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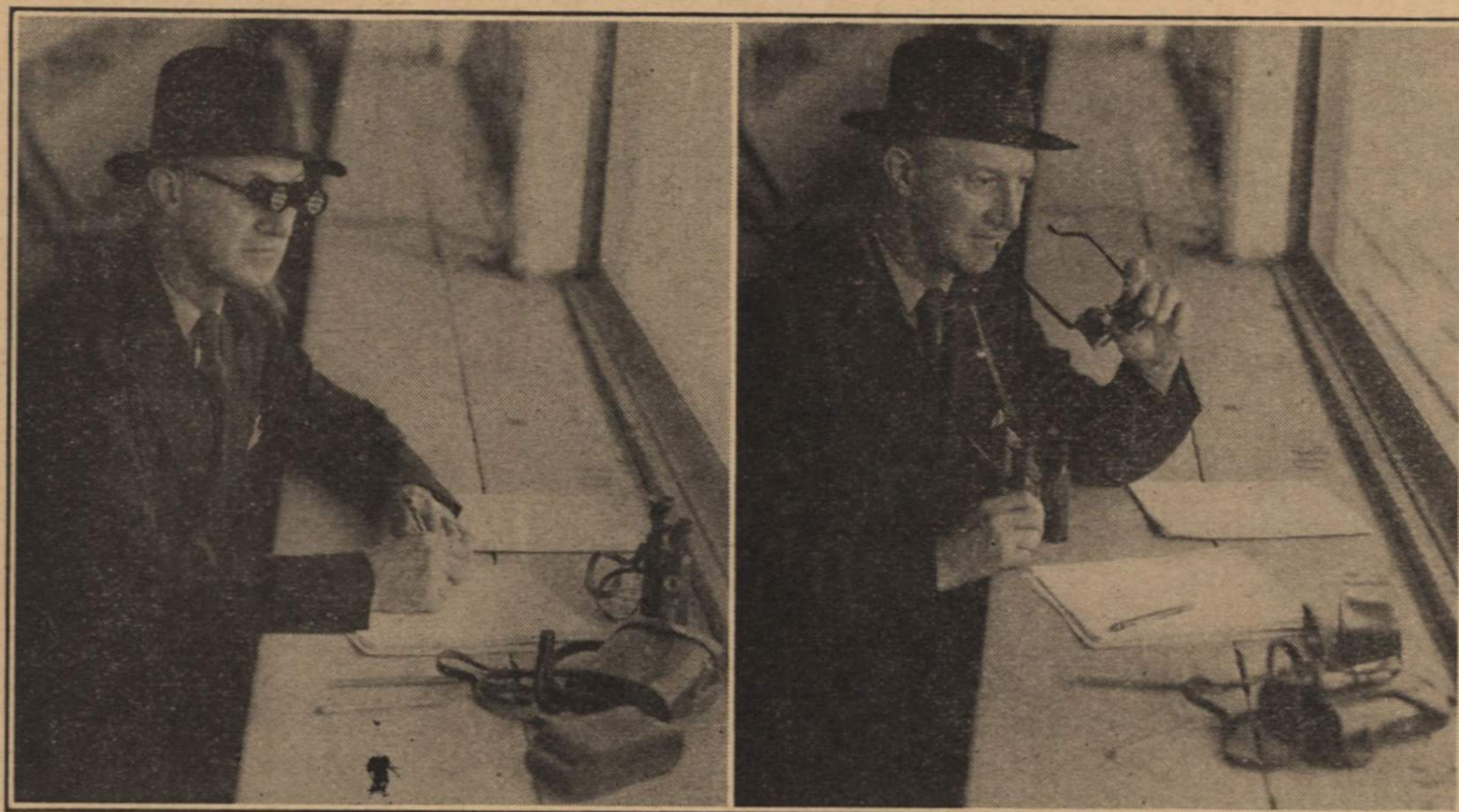
Number 4

Scouting—Football

By H. W. "Bill" Hargiss, University of Kansas

Coach Hargiss has won fame coaching football and track. His story, "Glenn Cunningham Trains," written for the "First Aider" in 1933, was a "natural" and after the first issue it was reprinted four times for a total of 71,000 additional copies that were sent out on special request. It was also reprinted in the "Amateur Athlete."

He is considered one of the "big ten" of the entire country as a football scout and spent the past summer scouting for the St. Louis Cardinals.



Coach Hargiss in action. Note particularly the sportoculars, the binoculars, the three pencils and writing paper already for action. These pictures were taken in the press box and show the equipment necessary for scouting.

The term "scouting" as applied to football means the same as in military procedure—to obtain information "on the movements of the enemy." In warfare this spying is secretive and unknown to the opposition. However, contrary to public opinion, scouting in football is known to the rival team and is a legitimate part of the contest. Most colleges and universities prescribe to well-defined rules and regulations concerning scouting, and these are respected with integrity. Usually the person or persons assigned to this work are announced to the authorities of the opposing school, who, in turn, provide scouts with seats of best vantage in the press box.

The question is often asked, "What is the reason for scouting? Would not the game be more interesting without knowledge of the opponent's strength and style of play?" Experience has proved that scouting has helped to make that game more interesting to the spectator. It enables

the coach to direct his team in a definitely planned contest, but most important of all, it encourages honesty and sportsmanship instead of the dishonesty and suspicion which are liable to arise where scouting is not sanctioned.

Qualifications of the Scout

In order to scout thoroughly a football team, one must have a technical knowledge of the game and an analytical mind. He does not see the game as a spectator. Whereas the average fan watches and follows the ball, the scout soon learns to pay but slight attention to the ball or to the player in possession of it. He should be looking for things more important than the gains or losses made by the team in possession of the ball. He must be a combination of coach, player, quarterback, spectator, and press-reporter. The most difficult problem in scouting is that of judging the intangible quality of a team's strength. Did it appear strong because of the weakness of the op-

posing team, or vice versa? Many teams have shown strength on offense, whereas a slight change in set and maneuver of the defense would have nullified their effort. I have always held a theory that when a team wins by thirty points, the one-sidedness of the contest is due to the weakness of the defense rather than to the offensive strength of the winners.

Important Points in Scouting

Coaches differ in their ideas concerning the extent of the work of their scouts. I believe that this so-called scouting is overdone in many cases. Some schools assign a special scout to each team which they are to meet. He follows it through the season, even after the game has been played, if it is on the following year's schedule. This plan is not only expensive, but I believe that it is impossible for a team to function well when it has too much information about the opposing team. The players are inclined to become too negative in their efforts instead of positive in their own offense and defense.

The average coach is concerned only about certain important points, and does not care for the habits or idiosyncrasies of the opponent's personnel. Briefly, he wishes to know the following: Is the team stronger on offense or defense? Is the kicking game strong? What about the passing offense and defense? What is the general style of offensive play? What formations are used? What are the best gaining plays? Are there peculiar formations or trick plays? Is the offense based on power, speed, deception, or all three? Do the players use the pass conservatively or as an integral part of the offensive attack? Who does the passing and who are the favorite receivers? What type of passes are used? Are they set passes to spot, or running passes thrown to optional receivers? What is the strength and weakness of the kicking offense—the kickoff, punt, place, or drop kick? What system of defense is used? How are the various offensive situations met?

Mechanical Aids in Scouting

The scout should be in his seat ready for work at least an hour before the game time. He should have newspaper comments on the game and a program with the lineup of the team, including each player's name, position, number, and weight. I use two notebooks, three lead pencils, tube of library paste, and a permanent scouting form. The University of Kansas uses a regular commercial scouting manual, I also use two field

glasses, six-point field binoculars and a pair of sportoculars, which are worn as spectacles. The latter are used most of the time as they cover the whole playing area. The six-point binoculars are used only in observing close line play of individual blocking and defensive countering. The use of a motion picture camera is forbidden by recent legislation of the American Football Coaches Association.

Before game time, the following elemental factors are noted: weather, hot, cold, clear, cloudy, or inclement; temperature; direction and velocity of wind; direction of the field, condition of the playing surface; and the advent and maneuvers of team in game preliminaries. Centers, passers, kickers and receivers are studied for individual abilities; the type of pass used by the centers and their distance from the punters is observed; the number of steps and methods of the punters are noted with their speed in getting the ball away. A stop watch is used to compute this last.

When the game begins, the first ten minutes are devoted to a study of the general behavior of the team on offense and defense and the maneuvering and general strategy of the quarterback. Particular attention is given to the team's general defensive set-up against the opponent's formations, and its versatility in meeting the opposing team's attack.

The remainder of the first quarter is devoted to a detailed study of defensive play. The general form of team play is noted, as is also the method of shifting to meet the tactical situation of the offense. The defense against the forward pass and the punt is carefully and accurately observed. Then, with the use of the high-powered glasses, the players are reviewed in their individual positions in order to accurately ascertain their angles of attack against various situ-



Dr. Wilbur H. Bohm
Dr. Bohm is the efficient trainer at Washington State College.

He spends his winters with "Cougar" teams and his summers in travel. He was very much in evidence at the "32" and "36" Olympics.

His treatise "Water on the Knee" will be published in our next issue.

"WATER ON THE KNEE" was first published in "THE FIRST AIDER" in the fall of 1933 and since that time it has been in constant demand. We are reprinting it so that you may have it as a part of your permanent file for the care and treatment of athletic injuries.

ations on the field.

At the beginning of the second quarter the attention is devoted to the study of offensive play. Diagrams are made of formations, general offensive plays, passes and punts. The personnel of the offense is studied. Who is used on long-gaining plays, line plunges, spins, reverses, passes, and kicks?

The remainder of the second quarter is devoted to the study of the

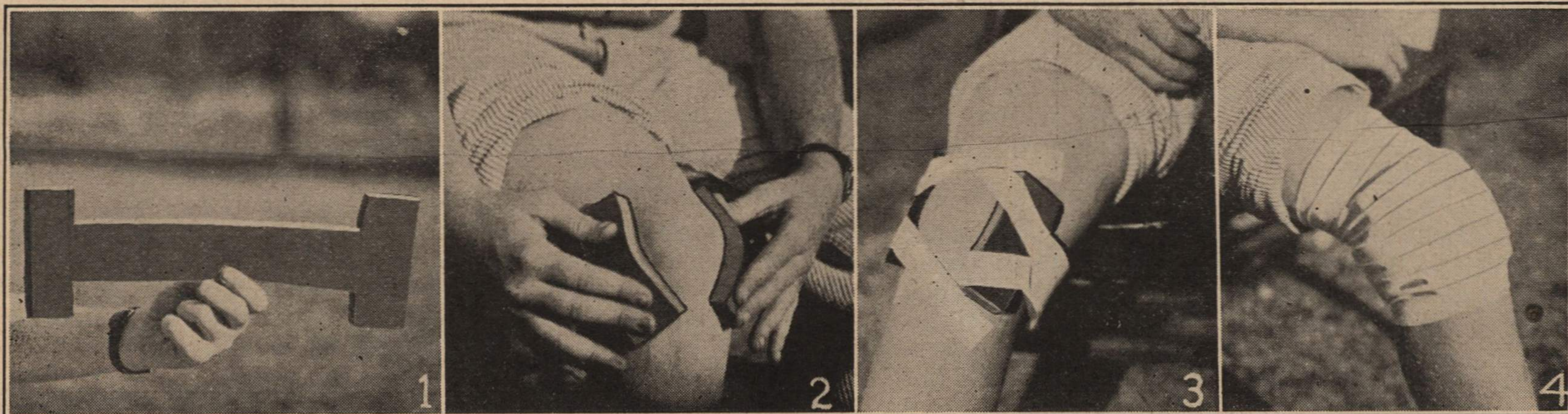
blocking by the individual players and the method and form used in blocking the defensive linemen, particularly the ends and tackles. Attention is given to the personnel of the interference, and its method of blocking the secondary defense, as this will indicate whether it is striving for first downs or touchdowns.

The recess between halves should be a busy time for a scout. So far, he has taken only temporary abbreviated notes. He should immediately go over these, clarifying and adding to them, making them ready to be transferred to his permanent record. While they are in his mind, he should write down any unusual features of individual or team play.

At the beginning of the second half the scout records the changes in the lineup and in the offensive and defensive play of both teams. Any changes in defensive formation or play of the individuals are also carefully noted.

During this third period, attention is given to the systems of offensive and defensive play of the opposing team, in order that the exact alignment and action of the individual defensive players of both teams can be accurately charted. This is very important in scouting as it reveals strength and weakness of both individual and team play.

The scout usually knows, if he is following the game accurately, when to expect a pass, and he carefully watches the two ends as the ball is snapped. Almost instantly he can determine the angles which they are to take; then he observes the other receivers as they come across the line of scrimmage from the backfield. In watching closely across and beyond the line of scrimmage when the ball is snapped, he can at once determine whether or not decoys are used. Then he observes whether the passer throws



Here is a new type of knee bandage for "football knee." it is used some in Texas and parts of the East. We submit it for your consideration.

Plate No. 1—shows a piece of sponge rubber cut in the shape of a capital "I", with the two extending ends four or five inches long.

Plate No. 2—shows this placed around the knee with the two ends brought up to the knee cap, but not touching it.

Plate No. 3—fasten on with two-inch adhesive tape, split the tape and extend the ends up and down, crossing above and below the joint. Two or three layers of tape make a better job.

Plate No. 4—cover this firmly with an ace bandage, or an elastic knee brace.

Note:—The length of the sponge rubber should be determined by the size of the knee. It should be banded firmly, but should not cut off circulation.

from a particular spot or jockeys until he can find an open receiver. The scouting of the passing offensive and defensive game is very important. Diagrams should be accurately made of the various types and positions of passes used.

The time during the last part of the game should be devoted to the compiling of data on the general strength and weakness of the team and individual players in both offensive and defensive play. When the game is over, I have found it advisable to remain in the press box as long as is convenient, going over notes, organizing material, and shaping the report into its permanent form. Many things are in one's mind at this time that may be forgotten later.

When the material has been transferred to the final record, it should be presented to the head coach, who usually will be waiting eagerly for a conference. Scout and coach should together review the scouting notes in detail. The coach will have many questions to ask, which the scout should be prepared to answer accurately. On Sunday or Monday, the scout will probably review the game before the Varsity squad. This should be concisely and progressively outlined. Any comments or directions to the team should come from the head coach.

The scout, who is usually a member of the coaching staff, will, on Monday, give to the Freshman or Varsity "B" squad a general plan of the plays of the team which was scouted. To save time and insure permanent accuracy, it is a good plan to have the plays diagrammed on large cardboards so that each player can see at once what he is to do in the several plays and passes. These cards may also be used in actual scrimmage against the Varsity. I find that a team can use twice as many plays if they are presented in this way, because no memory work is required.

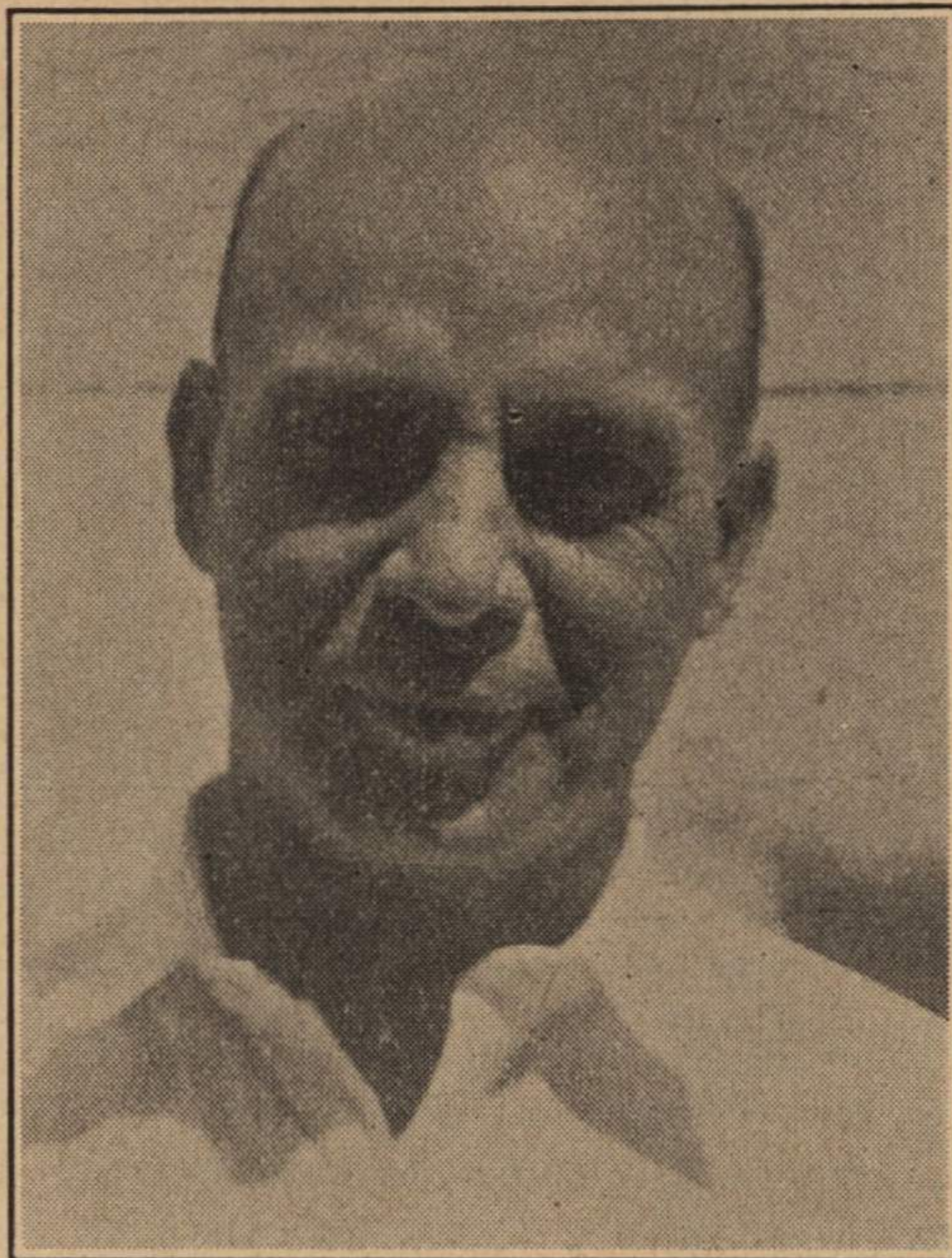
After the game is played, the notes should be added to the permanent scouting record of that team, and discrepancies, if any, corrected. The complete form should be carefully filed for future reference.

Scouting in football is a most interesting and pleasant phase of the game. It requires, however, intelligent and exacting effort. There is no place for inaccuracy or guess work in the process of scouting a football team.

Tie a String on Your Finger

Please don't forget our products when placing your orders for first aids and trainer's supplies.

Our dealers in every state are equipped to serve you promptly and efficiently—when ordering a pair of shoes, a headgear or a basketball—check your training room stock and please remember Cramer products.



D. X. Bible

Coach Bible is the nationally famous Director of Athletics and head football coach at the University of Texas.

He recently signed a ten-year contract at that school and footballs will soon be flying in every direction just north of the Rio Grande.

