

THE SECOND OVERFLOW
OF
THE "WASTE BASKET"

Published by the Track Men of Cornell University ever
so often, or when the spirit moves.

Passed by the Board of Censorship.

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Dresser -----Associate Editors

Rebmann -----

Izzy A. Compet. -----

"Mac" -----Faithful Guardian of
the Empty Basket.

Hettinger, Hoskins, Pennock -----Stenographers.

Editor in Chief ----- W.H. Cleminshaw.

November 7, 1917.

EDITORIAL.

We were all mighty well pleased with the outcome of last Saturday's meet with Penn and Carnegie Tech, and too much credit cannot be given to the team and to Jack. The cross Country spirit has been fine and there has been a large bunch trying out for the team.

Although Cross Country is the most important part of track athletics in the fall, nevertheless this also is the time to start building up a track team which will uphold the wonderful record made by the Cornell teams in the past.

Without doubt there is more chance for a man to win a place on the team this year than ever before. For this reason there ought to be a great many more men trying out but at present this is not so and it is up to every man now out for track to scout around and find some new material.

I suppose everyone knows that we have not a single man back who has won his "C" in track and you can see what a hard task we have ahead of us. There are a great number of men in the U who claim they could never do anything at track but they say this because they have never tried.

It is of vital importance to have enough men out for every event to afford sufficient competition and practise or we can never hope to put out a winning team. Take for instance if we only have three or four men out for the hurdles or the dashes, the chances are that these men will not come out to practise at the same time and then when they do come out they will have no one to run against.

It stands to reason that a fellow will not work as hard under these circumstances and will not develop as fast as he should.

Therefore let's start a regular campaign for new men and everybody get into it. We can't wait till next spring as we will probably have several meets during the winter and now is the time to get busy.

COACH'S COLUMN

Our war time cross country team maintained the traditions of victorious Cornell Cross Country Teams last Saturday by their conclusive victory over Pennsylvania.

Their team was as good as Penn has turned out in half a dozen years, at least, comprising as it did so many experienced distance runners.

We had our share of disappointments but it is all in the game and I feel that the men who did not run up to their true form will be the gainers by their experience in Saturday's run. There is no other sport I knew of where there are so many reversals of form as in distance running. We have sufficient time to bring everybody trying for the team to their best form of the season by the time of the intercollegiates.

It was a busy day for the managers handling a big cross country race and the intercompany meet besides. They gave a lot of their time and I knew they are all the happier for the victory in the dual race.

The intercompany meet was a big success considering the time of day it was held, and it is only a forerunner of many more successful meets that will prove of great value to the development of track and cross country. We have many officers in the Cornell Battalion and they can help us wonderfully by taking the initiative in general intercompany sport. It is the best field we have today in which to continue athletic spirit.

We will have the Scheelbey cross country runners as our guests next Saturday and I know you will do all you can to

make them feel at home at Cornell and that they will bring back to their schools a strong enthusiasm for your university.

As the cold weather sets in and Thanksgiving approaches there is always a perceptible let up in the interest in our sport. It is essential that the candidates we have gathered this fall should be held together thru the winter and that many more be added to our list of candidates.

The Freshmen Cup Race is the best competition we have had in many years. There are no stars but the development of a team that will run together will make an unbeatable aggregation.

It is interesting to notice the freshmen intermingling more and more each day and how their spirit for track and cross country is growing. Keep it up and bring out more of your class for your teams. Remember when you are a candidate for a team to live up to all the rules of training. You lose the respect of your fellows when you fail to do so.

The cross country team is asked to help out in managing the annual walk held after Thanksgiving by the Walking Club. The cross country runners will get good training for their specialty by competing in this race.

Inter College Cross Country Run - Saturday, November 24th.

Underclass Cross Country Run - Saturday, December 8th.

Jumpers, shot putters, pole vaulters, sprinters, and hurdlers will work in the cage very shortly.

First board track meet Saturday, December 11st

his best to everybody .He had a slightt operation for throat trouble.

Windnagle left for France a week ago Saturday.

Bill Crim,I am told, has also gone into aviation. He is at a Southern Training Camp.

Blind Handicap Run next Saturday.Sorry I will not be here to see it.I will be at Ann Arbor.Last year for the first time I went out to the course in a Stew Cooper's machine hopin g to see the race at several points.MacCormack Joe Eastwick and Stew were with me.We saw the bunch at about two miles from the start and then hurried to another point where we were toldthey would pass.We waited an unseemingly long time,I thought ,for them to show up but fate was against us.We were piloted to the wrong spot and the runner had their showers and were cursing "mac" out for not being on the job when we showed some twenty minutes after the finish.

We have a few men who are not showing the proper xp spirit.There should be no let up in thés amount of practis because of present conditions we cannot tell what the conditions may be in the spring,but the least we can do is to be prepared to put a good track team in the field that will measure up somewhat to past team's standards.We must not go back to the Farmer college class.

Mr. and Mrs. Paul Sanborn visited me last night.

The wedding occurred in Philadelphia last Saturday. He has been stationed at Essington, Pennsylvania and has been flying in the Hydroplane Service. He leaves Tuesday for the land flying school at Mt. Clemens, Michigan. Sanborn was track manager in 1916, and some Beau Brummel.

