is one of the most interesting, and easy to perform—though, of course, like all methods of the kind, some skill and practice are necessary in order to interpret quickly and speedily the symbolic interpretations of the signs presented.

In order to practise this part of cabalistic interpretation, you must procure a fresh egg—as new-laid as possible—and carefully separate the white of the egg from the yolk. Nearly fill a tumbler with cold water and drop the white of the egg into it, a drop at a time. Now place this glass carefully aside for twenty-four hours, being sure to cover the glass carefully, and that the water does not become warmed by proximity to a radiator, etc.

When you again look at the glass, you will find that your white of egg has congealed into various odd-shaped figures—circles, squares, animals, trees, crosses, etc.—which are to be interpreted according to the for-

mula that follows.

LONG, wavy lines denote losses and troubles; straight lines, on the contrary, denoting peace, long life, prosperity and happiness.

Squares denote peace and happiness; a crown signifies honor; a cross, powers of a death; a ring, marriage. If a letter can be discovered near the ring this will be the first letter of the name of the person you are to marry. If clouds are about the ring, think long and carefully before accepting this person, even if he offers marriage. If a leaf is seen, speedy good fortune will come your way from some unexpected source. If an anchor is seen, fidelity in love is indicated. If a dog is seen, this is a good sign, if near the top of the glass, denoting faithful friends; if near the middle, doubtful ones; and if near the bottom, enemies to be avoided.

A lily or similar flower foretells happiness, if near the top of the glass; disappointment if near the bottom. If a number of small dots or spots are present, money is coming your way, unless clouds surround them, in which case you will receive bad tidings and notice of losses. A heart denotes a love letter which you will shortly receive. The sun, moon or stars denote happiness and success.

Getting Ready to Clear the High Jump and Concentrating His Mind on the Cross-Bar.



Joe Loomis in Action. This Photograph Shows His 10-Foot Stride and His Tremendous Advantage Over the Ordinary Short-Legged, Stocky Built Sprinter.

lowed the high-jump event and as I did not want to disappoint my new-made Eastern friends by staying out of the hurdle event, I had to forego my desire to try for a record high-jump. But I am fully convinced that had I tried I would have succeeded.

I figure my muscular development from an entirely different standpoint of measurement than the physical director uses. My inside leg measurement is 39 inches. I attribute my strength and endurance to the length of my muscles and not to their circumference measurement. Instead of putting the tape measure around the calf of my leg and around my thighs I measure my muscles lengthwise. My thigh muscles from the top of my leg to my knees measure 23 inches long, and my leg muscle from my knee to my ankles measure 18 inches long.

Muscles of this length are less likely to get tired and seem to stand the strain of continued exertion better than the over-developed knobby muscles of the short-legged stocky-built sprinter.

Another theory I have put into practise in my athletic competition is to train for the events I intend to compete in at the same hour the real competition is to take place.

For instance, if games are to be held at the armory I figure out about the exact time the event will take place on the evening of the games, say 9 o'clock, and I go to the armory, if possible, and practise my jumping at 9 o'clock, and I do no other jumping practise excepting when the real test comes in competition. It is just like ordinary practise

and there is less of a nervous strain on the system.

I also try to put this theory into practise in my running specialties, and I think it has helped me—I at least think so, and that is half the battle—my mind is satisfied to that extent.

Athletics with its many branches not only tend to bring out a man's character and develop him physically but they tend to put one's mind in the clear and determined condition, which I think is the secret of success in life. It is the same old argument used by the greatest athletic men of the day: "Play some game." No matter how hard a man works in his special line of business he never will get his full pleasure out of life unless his physical condition is good. Many a man has made a success in life financially only to find he cannot enjoy this success because of poor health. You must do something in the line of athletics. I don't care what it is, to enjoy life. Play some game and you will find that you will adapt yourself to a special line of athletics and will play it yourself.

Taking my peculiar build into consideration, there is a chance for anyone successfully to play at athletics of some sort. I have won more pleasure for myself in track work than one might think.

To Martin A. Delaney, the athletic director of the Chicago Athletic Association, I owe all my inside knowledge of athletics. He is a firm believer in psychology applied to competition, and in conclusion I might say that no statement from me would be complete without a word of praise for his help. In developing my extraordinary physical advantages he proved that no matter how peculiar a man's physique may be, there is always a chance that he may go in for some sports, that at first seem foolish for him to take a part in.