Heat Packs

Cramer's Analgesic Balm for heat packs has an advantage over the dry heat of heat pads and lamps because it allows perspiration to continue unretarded.

About one-fifth of the body impurities are eliminated through perspiration and this perspiration carries out a greater amount of impurities over an injured area. If a dry heat pad or lamp is used it tends to close the pores by drying perspiration too rapidly—while an Analgesic Balm pack stimulates perspiration because it is moist.

Also it can be left on for a longer time—as overnight—with safety. It generates its own heat and will not blister or have any harmful effects.

Colds gain access to the body through nose and throat. If the mouth and throat are kept "clean" by washing regularly with Athletic Stringent, they will not act as an incubator for these germs and many colds will be prevented.

Mouth and nose secretions spread influenza, infantile paralysis, measles, whooping cough, scarlet fever, mumps, meningitis, smallpox and chickenpox.

Infection lurks in a disorderly training room.

It is the final test of a gentleman—his respect for those who can be of no possible service to him.—William Lyon Phelps.

The Pulse

By Dr. A. S. Reece,
Our Consulting Physician

What value is there in knowing the pulse rate of an athlete? What relation does the pulse rate have to how good an athlete may be? Does a man have a better chance of becoming a better athlete if he has a slow beating heart or does his heart have a greater efficiency when it is beating fast?

Numerous attempts have been made to find a standard for estimating the heart's efficiency. It has been supposed that the heart's efficiency can be tested by the individual performing some form of effort graded in some particular way and an endeavor has been made to find signs to indicate the exhaustion of the heart's power. One of the most profitless lines of investigation has been those numerous and elaborate attempts to discover the condition of the heart's efficiency by various tests in which bodily effort is employed and the pulse rate taken as a standard. If one reflects, it will be seen that while in some instances the increased rate may induce exhaustion of the heart muscle, the increased rate is not the result of exhaustion.

Such tests and the conditions under which they are employed are just as incapable of bringing to light the functional efficiency of the heart as it is to measure a glass of water with a foot rule.

Because an increased pulse rate may indicate how sensitive the heart is to nerve stimuli, it does not follow that it can throw light upon the functional efficiency of the heart any more than you can judge how good a runner an athlete is by the shape of his legs, for as we know, one of two of our greatest runners of today would be on the bench if we took such a test as an index to their ability.

The pulse is of great value in determining various disease conditions of the heart but the pulse rate has very little to do in determining the functional condition of the heart.

The normal rhythm of the pulse is between 66 and 88. If the pulse varies beyond these limits, it would indicate some diseased condition, but it does not necessarily have to be in the heart.

Prevent Blisters

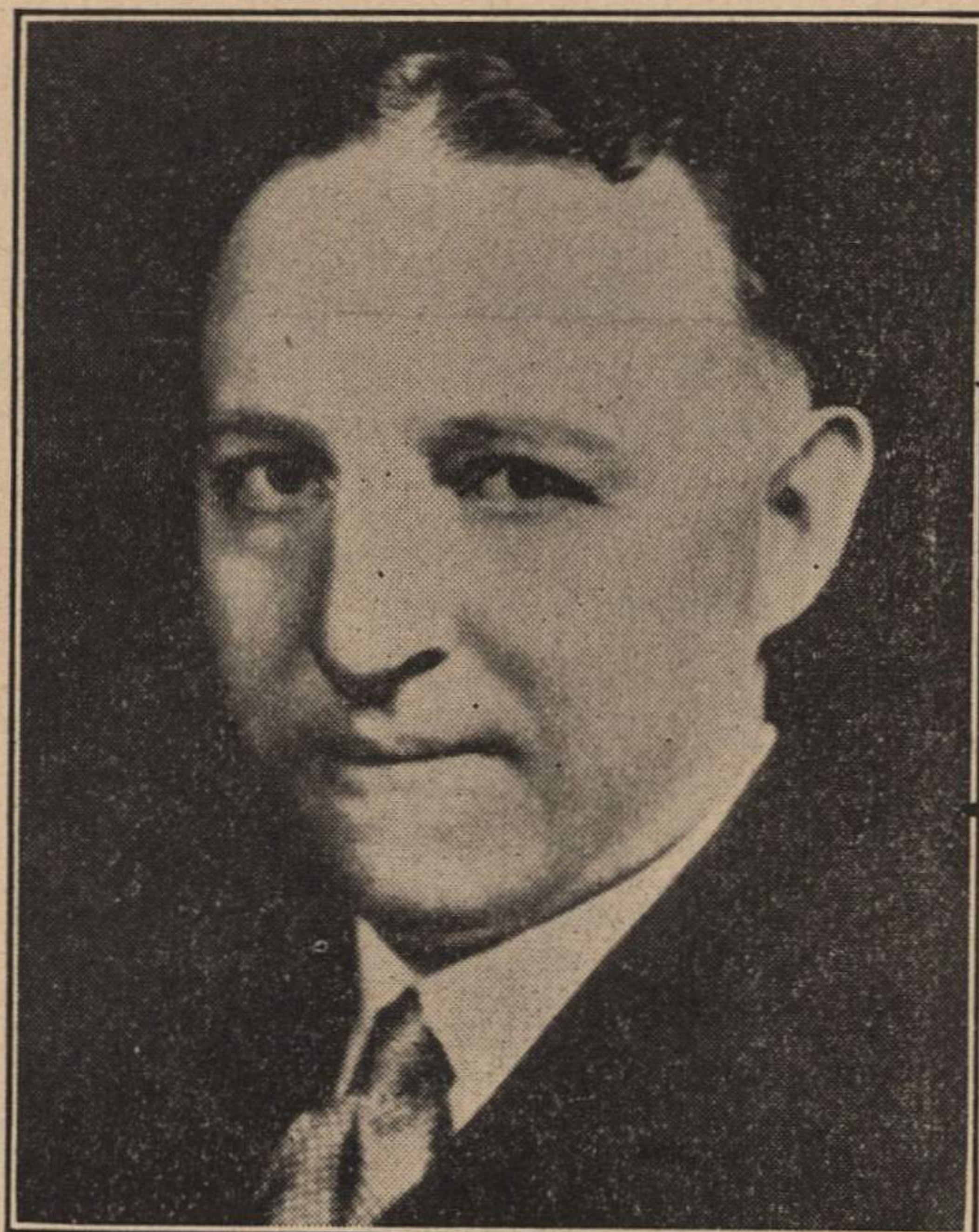
Athletic Tuf-Skin toughens the skin of the feet and helps prevent blisters. It is a combination of Benzoin, Tannic Acid and Alcohol. The Benzoin forms a light protective coating, while the Tannic Acid toughens the skin.

Kites rise against the wind.—John P. Boyle.

Superior Condition Will Win Tough Games

By Lewis P. Andreas, Director of Athletics and Head Basketball Coach, University of Syracuse

In thirteen years as head basketball coach of Syracuse, Coach Andreas' teams have won 191 games and lost only 41. His short story on conditioning is well worth studying.



Lewis P. Andreas

That's the axiom impressed on all Syracuse University basketball candidates, in fact, upon all competitors in all lines of sport.

However, being head coach of basketball at Syracuse, I will confine myself to that field.

From the first call for practice, issued late in October or early November, the squad is warned that plenty of hard work lies ahead. But the certain reward is always held out that in the close hard-fought games, the team in better condition can invariably win in the "stretch" drive in the final 10 minutes of play.

Our early drills are largely confined to loosening up muscles and ball handling, aiming at coordination

Editor's note:—"Ye Ed" had the pleasure of spending a day with Mr. Andreas at the Hotel Pennsylvania in New York, at the time the north-east division of the National Basketball Coaches Association was organized. It was a day well spent—meeting this group of distinguished coaches from Cornell, Columbia, Fordham, Army, Harvard, Yale, etc.

of brain, hands and feet. As the tempo of workouts picks up, emphasis is placed on quick starts and stops. This is a drill we use almost daily. It strengthens the leg muscles and builds stamina in these all-important

appendages. Exact attention is paid to the technical methods, however, as the drill has its important features of play, such as proper position to shoot or pass, readiness for pivot, etc.

Scrimmages are progressively longer and more strenuous, aiming at building a team that can hit top speed for the entire 40 minutes of play. After mid-season, close attention must be paid to the physical results of these workouts to prevent the danger of "staleness." At times we resort to a 24-hour, sometimes 48, layoff if it is evident that a complete absence from the court will be beneficial. This is a matter that must be determined by a close observation of the squad's efficiency and improvement during the season.

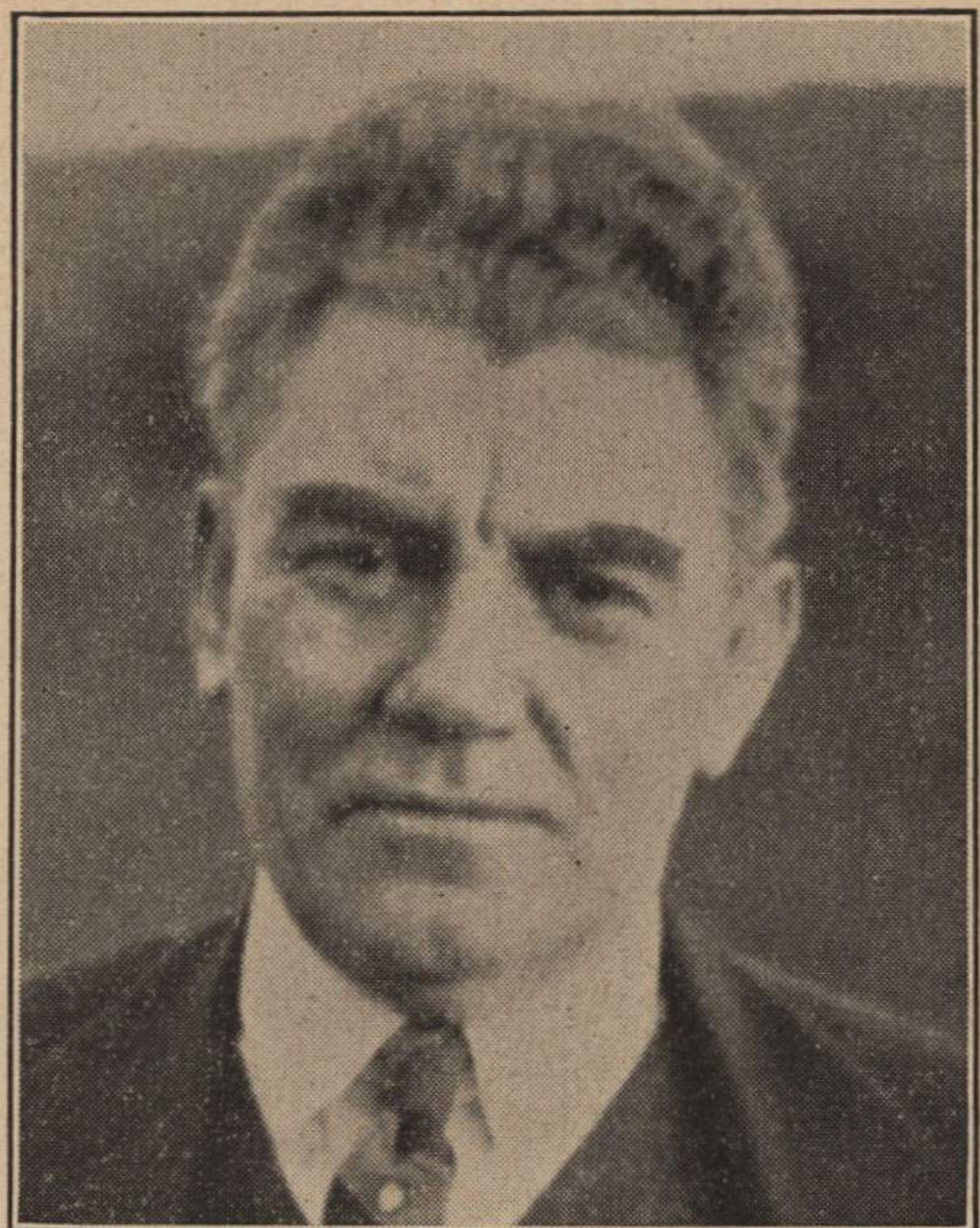
Needless to say, tobacco, liquor and heavy "social" engagements are out. We have no training table for this sport at Syracuse but every player is instructed to eat only plain, wholesome food, with heavy sweets taboo. We ask each man to live a normal, regular life, which calls for plenty of rest.

Every practice is attended by our veteran trainer, Frank Hugo, who also makes our trips. In addition to caring for actual physical needs he carefully watches for reactions of players that might be traced to fatigue and the like. Every candidate undergoes a strict medical examination before being allowed to participate and is subject to additional observations by our medical staff throughout the college year. We are equipped with a modern medical office in the gymnasium.

Speed, endurance, coordination—these are the things we work for in the conditioning field—vital needs necessary to success in practically every athletic endeavor.

The sense of equilibrium in the body, is located in the inner ear. When athletes stagger after a "play or pile up" it may be an indication of a blow on the head guard. Of course, it is possible that staggering comes from exhaustion, but this is a place where each individual case must be decided at the time.

A second string sub is better than an exhausted first line player.



Thomas F. Keane

Tom Keane, Track and Cross Country Coach at Syracuse University has an enviable record in his years of service.

He is a master of track strategy and always develops the utmost in his athletes. Mr. Keane has served as an Olympic coach.

Foot Notes

The foot is one size larger while walking than it is while sitting.

Your toes pull you along—providing they are not cramped so they can't function.

Without shoes, your toes would separate and each would become a strong functioning unit.

Standing erect helps rest and strengthen the feet.

Walking with the head up and chest out, and the hips in (to the front), will assist the feet.

Carry yourself like you would when you step sideways through a very narrow space.

Germs Don't Stop for Sunday—

—or any other day or even for a minute. Certain fundamental laws of nature are inflexible and realizing them, we plan accordingly.

We would not expect any special dispensation for one who should jump from a skyscraper. The same severe law of life governs the growth of harmful bacteria—for under ideal conditions, one single germ can grow to eight million over night.

This shows the vicious effect of neglect. Don't do it—sterilize every cut and scratch with Nitrophen—right now—germs don't give up without a fight.

Are you a good housekeeper? Is your training room in such condition that you would at any time welcome visitors.



John K. Selleck

Mr. Selleck is the genial, popular and efficient business manager of the University of Nebraska.

He is of the "modern" type that cooperates so closely with the coaching staff that he is actually a part of it.

We present him to you here as an example of efficiency—one which might be copied for the betterment of athletics in general.

We mention this because their advance ticket sales, under his supervision, are astounding and "Cornhusker" prestige is always at the peak.

Help Prevent Fumbling

Firm-Grip will help prevent fumbling in rainy weather when fields are damp or muddy.

Of course, there is nothing perfect for this condition, because no two situations are exactly typical—but Firm-Grip is proving of great help to many coaches.

Firm-Grip is a paste made of rosin and other adhesive chemicals. After the game it can be removed by using alcohol or tape remover.

It comes in a four ounce can at 50c or pound can at \$1.35.

Don't Jerk Tape off Delicate Wounds

Athletic Tape Remover is prepared for the easy removal of adhesive tape. It works in just one minute. It is recommended particularly where adhesive must be used several times. Many sores spread by the tearing of the skin, where tape is removed (strong arm method). Some coaches use benzine or gasoline but these products kill the natural oil of the skin and are therefore injurious. Every training room and gym should have at least one pint of Athletic Tape Remover always ready for use.

Nature's chief stimulants are:—cold air, sunlight, pure air, physical exercise, interest and joy.

The Skin--Its Function, and the Action of Rubdown

The cells of the epidermis which lies next to the dermis are living cells. They are kept alive by nourishment brought by the liquid portion of the blood in the blood vessels of the neighboring papillae. These cells grow and, when they have matured, divide and produce new cells. The multiplication of the cells would cause the epidermis to increase greatly in thickness, were not the outer cells constantly worn away by friction. This happens the more easily because the outer cells are dead cells. The new cells forming beneath push them so far away from the dermis that nourishment from the blood no longer reaches them, and they die.

By this constant loss and renewal, the body always has a comparatively new outer skin. This physiological shedding of the cells of the epidermis is aided by bathing the skin.

Lodged among the fibers of the dermis and supported by them are (1) a fine network of blood vessels; (2) a fine network of nerves; (3) several million sweat glands; and (4) a great number of oil glands.

The blood vessels of the skin are fine tubes which carry the blood supply to and from the skin. These have muscles in their walls, and, when stimulated through the nerves of the skin, change their size. Warmth causes an increase in size of the vessel and more blood is brought to the skin; cold causes a decrease in size and the opposite effect is produced.

The nerves of the skin serve two main functions. One function is to control the size of the vessels by responding to changes in temperature; the other is to make us aware of the character of the things we touch. The nerves of the skin of the fingers with this latter function are more sensitive than those in any other part of the body.

The sweat glands, or perspiratory glands, are little tubes, lined with epithelial cells, which pass through the epidermis and down into the dermis. The tube is coiled into a ball in the true skin, where it is surrounded by a network of capillaries. Its course through the epidermis is spiral like the turns of a corkscrew. Its opening on the surface is called a pore. The coiled part is supplied with nerves which stimulate the cells to secrete perspiration. The cells obtain their supply of material from the blood, and this supply is controlled by the nerves which regulate the size of the arteries leading to the skin.

The sweat glands take up water and various other substances from the blood and pour them out on the surface of the epidermis. The water evaporates, but the salt and other solids in the perspiration are depos-

ited on the skin. Usually the amount of perspiration from each gland is so small that it evaporates as soon as it reaches the surface, and hence does not become visible. On this account it is called insensible perspiration; it becomes sensible perspiration when it is formed rapidly in warm weather or during vigorous exercise. It does not evaporate so quickly in a moist atmosphere; and those who live near the seacoast or in rainy regions show more perspiration than those who live in dry regions. The evaporation of this moisture on the skin cools the body. The amount of perspiration averages about one and one-half pints a day.

The oil glands deposit oil which flows out of the mouth of the glands, rendering the epidermis flexible and less penetrable by water and prevents it drying out by evaporation and cracking open.

Realizing that there are several million sweat glands and a great number of oil glands constantly working to eliminate impurities from the body and "tune-up" the skin, we should consider seriously the oily substances used in rubdowns and liniments.

We should consider this seriously because—heavy "fixed oils"* do clog these minute pores and immediately retard normal functioning.

We have spent twenty-five years in research and experiment on liniments and rubdowns and we can positively assure you that Cramer's Athletic Liniment and Cramer's Rubdown give proper stimulation without clogging the pores or hindering the function of the skin.

*Fixed oils are those which are not soluble in water in any degree. Those commonly used as bases for rubbing that should not be used are cottonseed oil, olive oil, castor oil or cocoa butter. All of these clog the pores of the skin.

Track Articles in Each Issue

In each copy of the "FIRST AIDER", you will find articles by prominent track coaches.

One reason for running these throughout season is that training for track should start early and continue throughout the winter.

A majority of coaches keep the "FIRST AIDER" "on file" for ready reference and refer back to these stories and methods of treatment from time to time.

