

treatment that the medical supervisor has o.k. You will find that in some types of injuries the recovery period will be cut in half by Administering three treatments per day instead of the usual one.

We plan to stay on one section of the body until each student has mastered it. They must become thoroughly familiar with each and every bone and muscle of the human anatomy so that they may treat the various injuries with a full knowledge of the bone and muscle affected. We will, also, have many articles written each month for the present college trainers that will be very interesting for you and your student trainers to study in connection with the regular lessons. You and your student trainers might read them as they appear and use them as you see fit. Your medical supervisor will be very happy to explain the technical side of any of the subjects under discussion. Your physiology or hygiene classes will be studied with new intensity as they will help the student trainers to become more familiar with the human body with which the lessons are to be concerned.

The student trainers will have, also, the responsibility for:

- (1) Social Restrictions- Every athlete should realize that certain restrictions must be put on his hours out-side the training schedule. This includes late hours, drinking, smoking and dates.
- (2) Prophylactic Care- The study of each athlete brings out individual factors that if considered will go a long ways toward preventing injuries and the following subdivisions apply.
 - (a) Examination and records of athlete at the beginning of the training period by a competent physician.
 - (b) Taping, bandaging, etc., applied to the individual.
 - (c) Inspecting of equipment and proper fitting of same,
 - (d) Placing according to physique and mentality.
 - (e) Continuous records for protection and research as to weight and general physical condition.
- (3) Emergency Care- Trainers should know about emergency care for many times a physician is not immediately available.
 - (a) Skin abrasions, blisters, boils, etc.
 - (b) Ligamentous injuries.
 - (c) Muscle injuries.
 - (d) Recognition of organic or brain lesions that require the immediate service of a competent physician or hospitalization.