

- (4) Diet- Every trainer should have a good working knowledge of the principles of diet.
- (5) Exercises- Many that are now used should be cut and, since the athlete is hardened by systematic exercise or work-outs, this is rather an exact science and varies with the sport.
- (6) The science of training the athlete to peak form- Earlier we said that the money cost of this program would be small; this cost, of course, will depend on your athletic budget and on your student trainers ingenuity and willingness to work. A great deal of money can be invested in modern up-to-the-minute equipment and training room fixtures but satisfactory results can be obtained by building protective and preventative equipment out of the odds and ends found around the average locker room. To this end the Trainers' Journal will endeavour to contribute in a very real way by describing and picturing home made devices now in use.

In the September issue of the Trainers Journal, three suggested medical supply lists will be published in order to coincide with all budgets, nothing will be left to chance. Every step in setting up this new program will be described.

Recently the Iowa High School Athletic Association accepted this plan and we quote Mr. Lyle T. Quinn, manager of the I.H.S.A.A. "In order to help meet the problem of reducing high school athletic injuries, we are undertaking to establish a program of student trainers for our high schools with the firm conviction that if this program can be put into operation, as we are convinced that it can, the number and the severity of injuries can be greatly reduced."

We, The National Athletic Trainers' Association, feel that we are doing our part to decrease the injuries not only in the colleges but in the high schools by sponsoring this program. We are doing the job with the sole object of imparting the information we have within our organization to the young American athlete so that he may play the game with all he has in him, knowing that if some misfortune overcomes him he will be served with and treated by the best known methods.

Our membership list includes a number of men of the medical profession and we are always ready and anxious to have them a part of us. They will find the student trainers a very eager and interesting group to instruct.