The greatest thief this world has ever produced is procrastination, and he is still at large.—H. W. Shaw.

Cross Country at Michigan State

By Lauren P. Brown, Distance Coach, Michigan State College



Lauren P. Brown

Editor's Note

L. P. Brown, Distance Coach at Michigan State College, East Lansing, when he graduated from State in 1931, took over the distance coaching job upon the recommendation of his former coach, Morton F. Mason who was leaving to take graduate work at Duke University.

Michigan State teams under Coach Brown's supervision have won the ICAAAA Cross Country championships, both team and individual, in 1933, 1934, 1935 and 1936. In 1936 entering a runner in the Freshman Championship event for the first time, State brought back the Freshman individual title also.

When the cross country season opens at Michigan State College, the first thing to be done is put each candidate for the squad in the hands of the health service for a thorough medical examination. Successfully through this, candidates are assigned equipment and report for practice.

The cross country practice schedule at Michigan State College, but for a few alterations, is essentially the same system as introduced and used here successfully for six years by Morton F. Mason former distance coach and, as an undergraduate, a member of Dad Butler's famous four mile relay teams at Oregon State in the middle twenties. It is a combination of over and under-distance work in which the use of the stop watch is of major importance.

First Week:

Starting on Monday with an easy 440 jog; 440 walk; 440 jog; 440 walk;

440 jog; 440 walk, the work outs are gradually increased until on Saturday the workout is an easy two mile jog followed by a half mile walk. All work this week is on the track to avoid pulled muscles due to rough footing. There is no fast work whatsoever. In addition to the track work, there is a lot of exercise work; calisthenics for body development and limbering. For the first five or six weeks much medicine ball exercise is taken. Medicine ball work is gradually replaced by snappy calisthenics exercises after the season is well along.

Second week:

Work this week is confined to jogging, same as the preceding week, the distance being increased and workouts taken over roads about the campus. Distances range from 2 miles on Monday to 3½ miles on Saturday. On our campus, this Saturday run is held over the main part, through the woods. There is no fast work yet.

Third week:

Monday: Four miles over hills—easy.

Tuesday: About 3 miles with the middle mile about ¾ speed. Rest of distance, going and coming easy.

Wednesday: 3½ miles at ¾ speed with the middle mile at ⅞ speed.

Thursday: Tuesday's workout without the fast middle mile.

Friday: Easy jogging over 2 mile route.

Saturday: Same as Wednesday.

Fourth Week:

Monday: Doing easy workout over hills; about five miles on the average, depending upon the length of the next meet.

Tuesday: 3 miles easy except for fast middle mile.

Wednesday: 3½ miles fast with wide open middle mile.

Thursday: 2 miles easy, just here and there.

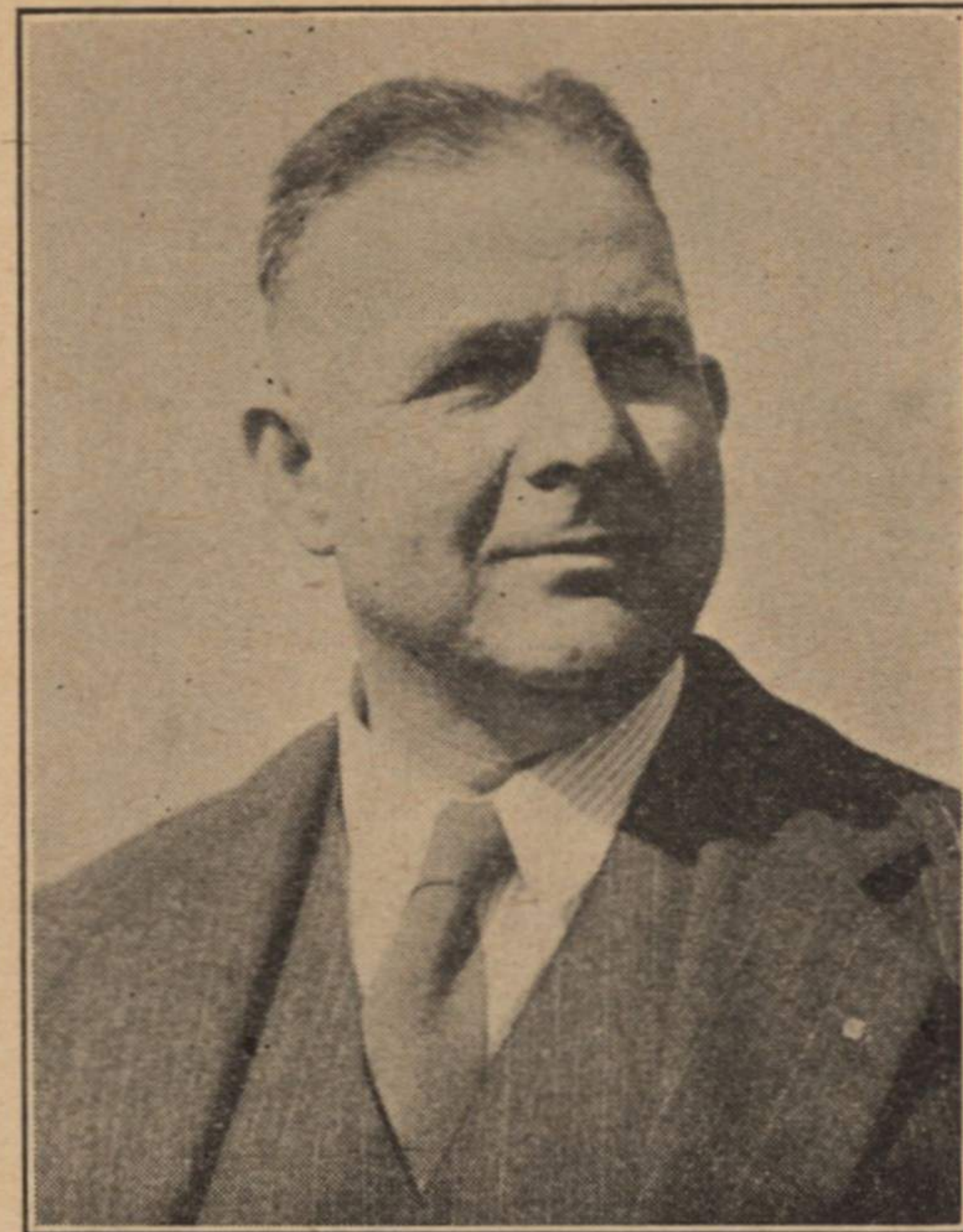
Friday: No work.

Saturday: Meet. Distances from 3 to 6 miles.

Fifth week and subsequent weeks:

Same as fourth week except no work on Thursday.

That there are no specific times given in the schedule, because no two cross country courses are the same; time is an individual problem. In this connection there is one thing I think is too often ignored or over-



Ralph H. Young, Director of Athletics, Michigan State College. A wonderful personality, who has surrounded himself with such an efficient staff of coaches that their teams are always a threat in all branches of athletics.

looked and that is that all the distances should be as exact as possible. Otherwise the runners never know a thing about what they are doing. Since our regular course is surveyed by a competent engineer, we are reasonably certain that when a man runs three miles in 17:30, it is three miles and not 2¾ or some other odd distance. This gives the runner confidence because he knows how he is running and yet doesn't tend to over-rate him, as would be the case should he run 17:30 over a course which he thinks is the full distance but actually is short.

As a general rule, all our boys take just about the same work in cross country. Certain fellows are worked only three times a week—those who my experience have shown round into shape in a hurry. Conversely, those who are slow to come around usually work hard at exercises on Friday instead of resting. As a specific example let me compare Frey, our IC4A Freshman Cross Country Champion, and Harold Sparks, Michigan State Inter-collegiate 2-mile champion. I am firmly of the belief that I had Frey too fine for the Olympic trials. Since he didn't start here until Spring quarter, I had found nothing to guide me as to the rapidity with which he came into condition. After that experience, I know that Frey rounds into shape a lot faster than my average boy, so in cross country he was worked only on Monday, Tuesday and Wednesday—and there is a possibility that when he becomes a Varsity candidate, his running days will be limited to Monday and Wednesday. Sparks, a junior and winner of the State Intercollegiate 2-mile title as a sophomore, on the other hand, inclines to be a bit "fatty" so he is worked hard at exercises on Friday. Likewise, with strong boys and weak boys the work

is balanced as well as possible. Gardner, our 1936 cross country captain, and Waite, IC4A Varsity Champion, however, are more like the average. They appear to thrive on the regular work so that's what they get.

Now, it is apparent that this schedule is designed for college men. High school boys can follow a similar schedule safely if the coach will shorten the workouts to suit the competitive distance which rarely exceeds 2 miles. As a matter of fact the majority of my freshmen—even those with some high school experience—seldom get the type of work scheduled above for the third or fourth weeks until they have had nearly a month of work similar to that outlined for the first two weeks. Then, unless they show that they are not yet ready, they run with the varsity on Tuesdays. Along about the 10th week most of the freshmen will be running with the varsity reserves on the basic schedule. Many of these boys have come to college without any experience at all and I'm afraid to work them too hard. Many, too, are still kids—some as young as seventeen. These I usually regard just as fellows who will get a lot of exercise out of cross country but will never make runners for us before they graduate. Occasionally I find an exception in some kid who takes to the work and improves almost beyond belief. That's one of the things which make coaching an interesting job.

Beware of the Sun in the Eyes

In prolonged track meets and even in football practice, we have noticed many cases of intensive headaches, caused by excessive sun in the eyes.

We recall particularly at the '32 Olympics in Los Angeles and even in the try outs at Palo Alto, there were numerous cases of this type of headache and they were so severe that it made the athletes so ill that they could hardly participate in their events.

We recommend some type of sun shade or hat while the athletes are on the field and participating, but due caution should be taken by every coach to prevent this, as these headaches last out the entire day and it is practically impossible to relieve them without a night's rest and the effect is often felt for several days afterward.

Dark glasses are hard on the eyes unless properly fitted.

Eye wash is much better for the eyes if used cold. If eyes smart and burn, the chances are, they are not getting proper lubrication or they have had too much sun or dust.

THE GAME FIRST AID KIT



This Game Kit is of solid wood construction, covered with black keratol leather. It is sturdily built and will stand the "knocks."

It contains every item necessary to give First Aid and, while compact, still has enough space to carry extra bandage, ankle wrap etc., if desired.

This is a real bargain, as the contents at school price total \$5.55, making the Kit cost only seventy cents when purchased equipped.

If you will notice the size, you will see that this number is in the class of the larger Kits. When the lid is closed, you will find a handle on the top. This makes a nice looking, dignified bag, one which will build prestige for your department.

This Kit is a favorite with the colleges, for use by intramurals, "B" teams and physical education departments.

Special School Price, Equipped

\$6.25

Size, 14 in. x 6 in. x 7½ in.

Shipping Weight, 9 pounds.

- 4 oz. Nitrophen
- 2 oz. Foot Ointment
- 2 oz. Healing Ointment
- 1 1x2 yd. Adhesive
- 25 Aspirin Tablets
- 2 oz. Red Hot Ointment
- 1 oz. Cotton
- ½ pint Athletic Liniment
- Wood Applicators
- 1 can Antiseptic Powder
- Tongue Depressors
- 1 2 in. x 10 yds. Bandage
- 1 Smelling Salts
- 1 pair Tweezers
- 25 Laxative Tablets.
- 4 oz. Stringent
- 4 oz. Eye Wash
- Cold Tablets
- 2 oz. Analgesic Balm

IDEAL FOR FOOTBALL AND BASKETBALL

Care and Conditioning of the Basketball Team in Early Season

By Blair Gullion, Basketball Coach, University of Tennessee



Blair Gullion

All coaches recognize the proper value of conditioning of the athletic team and realize that condition is the factor that means winning or losing the close games during the season. While this final effort is an important point it is well to go further and study the immediate value of a proper training or conditioning program in early season. A player in good physical condition will learn faster and will retain his habits, skills longer than the poorly conditioned one; an injured player or a stiff, sore athlete must lose valuable practice time and retard the work of the entire squad and in many cases

Editor's note:—Mr. Gullion has written two excellent treatises on basketball. They are "One Hundred Drills for Teaching Basketball Fundamentals" and "Basketball Offensive Fundamentals Analyzed." These may be obtained from your sporting goods dealer. Either or both of them will be of great assistance in preparing your team for a successful season.

get so far behind other members of the squad that he may fail to prove of value to the team. Therefore, a careful program of teaching in relation to conditioning value is worth while.

One of the first problems of the coach is the development of proper attitudes toward minor injuries such as bruises, sprains, blisters, and abrasions. Many players feel that they are going "sissy" when they take these small ailments to the trainer. The coach should insist that all such trivial things be reported at once.

As for preventive measure it is well for the coach to insist on good clean equipment and laundry service to keep it clean. This not only aids in the promotion of morale of the squad but is a splendid hygienic factor in the elimination of boils. The same is true of towel service.

Since the feet are the PHYSICAL FOUNDATION of the game, proper care should be given to them, and the following procedure is recommended:

1. Equip each player with properly fitted, NEW basketball shoes. This should be imperative for the better or key players.
2. In purchasing basketball sweat socks, buy a heavy wool and cotton sock that will offer a good cushion for the feet.
3. Provide thin, cotton inner socks to be worn under the heavy sock. This is effective in the prevention of blisters.
4. Use a good skin hardener on the feet prior to each practice session.
5. If at all possible furnish clean socks for each practice session.

The practice work should start slowly with emphasis on fundamentals that do not involve much hardship on the feet, ankles and knees. The use of dribble-shooting relay races, the pass and go-behind the receiver drills, and other set-up of this type are valuable in teaching fundamentals as well as in conditioning. Work the players hard while at work but "sprinkle" the practices liberally with rest periods of about five minutes duration.

Half-court and full-court keep-away under regular rules are good conditioners. Lots of half-court or "dummy" scrimmage is effective and "wind sprints" are also of great value. In using "wind sprints" have the players line up along one end of the court; the coach blows the whistle and the players sprint until the whistle blows again which is a signal for them to walk. The next blast of the whistle starts them sprinting again. It is well for the coach to vary the length of the sprints and the walks.

This early season work has the psychological danger of staleness. The coach should study the weight chart carefully as it is one of the best signs of this difficulty. The best way to avoid this is through the careful planning of the material to be taught and through the medium of making the practice sessions interesting to the player. This is accomplished main-

ly through varying the practice work by the use of a large number of drills and stunts. If the same drills are continually used the players lose interest and the response is not as effective.

Since most of our players live in fraternity houses or boarding houses it is especially hard to control diet to any extent. We merely ask the boys not to eat the foods usually banned for athletic teams and to eliminate any other foods that do not agree with them.

An Olympic Coach



Alvin Ulbrickson, Crew Coach, University of Washington

Born within the sight of the University shell house in Seattle, Alvin Martin Ulbrickson rowed across Lake Washington each morning and evening to attend Franklin High School. He completed high school in three and a half years—an "A" student.

Al entered Washington in the fall of 1922 and stroked the 1923 Freshman crew, who finished second at Poughkeepsie. In 1924, he began his career as varsity stroke, and that year the Huskies won from California and took the Intercollegiate Championship at Poughkeepsie. In 1925, Washington also beat the Bears of California, but the Navy won on the Hudson; the Huskies placed second. In 1926, Ulbrickson's third and last year, Washington again defeated California, defeated Princeton in a dual regatta, and won again at Poughkeepsie, Navy being second. Ulbrickson was captain of the crew during his last year, and rowed the last mile of the Poughkeepsie with the muscles of his back wrenched but stroked his fellow crewmen through even the final sprint.

Al was hired as freshman crew coach in 1927, and then succeeded Rusty Callow as varsity coach in the fall of 1927. As coach he hit his stride in 1930 and since then has only lost one Pacific coast championship (1932 to California). At Poughkeepsie, Al's

varsity crews have come in fifth once, third once, second four times, and first twice. In 1933 there was no Poughkeepsie race, but Al had his second best crew that year (his best, of course, was the 1936-37 Poughkeepsie Championship shell and Olympic victors.) In '33 they won the National 2000 meter race at Long Beach, California. In 1936, the varsity crew won at Poughkeepsie, and at the Olympic trials at Lake Carnegie, and at the Olympic games in Berlin to become the world's championship eight-oared crew; they repeated their Poughkeepsie victory last month, five of them finishing their college rowing with the great finale of setting a new varsity course record at Poughkeepsie.

Washington crewmen are kept in condition by rowing long distances on Lake Washington and by supervised training at the Varsity Boat Club, a crewmen's cooperative residence hall. Their style is taught in the Frosh year when they serve their apprenticeship as a galley slave in Old Nero, a barge training boat invented by Hiram Conibear, "the Rockne of Rowing." Old Nero has a gangway down the center for the coach to ride beside the slaves correcting their mistakes and teaching them the Washington rowing style. Old Nero seats sixteen, the equivalent of two eight-oared shells, eight on each side.

Ulbrickson's greatest record, of course, was sweeping the Hudson two years in a row (1936-37) winning first in the Varsity, Jayvee, and Frosh races.

—o—

A Method of Relaxing Thigh Muscles

While working in the training rooms at the Kansas and Drake Relays, we found a number of our athletes whose leg muscles were tight and knotted—especially in the back of the upper leg.