Pork Howell wrote us in appreciation of the letter sent out by the management telling of the track and cross country doings here. He sends his best to all the fellows. Larry Gubb is at the same camp. They are in the Quartermaster Department at Fort Niagara, N.Y.

One of the letters sent out by the management brought a reply that certainly gave me a severe shock. It was from Henry J. Beck, father of C. B. Beck, one of the most promising short distance runners of last year's sophomore class. He died in a reserve officer's training camp I understand. I was unable to get any further particulars. Beck was a very likeable chap with a brilliant athletic future before him. The older members of the varsity team were especially interested in him and I hope this year's team will send a letter to his parents showing esteem in which they held the boy.

Jack Watt is still in the game. He is a member of the Hawaiian Food Commission but still finds time to do some training. He is captain of an athletic club team out home and writes on for some of my liniment. I wonder if he has been doing poorly in his training and thinks that some of my liniment will bring back his old time speed. He sends

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Now is the time to avoid colds by dressing properly. Keep your feet as well as your body warm at all times. Don't stand around too much when exercising : keep on the move all the time. This is especially necessary for the sprinters and field event men just before each try. Warm muscles always work the best. Now men remember not to run or do any violent exercise too soon after eating.

Are all the cross country enthusiasts enrolled in the cross country club? They will have better spirit for the sport if they become members.

Walker Smith gave us a pleasant surprise^e when he walked in on us the other day. Everybody was pleased to see him safe and sound and to hear from him that he would be out hurdling for us before long. Walker brought the Exeter track spirit with him when he entered a year ago and he will be a valuable addition to maintaining the old track traditions.

The Penn-Cornell-Carnegie Tech. Cross Country Meet

The result of Saturday's Cross Country meet was certainly very pleasing and it goes to prove what can be done by hard persistent work and a good spirit of co-operation. There is no doubt that the team as a whole was in far better condition to stand a five mile course than either of the other two teams and despite the fact that it was the first race for many of the fellows, they came through in fine style. However we don't want to lose sight of the fact that a lot can happen between now and the intercollegiates and you all know the old saying that loser is to be feared, -simply because he has no reason to be overconfident like the winner and because he is filled with a determination to win the next chance he gets. Penn has vowed she is going to defeat us in the intercollegiates and for the next three weeks she will make every effort to get into shape in order to do it.

Furthermore we must not disregard the small colleges because this year will give them a chance to show up well principally because they have not lost as many old men as the larger institutions. The "small college" which have come into the limelight have proven this fact. Cornell lost the intercollegiates once before simply because she failed to reckon with a small college.

We must not let Saturday's result make us so confident, but instead we must work in the same way as in the past. If we do this we will have a very good chance to bring the cross country championship home again this year.

Interscholastics.

Owing to the fact that the fraternity houses are much harder pressed this year than in former years, the management thought that it was not right to call on them for contributions to run the Interscholastic Cross Country run. So to finance it the Athletic Association allotted a certain amount from the Track Budget. This was much smaller than usual. To run the meet on these conditions it has been necessary to cut down on the guarantees. The schools near Ithaca from which we draw men were offered as much as possible, while the more distant schools were offered less. The meet will necessarily be small. It is going to be run Saturday, Nov 10 at 2 o'clock, starting on Alumni Field and finishing in the Stadium.

It is up to us to show these fellows as good a time as is possible, since quite often we bring, by this meet, good athletes to Cornell. The schools that will be represented are:

Schenectady High School	Schenectady	N.Y.
Masten Park High School	Buffalo	N.Y.
Hutchinson Central High School	"	"
Lafayette High School	"	"
East Rochester High School	Rochester	"
Cascadilla School	Ithaca	N.Y.

HITHER AND THITHER IN TRACK

By Izzy A. Cempet.

Mac and Floyd bawling each other out.

Yest handing out "Hints on Training".

Just because he wins all the cross country races desent
mea a that Ivan is the quickest Dresser.

Cempets hustling(?) around.

The following is a clipping from last Sunday's edition
of "Sleppy Stories":

There was a yeung chap named Dresser,
Who wears a Meustache mere er lesser,
And in running the hills
Can furnish the thrills:
He's a pretty swell guy, this Dresser.

Sherman said, "War is Hell". Fourteen cents says that's
why Mac isn't married.

If each cempet can haul two hurdles at a time, we wonder
how many could Mac's alcehel at once.

If, on the day of the Intercollegiate cross country run,
Dresser breaks his leg, Maynard loses two lungs, Spear get
the pip, Yest is called to his home in Kansas City, New
Yerk to take care of his sick mule, and Abbett swallows
six pints of "Uneeda Oiling", then the inevitable result
will be

will be; that "Davey" Hey will continue to jump down the threats of the incoming freshmen.

Note: The next treatise will occur in the next edition of "The Waste Basket" some Tuesday evening in 1901.

What someone heard at the rubbing table:-

A Runner:- I see that one of the cross country men has water on the knee, Mac. How will you get him in

Mac:- shape for the Saturday meet?

Mac:- Make him wear pumps.

EXTRA FINE