

don't neglect any opportunity of improving your jumping abilities. Practice broad as well as high jumping, so as to prepare yourself for water and possible thick hedges. When the weather is very wet, or you are for any other reason confined indoors, you might devote any spare time you have to jumping over forms ranged round the biggest room you can practise in.

This may not sound very important, but, like every other thing of the kind, it will help, if only in developing a springiness of action.

STITCH

This malady is one to which all runners are liable. In ordinary races it is usually a complaint fatal to victory, but need not necessarily be so across country. If, however, an attack should come on, don't allow it to overwhelm you. Keep on going. Slacken speed, walk even if necessary, but keep going on. You will be losing as little ground as possible and will be gradually, if slowly, working off the attack. You may want to lie down and die, but don't. Keep on getting ahead, and quicken up as the pain diminishes, until you find yourself back at your normal pace, with the stitch departed.