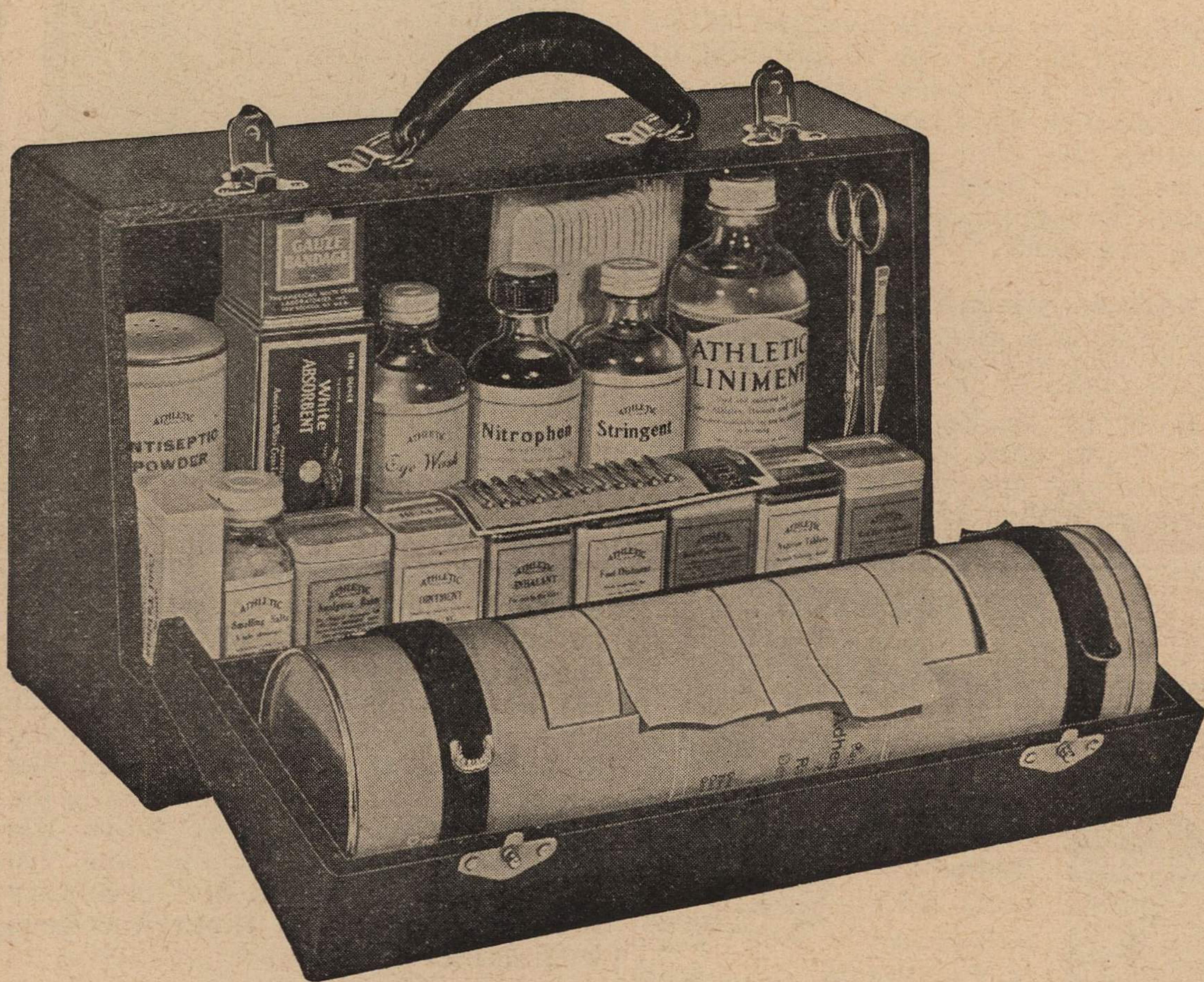
All that was needed to relieve this condition was a little manipulation. With the athlete on the rubbing table lying face up, grasp the ankle with one hand and the knee with the other—bend the leg at the knee and push the knee across the body gently, continuing in a circular motion up toward the face, then to the outside of the body. Now while the thigh is extended in this perpendicular position, straighten out the leg.

Three or four rounds of this easy manipulation seems to relax all of the upper leg muscles leaving them loose and pliable and ready for a rub down with Athletic Liniment or Analgesic Balm.

—o—

Athletic Inhalant, used in the nose, promotes easier breathing and helps prevent irritations. On the lips it will prevent drying and cracking from wind burns.

THE NEW CHIEF KIT



Special School Price, **\$9.25** Adhesive Tape
Equipped Not Included

Size 6½x14x8½. Shipping Weight 10 lbs.

This is the New Chief Kit. It is built solidly of wood-construction and covered with black keratol leather.

It is made so that the cans and bottles stand upright and are easily accessible. The ointment cans fit tightly into a compartment, which is closed when the lid is shut. When the lid is open—they are exposed and ready for use. The lid is made with straps at each end to hold a large roll of adhesive tape. Take the case in which the large roll of adhesive comes, cut a slot seven (7) inches long and three (3) inches wide. Re-thread the tape on the spool, so that 1 inch, 2 inch or 3 inch tape is exposed and ready for use.

CONTENTS

- 2 2 oz. Red Hot Ointment
- 1 2 oz. Healing Ointment
- 1 2 oz. Foot Ointment
- 1 2 oz. Analgesic Balm
- 1 pair Bandage Scissors
- 1 box Cold Tablets
- 1 1 oz. Smelling Salts
- 1 can Antiseptic Powder
- 1 pair Tweezers
- 1 oz. Cotton
- 1 doz. Safety Pins
- 1 doz. Applicators
- 1 4 oz. Nitrophen
- ½ pint Liniment
- 1 4 oz. Stringent
- 1 100 Aspirin
- 1 2 oz. Inhalant
- 1 2x10 Bandage
- 1 doz. Depressors
- 1 4 oz. Eye Wash

These special features have been combined to make a kit of distinction—one that is highly desirable for college and high school use.

Even though this kit is in the higher priced class, the sales are the largest in unit number, showing that its value far exceeds its cost.

IDEAL FOR FOOTBALL AND BASKETBALL

Quality Always Pays

We continually find cases where coaches, thinking they were saving money, have purchased a cheap grade of Benzoin.

Benzoin to be effective and efficient must be not over 70 per cent alcohol. We find some labeled 85 per cent alcohol. This cannot do the work because the gum content is so low there is no "body" in the product to leave that film or coating which does the work.

Keep in mind when you buy Benzoin for this film and if you don't get it your money is wasted.

Both our Tr. Benzoin and Tuf Skin are 70 per cent alcohol prepared on Government specification so you can purchase either of them with safety.

ANTISEPTICS

NITROPHEN



A powerful germicide. Sterilizes in 90 seconds. Stops bleeding. Relieves pain.

	Wholesale School Price
4 Oz. Bottle.....	\$0.60
Pint Bottle.....	1.50
Quart Bottle.....	2.25
Gallon Bottle.....	6.00

ANTISEPTIC POWDER



Prevents galled skin. Dries perspiration, reduces friction. Used in shoes as foot powder.

½ Pound Can.....	\$0.25
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ANTISEPTIC ALCOHOL



Government formula, full 70 per cent. Sold in pints only. Extra pure.

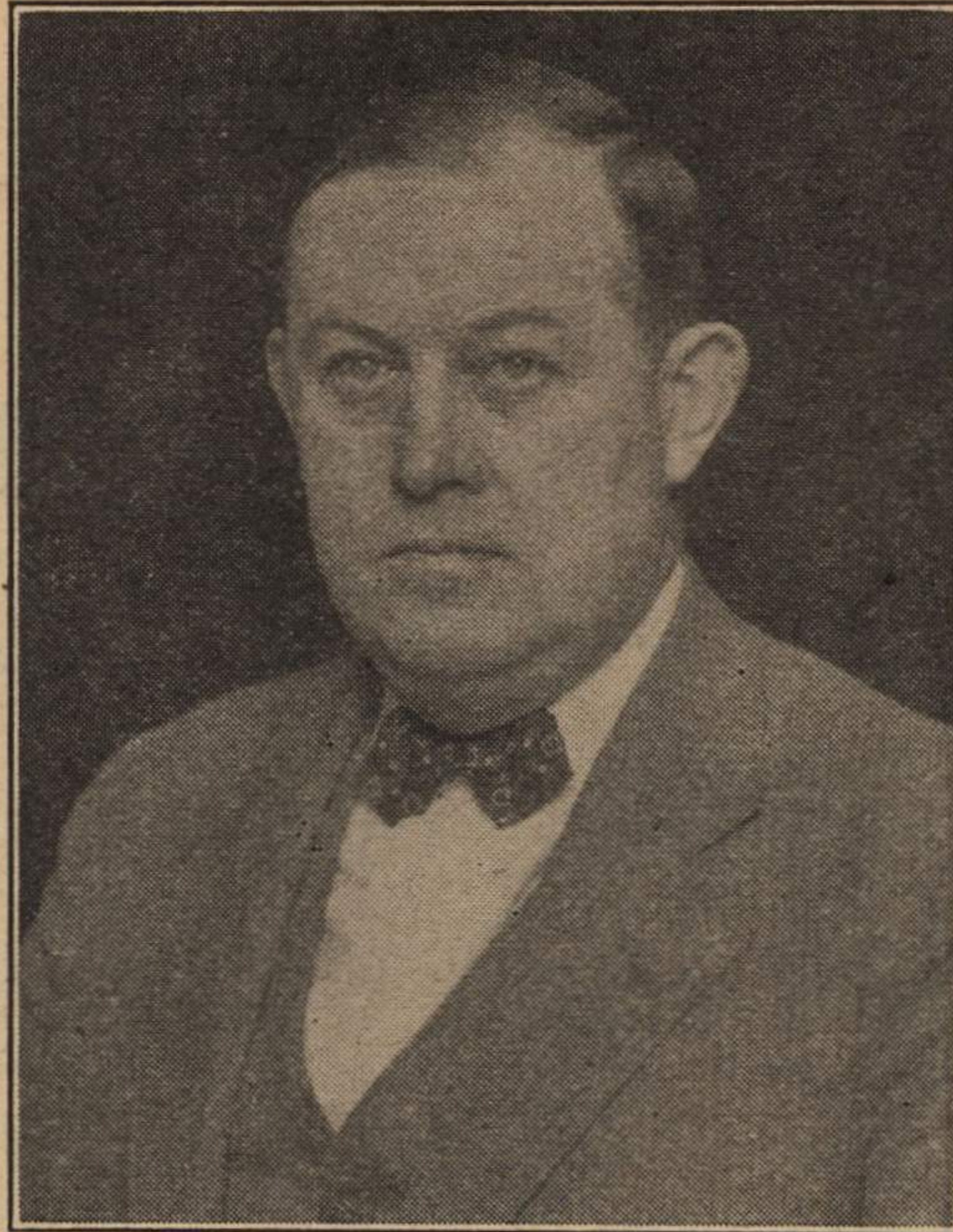
Pint Bottle.....	\$0.35
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STRINGENT



Effective gargle, checks Flu, Tonsilitis, etc.

4 Oz. Bottle.....	\$0.25
Pint Bottle.....	.60
Quart Bottle.....	1.00
Gallon Bottle.....	2.50



W. H. "Bill" Cowell

This is our good friend, "Bill" Cowell. For the past twenty-two years, he has been Director of Athletics at the University of New Hampshire. He has coached football the entire time, basketball for twelve years, baseball for ten and has headed the Department of Physical Education for his entire twenty-two years. His record is an excellent one and "ye editor" of the "First Aider" is mighty proud to have gone through college with him.

George Sauers, former "All American" at the University of Nebraska, is starting his first year as football coach there.

Some coaches use oil cans in the training room. They fill them with Athletic Liniment and Athletic Rub-down. They label these cans by sticking strips of adhesive tape and marking the contents on the tape with ink or an indelible pencil.

Don't have unlabeled bottles of liquids around your training room. If a label comes off, just put on a piece of adhesive tape and print on it with ink.

Have your manual training department make a large wall cabinet 2 ft. x 4 ft. —6 in. deep. Use it for your reserve stock of first aids, tape and dressings.

Many coaches use too much cotton when they place it on an applicator. Only a small amount should be used.

After the cotton is put on the applicator, run your thumb nail around the applicator at the base of the cotton. This helps to make it tighter. Just get in the habit of doing this and it will simplify the job.

All first aids keep in better shape if they are stocked in a cool dry place.

All bandages, dressings, tapes and other first aid supplies should be kept in their original packages until used.

The Advantages of Nitrophen

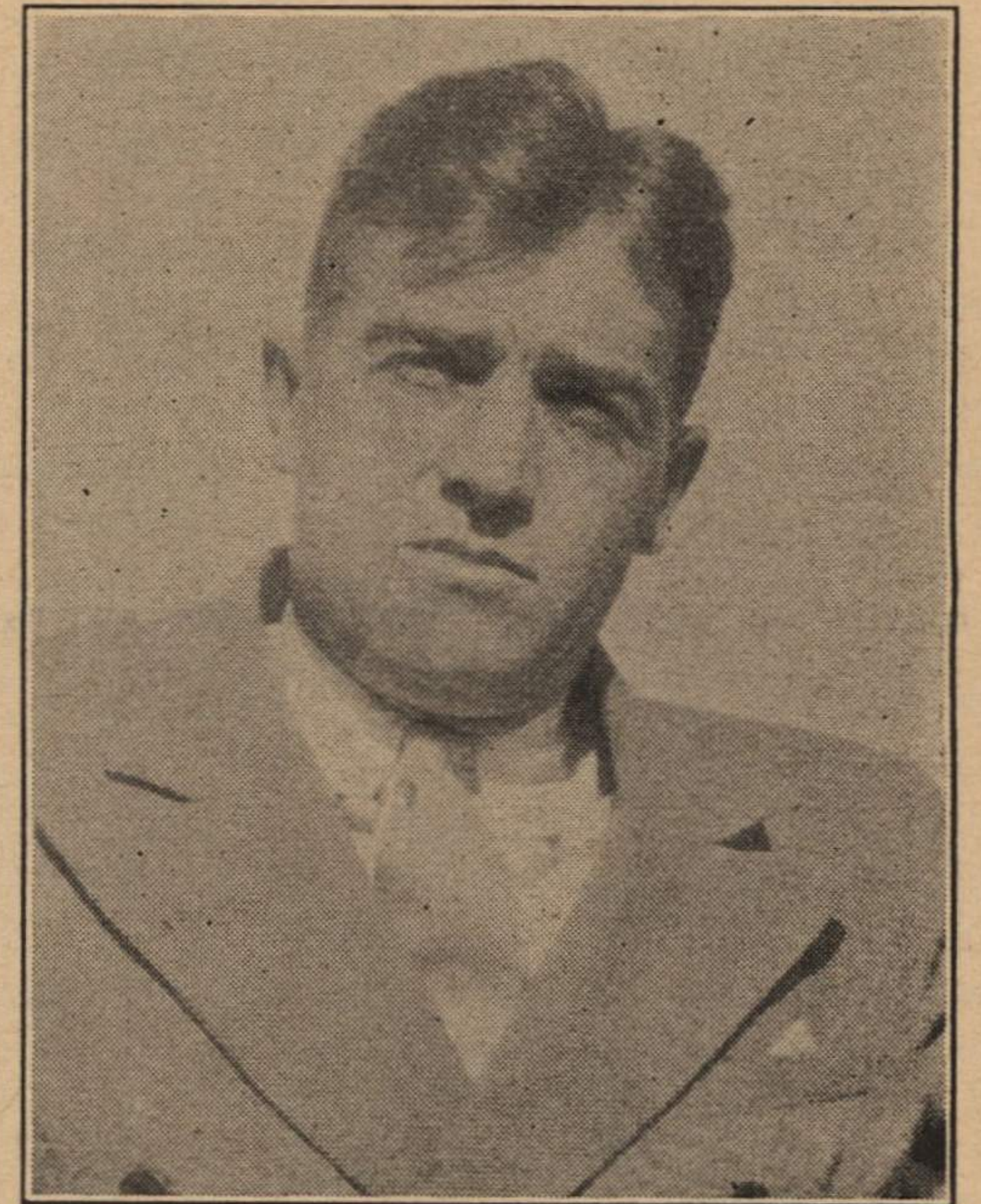
Nitrophen is ideal for use in sterilizing athletic wounds. It keeps its original strength for an indefinite period.

The main feature about Nitrophen is that it not only sterilizes a wound—it treats it. It stops the excessive flow of blood and lymph. It sterilizes and seals minute capillaries and veins. It quickly treats the nerve ends, preparing them for immediate readjustment. It completely sterilizes the the raw edges of exposed tissue (flesh).

While sterilization is complete in 90 seconds, it is advisable to leave the application on the wound for five minutes. If this is done you are assured that you have accomplished this job of "complete treatment" which is so necessary to procure speedy recovery.

On larger, deeper wounds, we recommend a dressing. This dressing prevents re-infection and promotes more rapid healing. During active scrimmage and play, it is highly advisable, as many wounds are damaged for a second and even a third time.

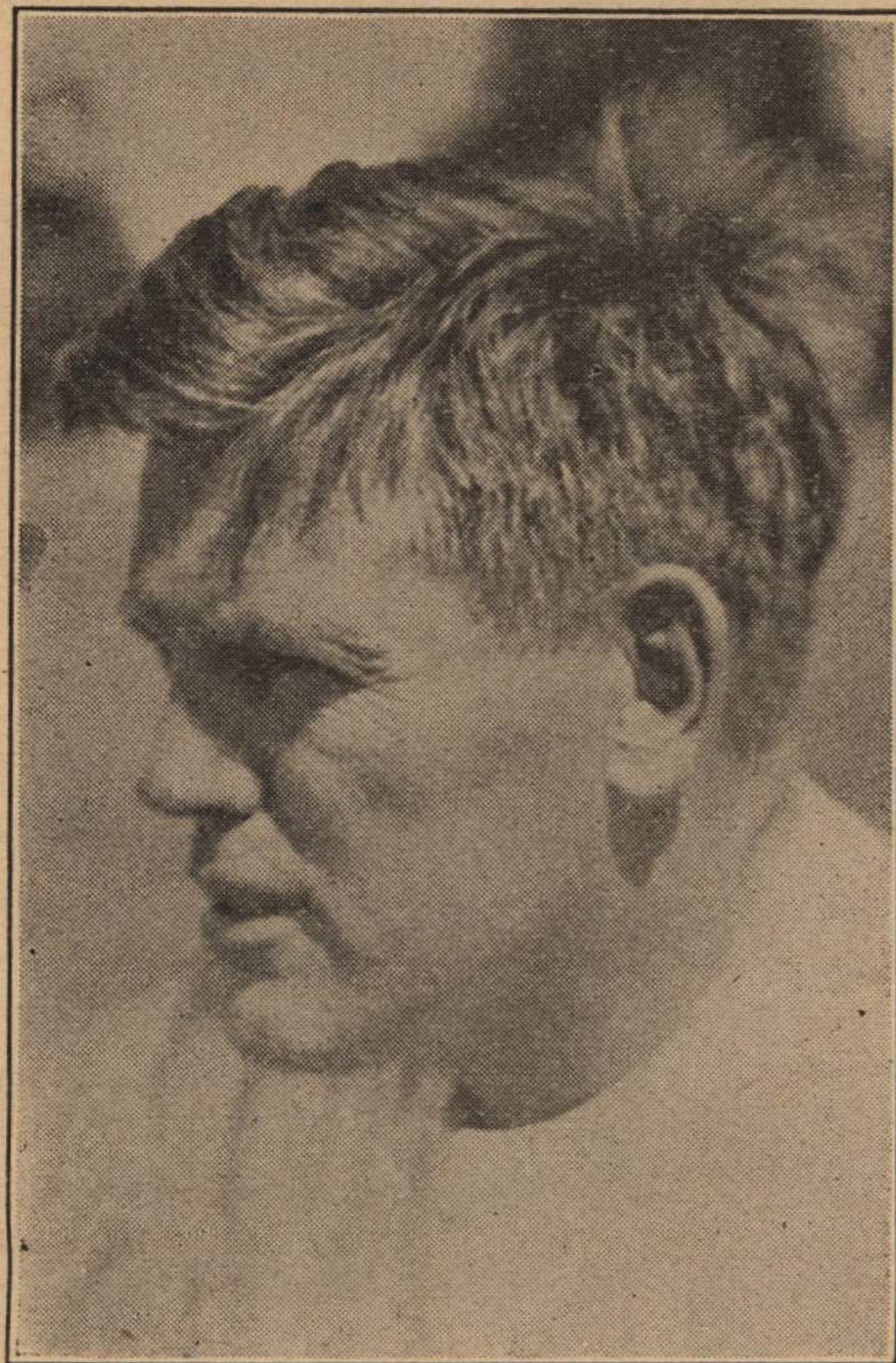
We have seen injuries on the shin bone that have been open sores all through the football season. If they had been properly sterilized with Nitrophen and kept bandaged with a Healing Ointment dressing, they would not continue to be a menace and a possible avenue of infection.



Larry "Moon" Mullins, head football coach, Loyola of the South. "Moon" won fame while playing at Notre Dame.

He coached very successfully at St. Benedict's College and is on the way up.

Statistics show that 50 per cent of pneumonia in schools can be directly traced to neglected colds and sore throats.



Fred C. Thomsen

Director of Athletics and Head Football Coach University of Arkansas.

As coach of the "Razorbacks" Thomsen features the forward pass—and to such an extent that he won the Southwest Conference last fall.

—o—

Keep Reserve Energy

Under normal conditions the blood carries a reserve of blood sugar or energy. This reserve is augmented by about a pound of blood sugar which is stored in the liver.

During violent exercise, this entire supply is quickly exhausted depending, of course, on the condition of the athlete and the reserve he has built up.

After this entire supply from both sources is gone, an additional supply is drawn from the tissues, but exhaustion comes quickly during this latter period.

Nature's method for reproducing this supply is rest, food and sleep. This, of course, takes time. Athletic Dextrose Tablets used at the half after the athlete has had a few minutes rest and a clean-up with cold towels will help restore spent energy and produce energy in time to be of benefit during the balance of the game.

Dextrose Tablets are made of pure pre-digested sugar and while sugar will digest in about one and one-half to two hours, Dextrose is turned into energy within ten or fifteen minutes and without in any way unbalancing the digestive system.

Many times you will find this small amount of extra energy in your entire team will make noticeable results in their play.

Athletes are more prone to have injuries when they are tired or exhausted, therefore, we recommend the use of Dextrose Tablets and as much substituting of players as your squad will allow.

SUGGESTIONS

Keep your training and stock rooms clean and neat at all times—always ready for inspection.

ESTABLISH SAFETY RULES—

Just a few simple ones. Don't make too many.

AVOID A CARELESS ATTITUDE—

Regarding minor injuries and the care of equipment.

CONSERVE ENERGY—

Remember that tired athletes are more likely to be injured.

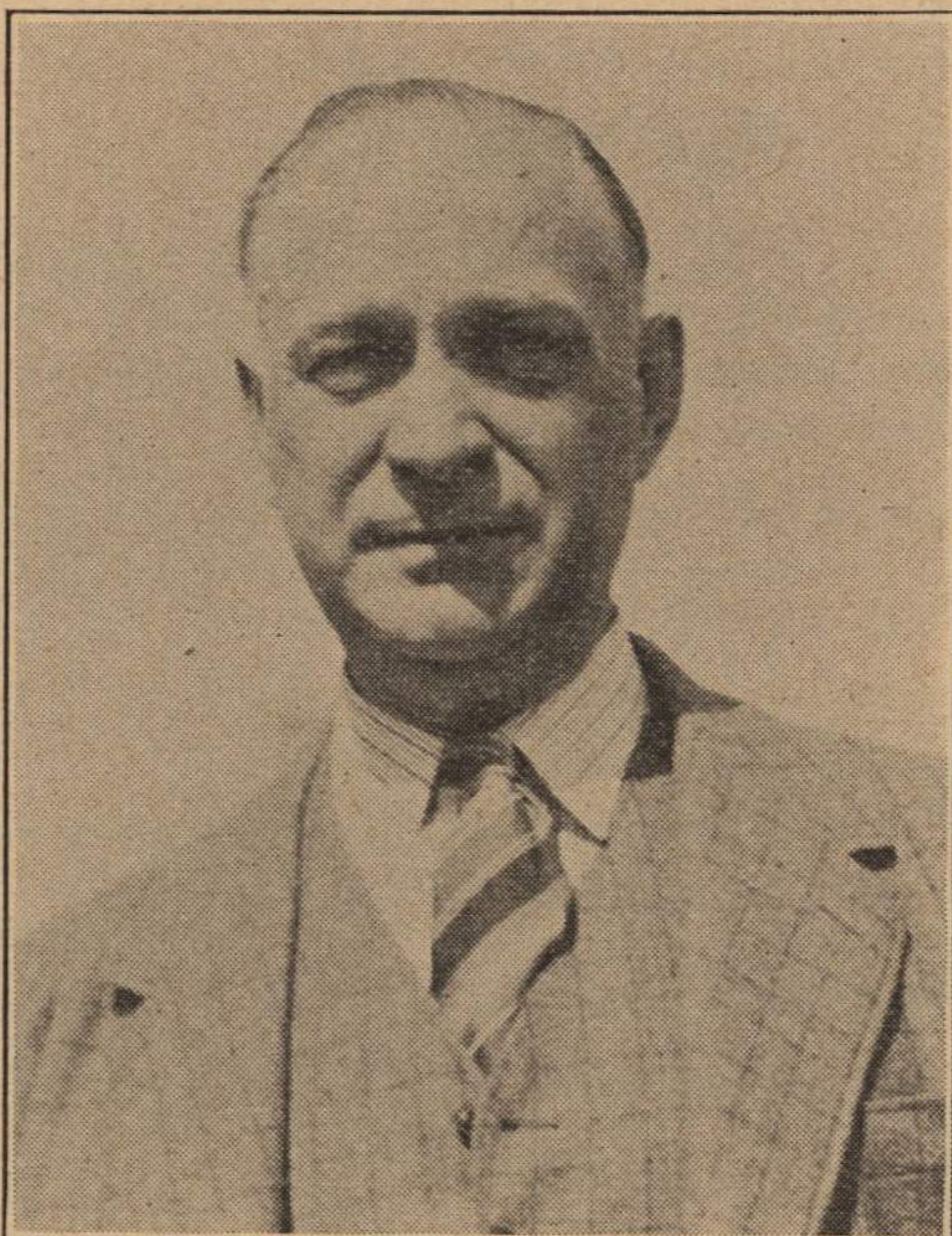
EDUCATE PLAYERS TO CARE FOR MINOR INJURIES—

A little time spent constructively will pay big dividends.

WATCH WEIGHTS—

High school athletes are still growing. They should not be pushed. Always leave a reserve of energy.

DON'T WORRY—DON'T BULLY—SMILE OFTENER.



Conrad M. Jennings, Director of Athletics, Marquette University. Under his management Marquette teams have made great strides and bid for national recognition annually.

—o—

The March of Thyme

From the shores of the Mediterranean and the lowlands of Africa and England comes a very fragrant liquid known since the beginning of history as Oil of Thyme. The ancients used it as a perfume, as gifts, and even as a medium for barter and exchange.

Out of this aromatic oil, chemistry has developed a by-product called Thymol—more scientifically known as methyl-propyl phenol- C (10) H (14) O—which is highly germicidal in powdered form. Laboratory tests show it as one of the best killers of germs that can be used in powders and that is why it is a very important ingredient in "Cramer's Anti-septic Powder."

HEALING OINTMENT



Used as a sterile dressing over cuts of all kinds, blisters, boils, etc.

2 Oz. Can.....\$0.35
4 Oz. Can..... .50
Pound Jar..... 1.50

RED HOT OINTMENT



Creates heat which relieves deep seated pain of sore muscles, sprains, and bruises.

2 Oz. Can.....\$0.35
4 Oz. Can..... .50
Pound Can..... 1.50

ANALGESIC BALM



Creates warmth, relieves congestion. Can be used under heat lamp.

2 Oz. Can.....\$0.35
4 Oz. Can..... .50
Pound Can..... 1.85

FOOT OINTMENT



Very effective in curing Athlete's Foot, gym itch and ringworm.

2 Oz. Can.....\$0.40
1 Pound Jar..... 2.00

INHALANT



Used in the nose gives immediate relief of nose, throat and sinus.

2 Oz. Can.....\$0.40

FIRM GRIP



An excellent non-slip paste for hands—prevents fumbling.

4 Oz. Can.....\$0.50
1 Pound Jar..... 1.35

ASPIRIN TABLETS



5 grains each—Pure Aspirin.

100 Tablets in Can. \$0.50

ATHLETIC LINIMENT



Has special penetrating powers. Has no equal in treating muscular soreness, stiffness, etc.

- 1/2 Pint Bottle.....\$0.80
- Pint Bottle..... 1.25
- Quart Bottle..... 2.25
- Gallon Bottle..... 5.00

ATHLETIC RUBDOWN



An effective rub-down containing alcohol, glycerine and wintergreen.

- 1/2 Pint Bottle.....\$0.50
- Pint Bottle..... .75
- Quart Bottle..... 1.25
- Gallon Bottle..... 3.00

TR. BENZOIN COMP.



A liquid for toughening the skin of feet and hands. Used under adhesive tape.

- Pint Bottle.....\$1.50
- Quart Bottle..... 2.50
- Gallon Bottle..... 7.90

TUF SKIN



Contains Benzoin and Tannic acid for toughening skin. Can be used under adhesive tape.

- 1/2 Pint Bottle.....\$0.75
- Pint Bottle..... 1.30
- Gallon Bottle..... 6.90

TANNIC ACID COMPOUND



One can makes six gallons of foot bath solution which is excellent in prevention of "Athlete's" Foot.

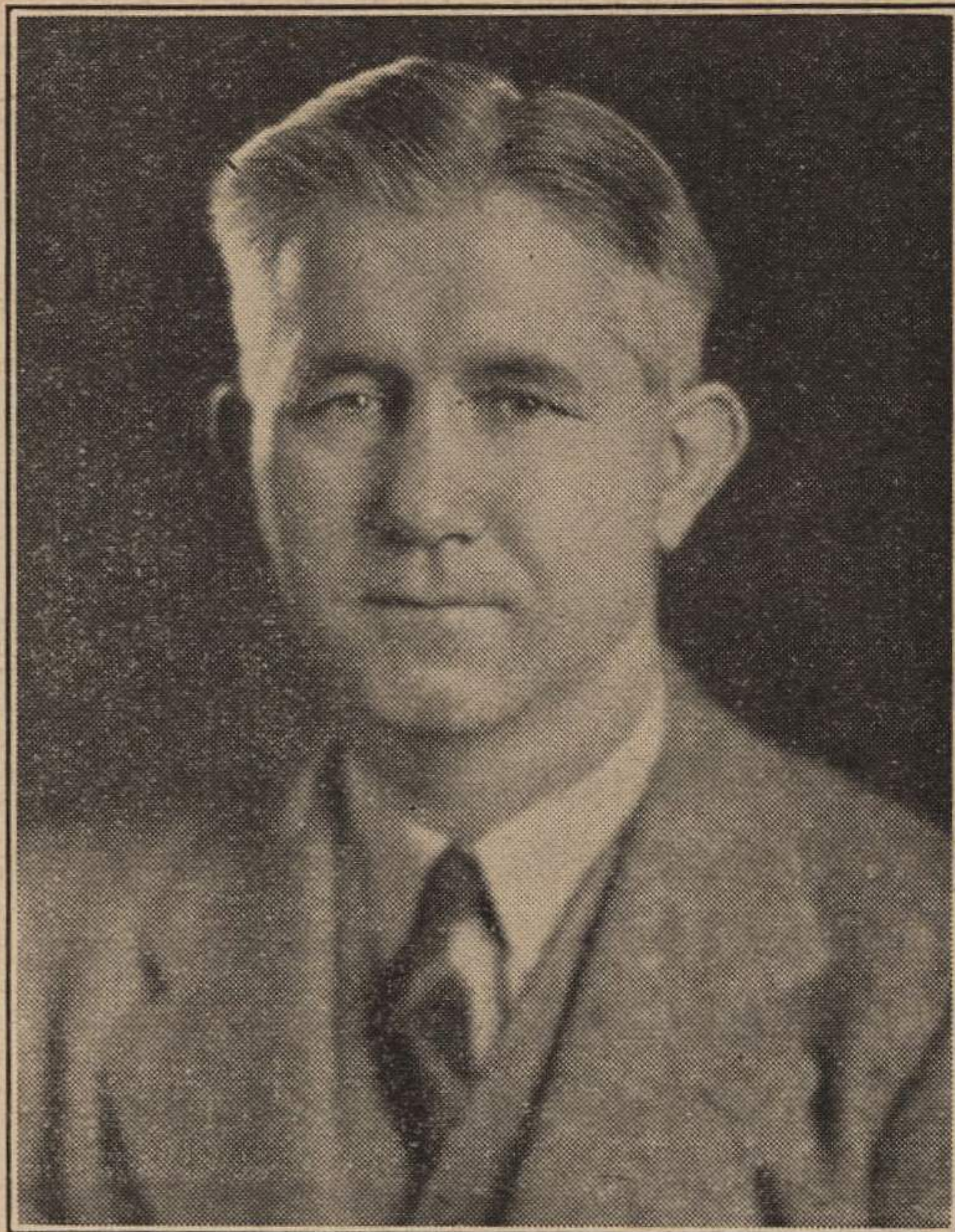
- 1/2 Pound Can.....\$0.45
- 5 Pound Can..... 3.50

EFFERVESCENT ALKALINE POWDER



Foams when mixed with water. Relieves acid condition of the system.

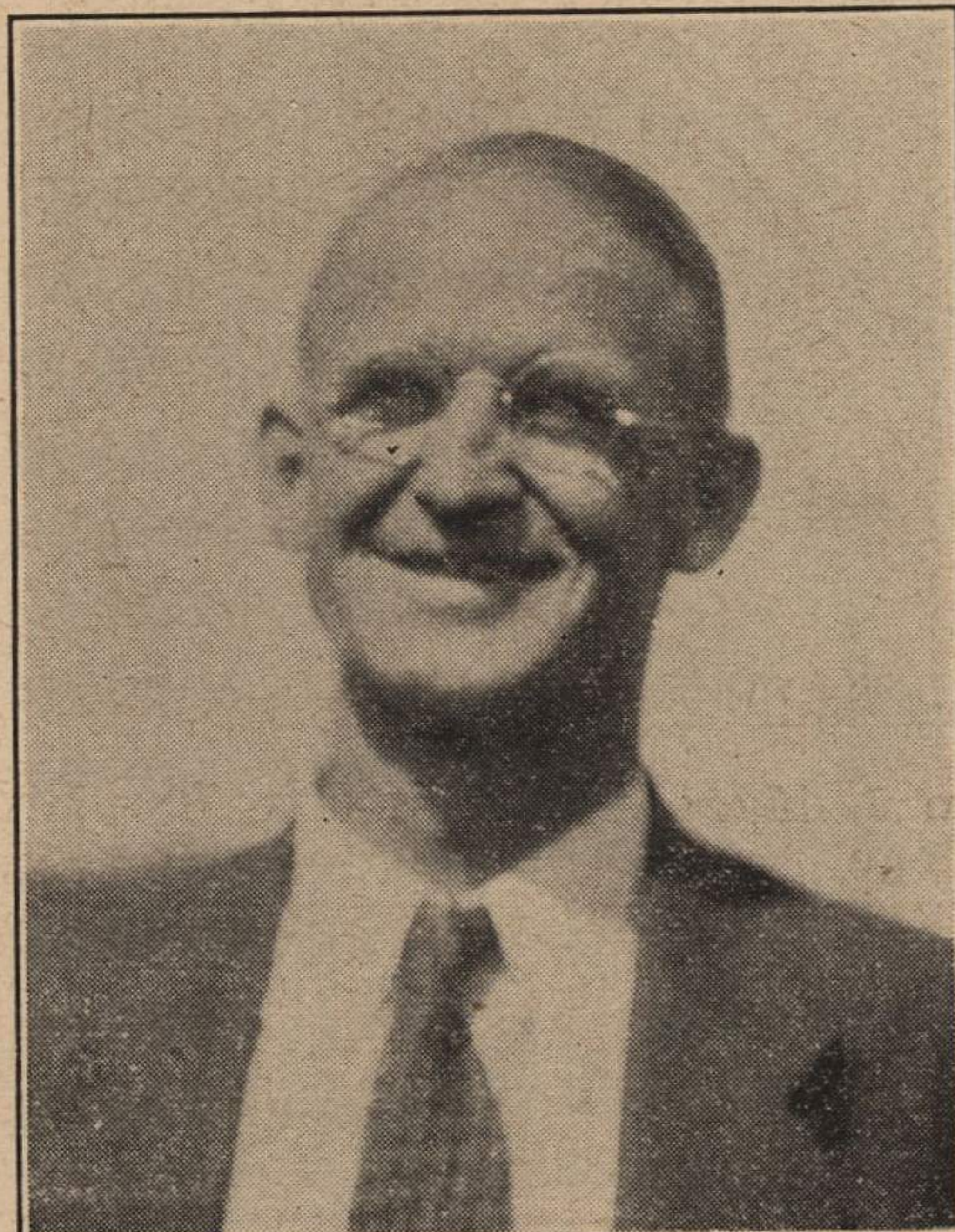
- 8 Oz. Bottle.....\$0.60



A. N. "Bo" McMillan, head football coach, University of Indiana. Coach McMillan won everlasting fame as one of the "Praying Colonels" famous team of early days. His coaching has been highly successful as attested by his recent signing of a ten year contract with the University of Indiana.

Never place First Aid products on top of radiators or near heat ducts.

If you have any difficulty making adhesive tape stick, use a little Benzoin or Tuf-Skin and as soon as it dries, apply the tape.



Archie Hahn, track coach, University of Virginia. Coach Hahn is famous as one of America's early track athletes and his dash records held world honors for many years. His success in coaching is due to his ability to pass these personal experiences on to his athletes.

For Frost Bite

Frost bite is more liable to happen in cases of physical exhaustion or where there is great wind velocity or where clothing is wet.

Cold first causes a sensory paralysis or anesthesia and because of this the patient is unaware of the condition and allows the frost bite to progress to the danger stage.

The best prevention is adequate clothing. Statistics show that proper food and clothing reduce frost bite by one-half while galoshes cut the cases of frost bitten feet by three-fourths.

FOR TREATMENT apply wool or fur on the flesh but never snow or ice. Rub lightly with the hands to stimulate circulation. Keep away from fire and raise the temperature gradually.

Severe cases cause ulcers and should be immediately taken to your doctor.

The coaching job is always a race against time. Good men on the bench retard teamwork. Prepare before the emergencies arise.

Regardless of precautions taken, history proves that you will continue to have injuries and the care of an infected wound costs twenty-five times as much as prevention.

It is not only advisable that feet be kept dry in bad weather, but they should be kept warm. Wet feet, in cold soggy shoes, is about the easiest way you can find to get rid of your athletes.

Firm-Grip

Firm-Grip—a new product, is a paste to be used on the hands to help prevent fumbling in basketball and football—also, to give a "non-skid grip" on the baseball bat, the golf club and tennis racket.

Firm-Grip was tried out during the football season of '35, both by college and high school teams.

In one college game where the field was covered with mud and water, both teams used Firm-Grip and there were no fumbles in the first quarter. In the second quarter there were two fumbles, both occurring when tackles were made. Playing conditions, in this instance, were as bad as it is possible to imagine.

Firm-Grip should be a splendid product for basketball. Coaches who have tried it say it lessens fumbling and makes intricate plays click with more precision. One coach explained that the secure feeling which it gives helps overcome nervousness or stage fright.

Directions are simple. For basketball, just apply a small amount to the fingertips and rub them together until it is spread evenly.

For football—apply a heavier coating to the hands, rubbing them together until the paste spreads evenly. After this has been on for a few minutes, apply a light second coat in the same manner.



John J. Magee, track coach, Bowdoin College. A famous athlete in his early days. Each spring he has outstanding performers.

Last summer he managed and coached an American team which invaded the Scandinavian countries.

Golden Glove

Hand Wraps—for Young Boxers

Golden Glove hand wraps are made just like professional boxers' wraps, with thumb loops and tie strings, but shortened to fit the hands of young boxers.

They are equipped with a thumb loop—84 inches of wrap and tie strings.

Order from your dealer and be prepared to prevent sprained hands—ask for Cramer's Golden Glove Hand Wraps.

Note:—Our professional fighters hand wraps are used by America's most famous fighters.

Athletic Powdered Rosin

Ordinary powdered rosin is a combination of ground clay and rosin. In Athletic Powdered Rosin we use fuller's earth instead of clay. Fuller's earth absorbs the grease and dirt on the hands, leaving the rosin to do its work. You will find it more efficient.

Athletic Powdered Rosin Bags are a standard in Big League Baseball—you will find them just as efficient for general athletic use.

An efficient method of handling rosin. Can be carried by a player and is excellent to prevent fumbling. It can be passed among a team in 20 seconds or may be used on the shoes to prevent slipping on a slick floor.

If you will make a check-up you will find our rosin is preferred and used by colleges everywhere.

When using the heat lamp, always apply a light coating of Athletic Analgesic Balm before turning on the lamp.

Treating Deep Bruises

Where the skin is broken.

In a large percent of bumps, bruises and contusions of larger size, there is also an open wound. Many times this skin is broken allowing an avenue of infection.

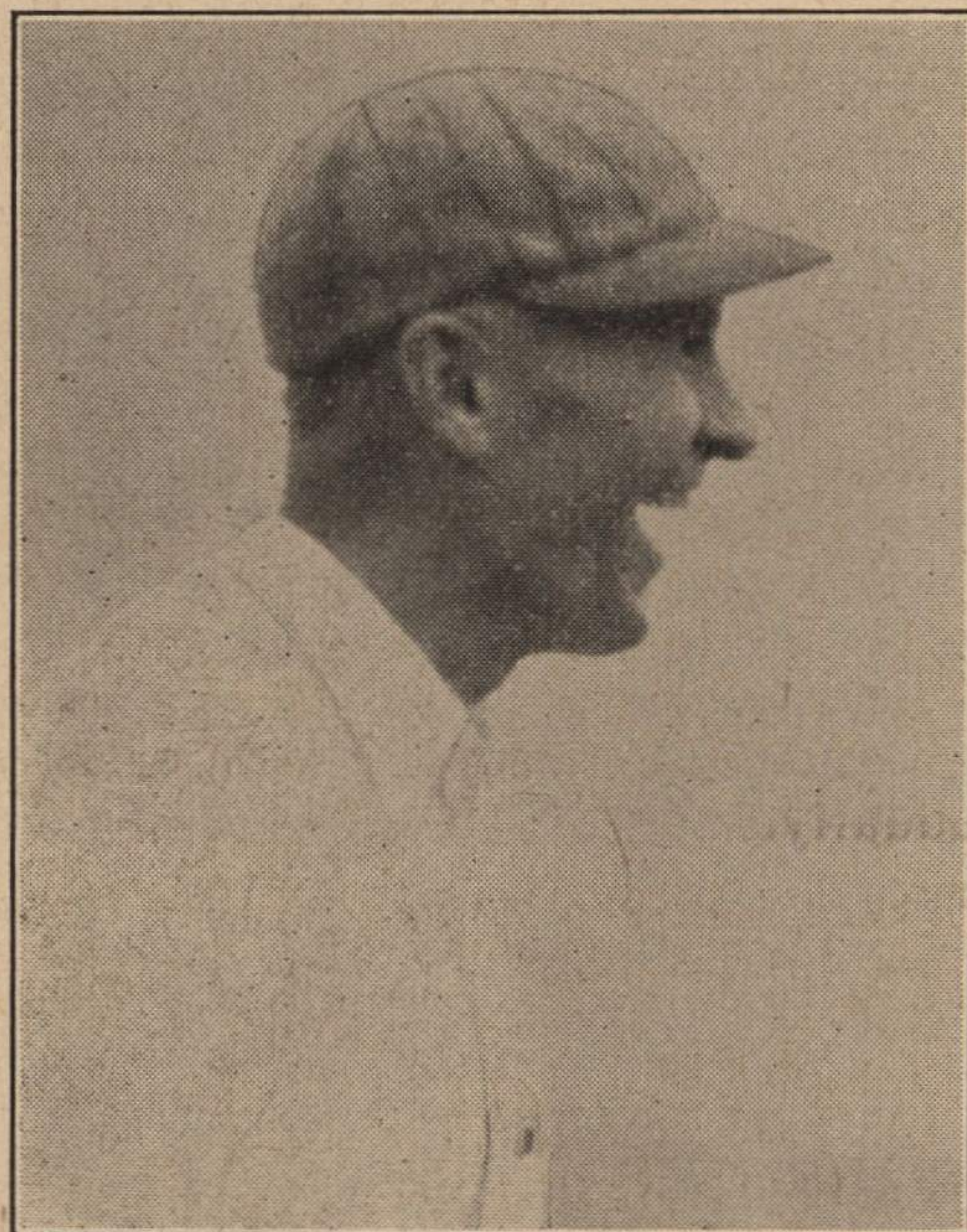
This, of course, complicates matters because the open wound must be treated before the severe contusion is given consideration.

When the open wound is of minor extent, we suggest you sterilize it with Nitrophen. Then take a pad of gauze, cover it with a liberal application of Healing Ointment, place over the wound and tape it on.

For the larger bruised area surrounding the broken skin, cover with a heavy coating of Cramer's Analgesic Balm (about 1-8 inch thick) working the Analgesic up close to, and around the bandage which covers the smaller open wound.

Cover this application of Analgesic and the small bandage with a thick layer of cotton and bandage to retain the heat generated. This application can be left on for several hours or over night, but should be removed then and the open wound re-dressed.

This is really a bandage within a bandage. The lower one to prevent infection. The upper one to heal the bruised area.



W. W. Kelley, trainer, University of Texas. He has been very successful in keeping Texas players in the game instead of the hospital. Here are some of his comments:

"Cramer's first aids are tops with me. Each item is a perfected product and adapted to the use for which it was intended."

Antiseptic Powder dusted under heavy equipment prevents irritation. Used under the arms and between the legs it will prevent galled skin. Used in the shoes it acts as an effective foot powder.

ALKALINE POWDER



Relieves nausea and stomach sickness.

4 Oz. Bottle.....\$0.35
1 Pound Jar..... 1.25

LAXATIVE TABLETS



Mild but effective laxative suitable for athletes.

50 Tablets in Box...\$0.35

COLD TABLETS



Assists in prevention of common cold.

25 Tablets in Box...\$0.35

DEXTROSE TABLETS



Give quick energy. Strictly pure predigested sugar.

60 in Box.....\$0.45
300 in Box..... 1.90

TAPE REMOVER



Quickly removes adhesive tape—Non-inflammable.

1 Pint Bottle.....\$0.65
1 Gallon Bottle.... 4.50

SMELLING SALTS



A safe stimulant in case of shock.

1 Oz. Bottle.....\$0.45

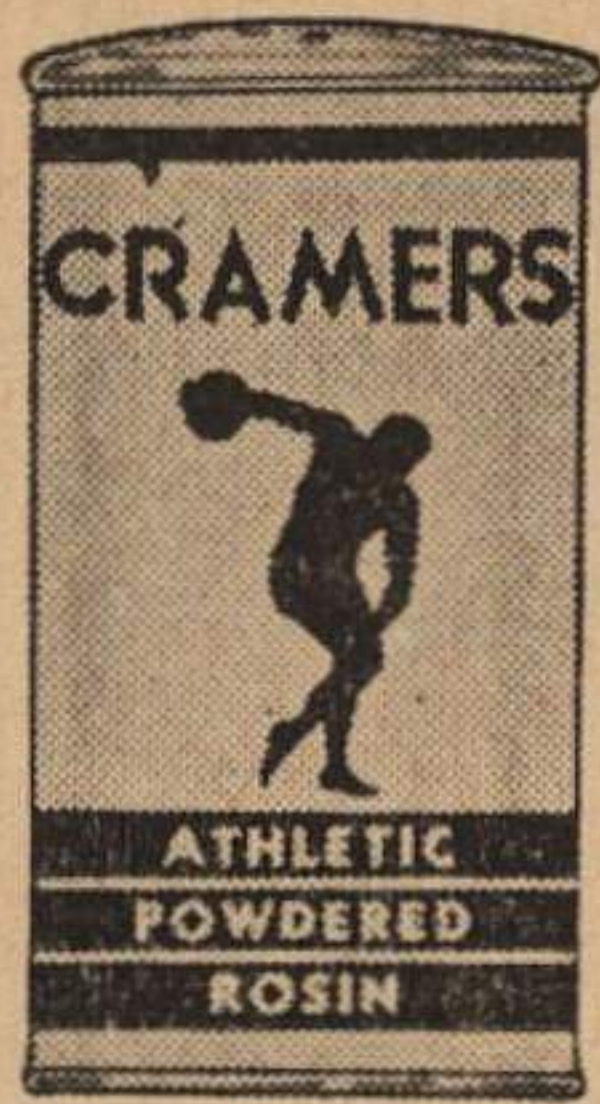
AROMATIC AMMONIA



A stimulant.

2 Oz. Bottle.....\$0.35
Pint Bottle..... 2.00

POWDERED ROSIN



Superior to ordinary brands. Especially prepared for athletic use.

1/2 Pound Can.....\$0.25

ROSIN BAGS



Powdered rosin in convenient bags which dust out as needed. A standard in big league baseball—Suitable for all sports.

1 Dozen in Box.....\$1.60

BALL CLEANER



Universally accepted as a cleaner for foot balls and basket balls.

1 Pound Can.....\$0.35

LIQUID BALL CLEANER



A liquid for cleaning and waxing the leather of foot balls and basket balls.

1 Pint Can.....\$0.50

1 Gallon Can..... 2.75

EYE WASH



Cleans dust and foreign particles from the eyes with perfect safety.

4 Oz. Bottle.....\$0.25

SHAVING LOTION



A scientific preparation for use after shaving.

4 Oz. Bottle.....\$0.25

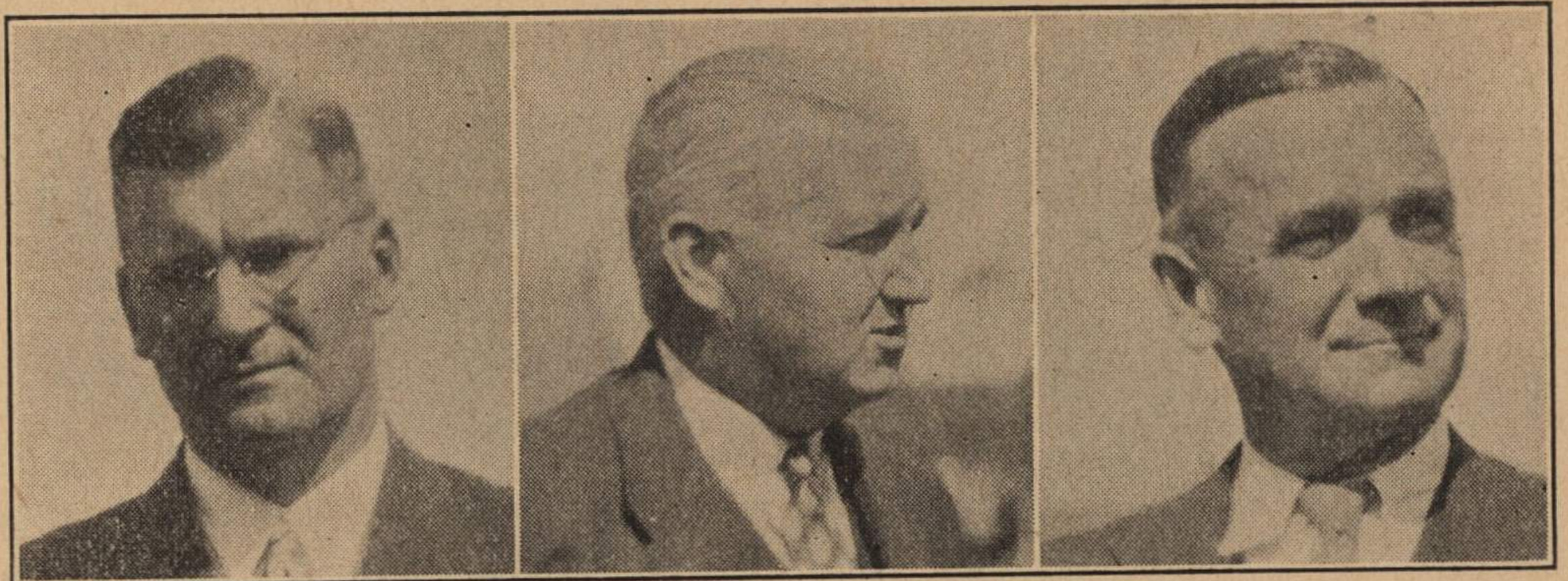
HAIR OIL



Prevents shower bath baldness.

4 Oz. Bottle.....\$0.25

Officials of the A. A. U.



(Left to right) J. Lyman Bingham, assistant to the president, located in Chicago; Daniel J. Ferris, secretary-treasurer, also editor of the "Amateur Athlete" official publication of the A. A. U.; and Jeremiah T. Mahoney, president.

The A. A. U. is making excellent progress under the supervision of these efficient officers.

Treatment of Sunburn

Contrary to general belief, sunburn is dangerous, largely because of the infection which is carried into the blood stream. When an excessive amount of ultra-violet rays penetrate the skin, it destroys the oil and live cells leaving nothing but the charred tissue and an actual fire burn is formed.

In extreme cases, blisters are formed and the lymph flows into them to prevent the destruction of lower delicate layers of skin. When this skin is destroyed, a toxin or poison is formed and the only way nature has of carrying this poison away is through the blood stream. When this toxin arrives in the blood stream it upsets the entire system, causing nausea or shock that is almost as severe as in actual fire burns.

For years, some companies have advertised an ointment to be used immediately, both on fire and sun burns, but this is entirely contrary to the laws of nature as the ointment merely seals in this poison and it will continue to form under the ointment.

The first treatment of these burns should be a tannic acid solution in water. You can mix an ounce of Powdered Tannic Acid in a basin of water and immediately apply it to the burn, keeping the surface moist as long as the burning sensation lasts, or better yet, you can use Nitrophen, applying with cotton, or putting it in an atomizer and spraying it on, keeping the surface moist. This tannic acid or Nitrophen treatment will counteract the action of the burned tissue and will not permit the forming and growth of the toxin or poison.

This moist treatment should be kept up until all burning sensation is gone, then it is safe and proper to apply Athletic Healing Ointment or some other product of similar texture.

We have treated many severe burns, both sun burns and fire burns. We have had hands that have been badly burned and blistered. We opened the blisters, submerged the injured area in a large porcelain basin of this tan-

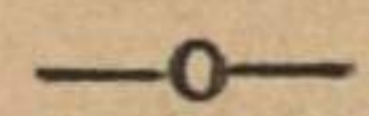
nic acid solution, keeping them for as long as six hours at a time in the liquid. Some have been so severe that we actually put ice in the solution to reduce the pain and the flow of the blood into the injured area.

In using a solution of this kind and immersing the injured limb, it would be favorable to leave it in the solution for ten minutes, holding it out of the solution for two minutes, then back into the solution again.

This tannic acid or Nitrophen bath will change the wound from a bright livid red to a brownish color and when the surface of the skin and the inside of these open blisters have turned to this brownish color, you are pretty well assured that there is no chance for poison or toxin being taken into the blood stream.

For the average case of sun burn, we recommend from a half hour to two hours treatment, then apply the ointment. Of course, this depends entirely upon the severity of the burn.

This same treatment is satisfactory for minor fire burns, but in cases of severe fire burns, we recommend that you immediately apply a liberal coating of Nitrophen and get a doctor to your patient as quickly as possible.



A Suggestion from Oklahoma

Ted Owens, trainer of the University of Oklahoma, tells us he has had exceptional success with Nitrophen in preventing sore throat. He places cotton on an applicator, dips it into the bottle of Nitrophen and paints the back of the throat and tonsils.

He did not have a case of sore throat during the last foot ball season.



Rubber heeled shoes are advisable as they reduce the shock when walking.

Many times after a game or race an athlete will feel "all stove up." Rubber heels will help relaxation and a quicker return to normal.

The First Aider

Published by

THE CRAMER CHEMICAL CO.

GARDNER, KANSAS.

The First Aider is published for the exchange of ideas regarding the conditioning and training of athletes, the discussion of training room problems and the care and treatment of minor injuries in athletics.

Volume VI October, 1937 Number 4

A Simple Answer

We recently heard a comment by a jobber, stating that Cramers could not produce a first grade Tr. of Benzoin and sell it at the prices they are quoting.

Our answer to this is very simple. We import the gums ourselves direct from the tropics—from Borneo, Algeria, the Amazon and South Africa. In this we save the cost of handling by foreign commission merchants, domestic agents and jobbers. This saving we pass on to the schools through our distributors.

There is no mystery in producing a quality product with quality basic chemicals at a reasonable price, so long as these basic chemicals can be bought at a reasonable price.

We buy our crudes nine months in advance of the market, allowing ample time for delivery by pack-train, boat and rail.

Our formula has been approved by the Pure Food and Drug Department and is subject to Government inspection at any time.

We import our camphor from the hills of Japan—essential oils and balsams from Peru, Siam, the Dutch Congo and Java. The savings in every case we pass on to you.

Probably the jobber who made this criticism was irked because he did not get his commission but we refuse to pay toll on imports of this kind.

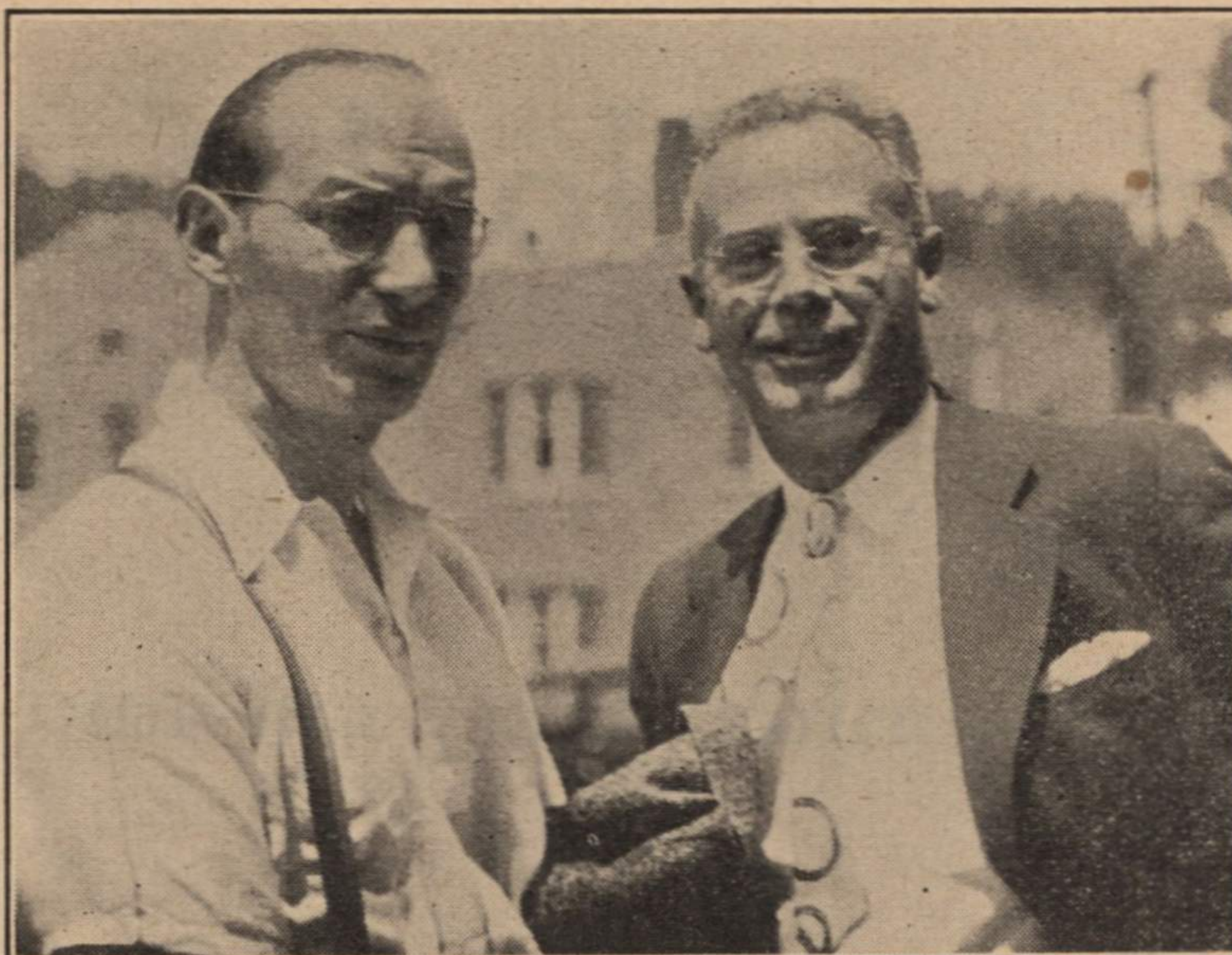
Transportation of Teams

The transportation of athletic teams have always been a major problem where a school bus is not available. The school district is certainly on a spot in the matter of safety and care of the pupils. A few rules have been found to reduce the danger to the minimum and help divide the responsibility. Here they are:

(1) All cars should have an adult riding in the car.

(2) No dates are permitted on trips, either going or coming.

(3) Pupils must return in the same



(Left) Ted Husing with Frank Cramer of our company. Mr. Husing is the ace sports announcer of the Columbia Broadcasting System. His descriptions of football games, track meets and tennis matches set a standard for sports broadcasting.

car in which they went to the event.

(4) Pupils must understand that they do not have freedom of action that a private trip would give them.

(5) Many coaches put a man in the lead who can be trusted. All the rest of the cars are put in the middle, and the coach brings up the rear.

(6) High School students are notoriously destructive. Coaches should drill pupils on proper regard for the upholstery and interior of other people's cars.

(7) No scuffling or roughhouse in the cars should be tolerated.

(8) Mileage should be given to all people who furnish cars. Too many coaches are giving back a couple of hundred dollars a year to a careless community.

(9) Cars should be parked when the destination is reached and not used until the group is ready to go home.

(10) Pupils must understand that they must return home as soon as the event is over. Nothing gives athletes a black eye more than having groups return late at night from some high school contest.

(11) When you find that this will not work, get a bus. After all, it is the only real solution. People who have cars do not want to donate them. You don't want cars that are wrecks before you start.

Shorts—Worth Remembering

The coach who wakes up and finds himself famous hasn't been asleep.

The less a man has in his head the more it swells.

High school athletes should have a minimum of nine hours sleep, while a college athlete can progress satisfactorily sleeping only eight hours.

Accomplishment is largely in ratio to desire.

Bleeding at the ear usually indicates concussion. A doctor should be consulted.

There is nothing soft or sissy in being careful.

You have two minutes "time-out" in a game to repair injuries. See that your First Aid Kit is properly equipped. There is nothing so embarrassing as an injury and no equipment to work with.

Joy increases ease of movement and promotes relaxation. When athletes are tense a good story or a laugh will help.

Pulpy or soft foods do not promote good sound muscles.

Studying just before going to bed may prevent sleep.

Don't allow two athletes to use the same towel.

One of the most criminal practices is allowing damp, sweaty uniforms to be put away in lockers day after day.

Our Analgesic Balm is preferred by trainers because it has a firmer base. A firmer base prepares a better massaging surface.

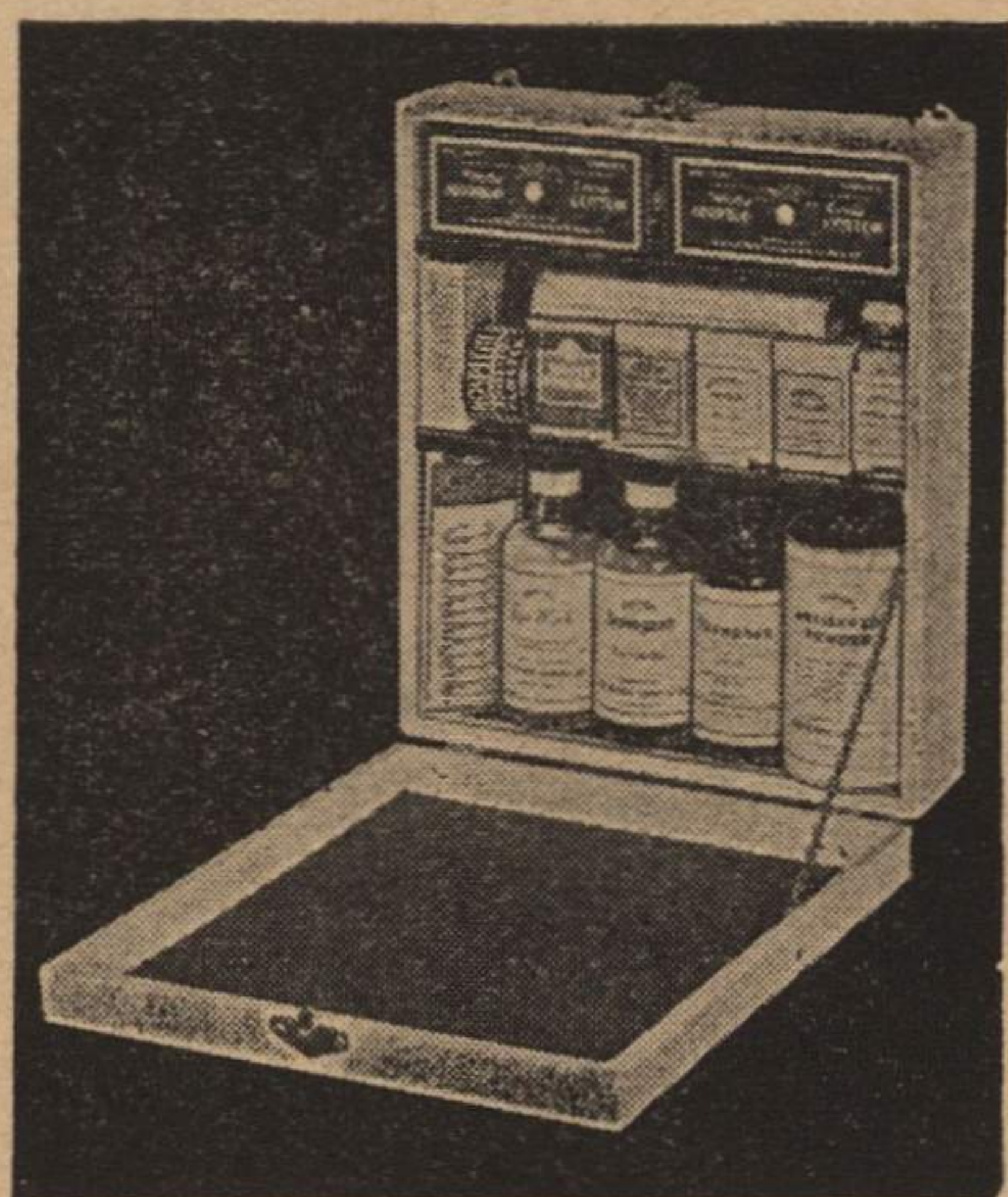
Shin Splint is hard to relieve because of lack of circulation. It needs heat and Red Hot Ointment is the answer.

No Infection is Minor



Sterilize every cut and scratch with Nitrophen

Standard Wall Cabinet

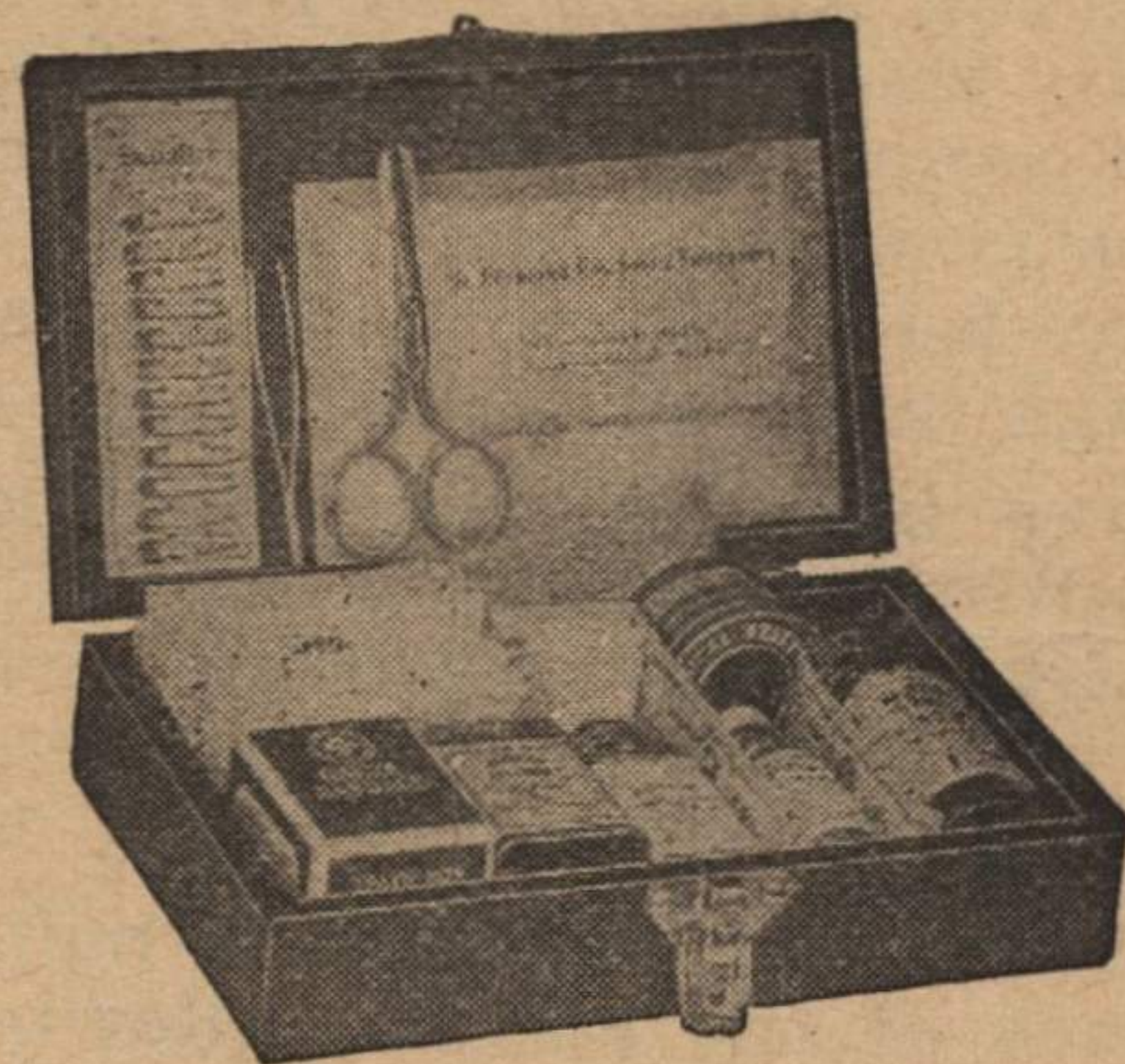


3½ x 12 x 10½
Special School Price
Equipped, \$4.85.

Two Exceptional Values

Both of these
are officially
approved as
Standard First
Aid Equipment.

School First Aid Kit



2¼ x 5¼ x 8½
Special School Price
Equipped \$3.25.

Return in Five Days to

THE FIRST AIDER

Published By
THE CRAMER CHEMICAL CO.
GARDNER, KANSAS



USE CRAMER'S FIRST AIDS

**ATHLETIC DIRECTOR
OR PRINCIPAL
HIGH SCHOOL**

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Dr. F. C. Allen
Univ. of Kans.
Lawrence, Kans.

October, 1937



September, 1937

Volume VI

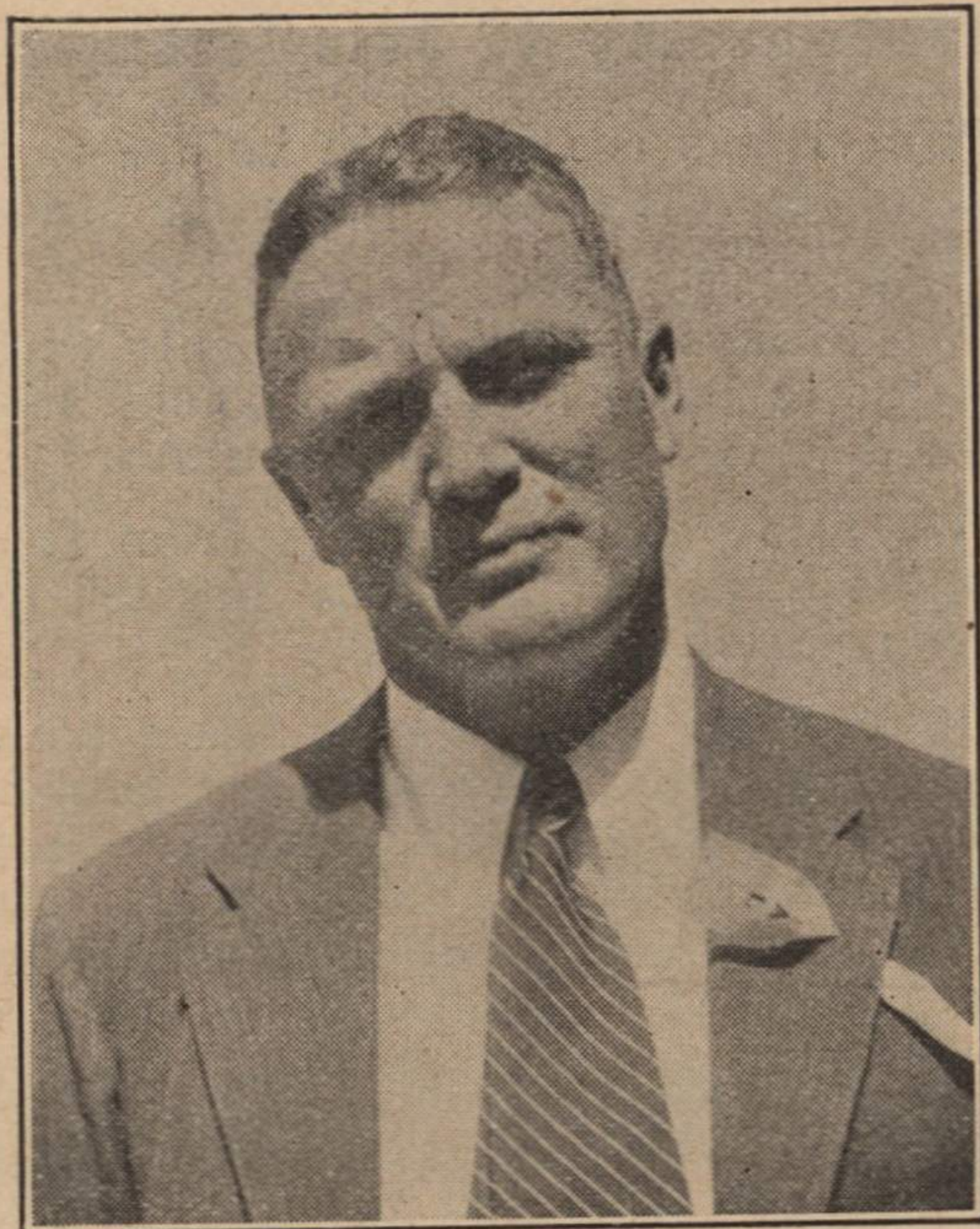
Published by the Cramer Chemical Co., Gardner, Kans.

Number 3

Opening Football Practice

By H. D. Drew, End Coach, University of Alabama

Every coach in the United States is acquainted with the marked success of Alabama teams. For this reason Coach Drew's short story on "preliminary practice", carries much added interest.



Harold "Red" Drew

The first three days of football practice are important, and we feel that this period may be the time that makes or breaks the entire season.

There are a great many methods employed in conditioning football

teams during this period, and we do not say that ours is the best, but over a period of years we have found that it suits our conditions.

In our conference, fall practice starts September first. About three weeks before this Coach Thomas sends out an individual letter to each man, going over with him exactly the things that the man should do prior to his returning here September first. For instance, a man who is a great deal over-weight must work very hard to get down near playing weight. On the other hand a boy who may have worked hard during the summer is already down to playing weight. He should let up and try to put on weight.

Our men seem to take enough pride in their football to follow these instructions, and consequently report here in about the condition we want them. The first three weeks here are important as the body is full of pep. The whole season may be ruined by injuries, unless the coach definitely decides that—regardless of circumstances—there will be no scrimmage for the first ten days. During the first ten days particular emphasis is

placed on hardening the players so that they can stand the rough work that is to come.

We believe that football should be divided into three parts. First, getting a man into condition to play, second, teaching a man what to do, third, the actual performance. As these first ten days are before the opening of school, we practice twice a day; about an hour and a half in the morning starting at 9:00, and for the same length of time in the afternoon starting at 4:00.

At all morning sessions we practice in shorts and this work consists of calisthenics that have been especially prepared for football players, also a lot of passing and kicking and dummy scrimmage, or any other phase of football that can be accomplished without contact.

In the afternoon session we dress in complete uniform and start some blocking and tackling in addition to more passing and kicking. We do not use many mechanical devices, but at this stage of the game we think that the use of the tackling dummy and the blocking sled is very important. There is no exercise invented that will harden a man better than by hitting the ground, and we get this by using the tackling dummy. The charging sled is used to build up the legs and backs of the men, and is used most at just this time, rather than later in the season.

All this work is done on a time schedule of fifteen minute periods, and in this way we do not stay at one thing too long, but are able to work at high speed all the time. A careful check is kept on each man's weight



GEORGE GRIFFIN

Genial and Successful Track Coach of Georgia Tech.



WES L. FRY

Head Football Coach, Kansas State College. His teams are an excellent recommendation for his ability.



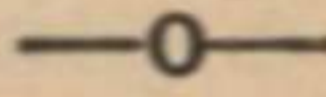
BLAIR GULLION

Basketball and Track Coach, University of Tennessee. Gullion always has outstanding teams.

Phog Allen

each day, and all minor scratches and injuries are checked very carefully. A scratch, blister or minor injury at this stage of training may develop into something serious.

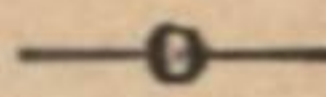
At the end of ten days the men should be in condition for scrimmage, and from this time on a certain amount of scrimmage is included in each day's program. These scrimmage sessions never last more than one half hour for any individual man, and not more than three days a week. We try to do our real hard work before the first game.



A New Book on Basketball

"BETTER BASKET BALL"—A new book by Dr. Forrest C. Allen is just off the press. It includes:—TECHNIQUE—fundamentals of the game; TACTICS—execution of plays; and TALES—stories of great games from an inspirational standpoint—It also contains the latest in treatment of athletic injuries.

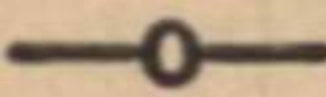
It is published by McGraw, Hill and Company of New York and may be obtained from them or your sporting goods dealer.



Cold Sores on the Lips

For cold sores and fever blisters on the lips just apply Athletic Tr. Benzoin Comp. Several applications will clean up the worst cases in a very short time.

This method of treatment is used in many hospitals.



In cases of shock—when the athlete is lying on the ground—pour a little liquid off of your bottle of Smelling Salts onto a handkerchief (smell it yourself to find out the strength) then hold it over the nose of the injured player, allowing him to breath the fumes at about every third breath Feed it to him steadily—do not crowd the treatment.



ED WALKER
Head Football Coach "Ole Miss"

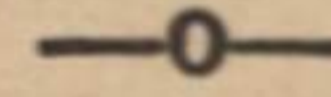
Preliminary Football Workouts

By Ed Walker, Athletic Director and Head Football Coach University of Mississippi.

We use the standard setting up exercises for building up the legs and upper body. Squatting exercises, rolling exercises, kicking exercises, bending, dipping, duckwalking and push-ups. A little later on we have live tackling, with the man being tackled standing still, and the tackler charging two steps for the tackle. Also we charge forward three steps throwing a rolling block both to the right and to the left.

"Two on one" practice is used by

the ends and halfbacks on the tackles, the same being used on the guards on each other. As we progress toward scrimmage we have live blocking and tackling. That is—actual tackling of the ball carriers who have a limited space in which to run. We have live blocking in this same limited space. We find that by using the limited running space that we are assured plenty of actual contact between tackler and runner, and runner and blocker. We use the dummies to illustrate the proper technique in tackling and blocking but find that the live blocking and tackling is the only way to prepare for actual game play.



A Few Suggestions from Dr. Bohler, Team Physician, University of Mississippi

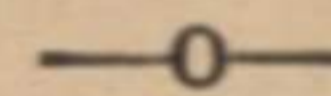
We always use Benzoin before taping ankles. It's use prevents tape rash.

We always "pack" shin splints with Analgesic Balm because it keeps sustained warmth for many hours.

We also get good results from this Analgesic pack on, "stone bruise" or heel injuries.

Before the game we do not feed a noon meal but give a heavy breakfast of energy producing foods but no heat producing foods. With this heavy breakfast we allow lots of coffee.

For the athlete who prefers to do all of his conditioning on the training table, when there is nothing wrong with him, we apply Athletic Red Hot Ointment freely in places where it will be most annoying. This is our "bums rush."



The initial care given to an injury may determine the entire outcome. Immediate treatment properly executed—means early recovery. If the first treatment is thorough the rest of the treatment is simplified.



W. O. SPENCER

Track Coach Mississippi State whose teams are always a threat



WILBUR HUTSELL

Well known and successful Track Coach Alabama Tech. (Auburn)



FORREST E. OAKES

Track Coach, Tulane, who has turned out many fine athletes and teams.

A New Book on Track

George Bresnahan, Head Track Coach, University of Iowa, has just completed a new book on track and field athletics.

It contains 300 pages and 70 illustrations. It treats each track and field event in great detail.

It may be obtained from Mr. Bresnahan or from the publishers, C. V. Mosby Company, Saint Louis, Missouri.

For Scrubbing Your Training Room

For cleaning dressing rooms, showers, lockers and locker rooms, we suggest a solution of "Cresol Compound." This is a U. S. P. product and can be purchased almost anywhere. It comes in concentrated form and one ounce added to a bucket of warm soap suds used to scrub floors and surfaces acts as an antiseptic, deodorant and disinfectant.

There are many private brands which are trade names for this same product and are satisfactory—Lysol and Creolin are two which we know are standard.

Foot Odors

Smelly feet are sometimes caused by lack of circulation. In a recent case of a sprained ankle, odor was noticed after the first day, but as the ankle improved and the circulation was restored the odor decreased. In this case feet were washed daily—socks and shoes were changed each morning and the odor all came from the foot with the damaged ankle.

This leads us to just one answer—faulty circulation causes stagnant, inactive pores—therefore the odor.

If you have a man on your squad with chronic foot odor, look for foot troubles.

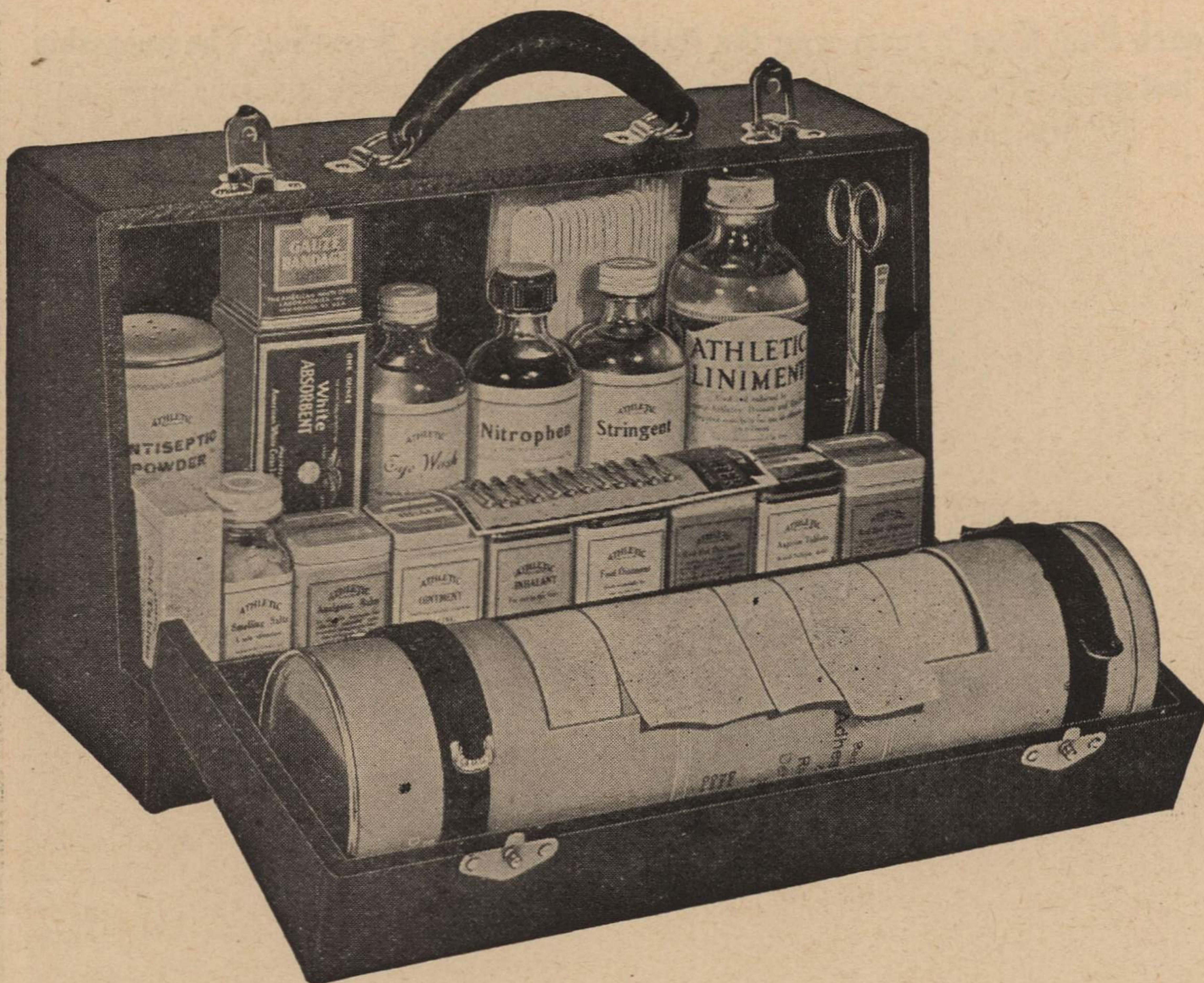
Bathing in warm water and massaging with Athletic Liniment will improve circulation.

Coach Lem Clark of Lanier High School, Macon, Georgia, says, "We use Cramer's Healing Ointment in treating all open wounds—it prevents the growth of a scab, and more than that, it lets the wounds heal without leaving a scar or any mark of the wound on the skin. We have been using it for the past few years with the same satisfactory results."

Cramer products cuts the cost of protecting your athletes.

If athletes want to play and cut up they are not over trained. On the other hand, if they are quiet, sulky or quarrelsome it is time to stop and think.

THE NEW CHIEF KIT



Special School Price, **\$9.25** Adhesive Tape
Equipped Not Included

Size 6½x14x8½. Shipping Weight 10 lbs.

This is the New Chief Kit. It is built solidly of wood-construction and covered with black keratol leather.

It is made so that the cans and bottles stand upright and are easily accessible. The ointment cans fit tightly into a compartment, which is closed when the lid is shut. When the lid is open—they are exposed and ready for use. The lid is made with straps at each end to hold a large roll of adhesive tape. Take the case in which the large roll of adhesive comes, cut a slot seven (7) inches long and three (3) inches wide. Re-thread the tape on the spool, so that 1 inch, 2 inch or 3 inch tape is exposed and ready for use.

CONTENTS

- 2 2 oz. Red Hot Ointment
- 1 2 oz. Healing Ointment
- 1 2 oz. Foot Ointment
- 1 2 oz. Analgesic Balm
- 1 pair Bandage Scissors
- 1 box Cold Tablets
- 1 1 oz. Smelling Salts
- 1 can Antiseptic Powder
- 1 pair Tweezers
- 1 oz. Cotton
- 1 doz. Safety Pins
- 1 doz. Applicators
- 1 4 oz. Nitrophen
- ½ pint Liniment
- 1 4 oz. Stringent
- 1 100 Aspirin
- 1 2 oz. Inhalant
- 1 2x10 Bandage
- 1 doz. Depressors
- 1 4 oz. Eye Wash

These special features have been combined to make a kit of distinction—one that is highly desirable for college and high school use.

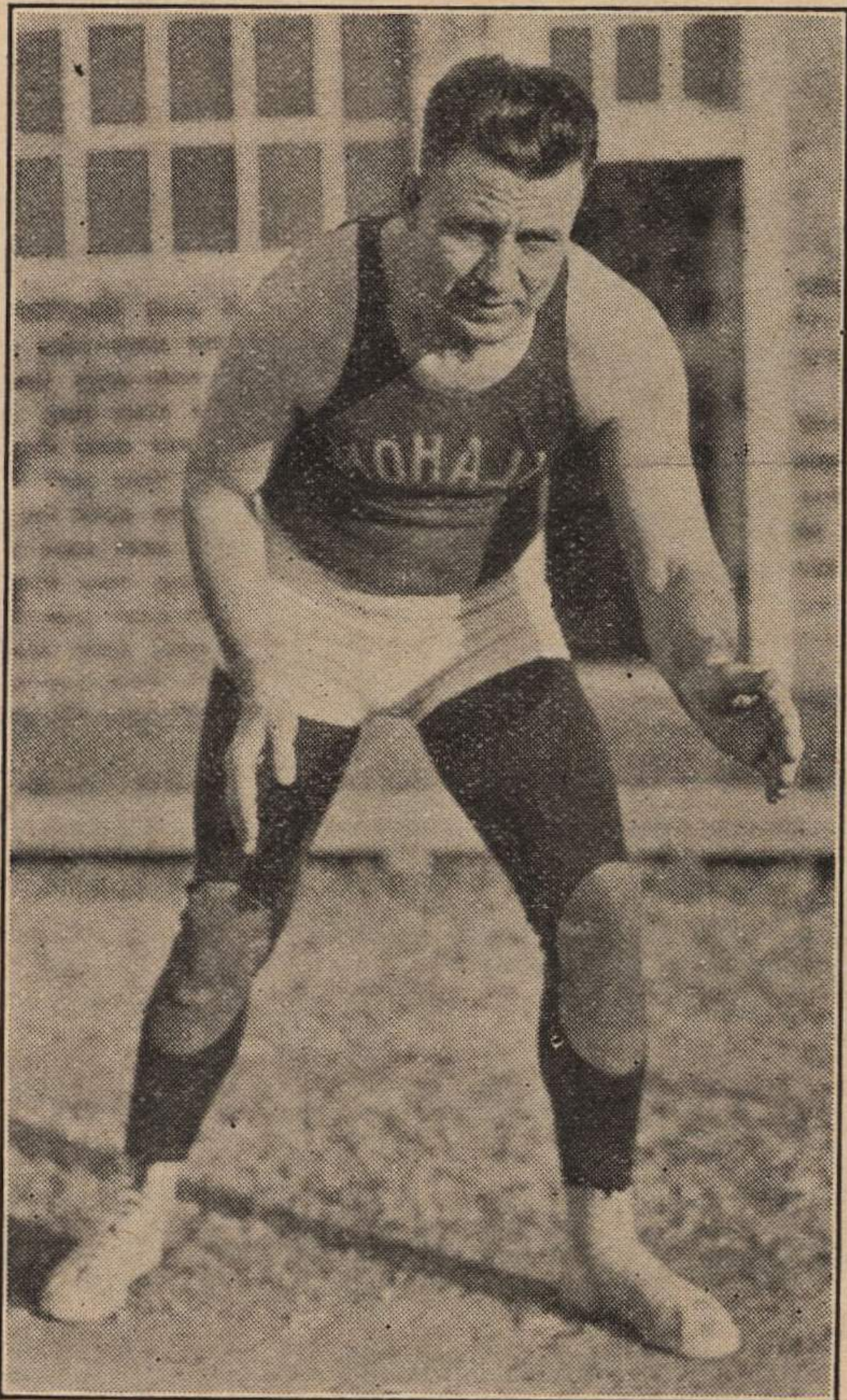
Even though this kit is in the higher priced class, the sales are the largest in unit number, showing that its value far exceeds its cost.

IDEAL FOR FOOTBALL AND BASKETBALL

Training a Wrestling Team

By Paul V. Keen, Wrestling Coach, University of Oklahoma, and Former President of the National Collegiate Wrestling Coaches Association.

Coach Paul Keen's team won the National Collegiate Wrestling Championship last year. His men are always in top condition. Here he gives us some of the reasons why and they are certainly worth studying.



Paul V. Keen

It is just about as hard to tell how to coach a wrestling team as it is to tell how to rear your son, because there are just about as many complications and variations in wrestlers as there are men on your squad. Every boy must be taken as an individual and holds and combinations stressed to suit his particular need.

However, there are several things a Coach should do that have no particular bearing upon learning to wrestle. First of all, a Coach should get acquainted with every man on his squad. He should know their likes and dislikes, their habits, temperament, and social inclination. He should gain their confidence and let them know that he is interested in them and their wrestling.

In starting a boy or team off, the first few days or up to three weeks is spent in getting the boy used to the mat and how to care for himself. We give such exercise as tumbling, rope jumping, arm push ups and running.

The first fifteen minutes are spent in these warm up exercises, and until a man can take these exercises without feeling tired, we don't give him much of anything else. However, after he has taken these exercises for two or three days, we follow with some wrestling positions. First, I se-

lect two men about the same weight and strength and they pair off together. Then we show them how to face each other in a standing position. Then from this position, I have them try to push each other off the mat, or by making each of them cross their legs or by jerking one another to the knees on the mat. We do this until one wrestler has upset his opponent three out of five times or until both have worked at it a maximum of five minutes.

The next definite step is to teach a man how to get behind his opponent. We usually teach two methods. First, we teach a man to push up his opponent's arm and slip around behind. Then we show him how to execute the single arm drag. Then we teach them how to take the opponent to the mat when they are behind the opponent. All during this instruction, we coach each man how to fall and to protect himself at all times.

The next step is to show both men the referee's position on the mat and to instruct the offensive man how to hold his opponent down with one definite hold. I usually let a man ride his opponent for a period of one minute during this drill and then make him get up and start over again. After repeating this three or four times I ask the men to reverse positions and go over the same thing, with the fellow who was underneath now starting on top. The next step is to teach another definite ride or hold down combination and have both men carefully go over this second maneuver the same way and same length of time with which they attempt the first.

Now we are ready to try some defensive wrestling. The first practice is to teach the defensive man an escape from the referee's hold and have him practice going through it with his opponent purposely offering very little resistance, repeating this six to ten times. Then when the men reverse positions with the under dog starting on top and repeat. The men learn holds from both right and left positions or your opponent will soon learn that you can't work a hold from your "blind side" and he will beat you because of it.

After three or four good standard escapes are taught and two or three pin holds, the boys will be eager for a short wrestling match.

We like to start them off with three-minute bouts, gradually increasing them one minute each day

until soon they are wrestling ten-minute matches.

We concentrate on how to teach a boy to wrestle instinctively. He must learn to work a take-down, a hold, a ride, or an escape, until it becomes a reflex action with him. In order to do this each maneuver should be tried six or eight times when it is shown and repeated the same number of times for the next ten days or two weeks, so the boy will become familiar with it before he ever uses it in a match.

During the first three or four weeks of work, I have my men finish their day by running three miles in sweat clothes. They start by running a half mile the first day and increasing it a quarter of a mile each day until the three miles are reached. This serves two purposes. First, it gets the man in good condition and builds up his heart until he can wrestle ten to sixteen minutes at top speed. Also it keeps his legs and body more supple so that he can move faster and more cleverly.

After the first four weeks, I find my men in pretty good condition. Meanwhile, I have had time to find out what style of wrestling comes most naturally to each fellow, so I start in trying to help him build up the wrestling equipment best suited for that particular style, the feints, checks, take-downs, rides and escapes that best blend with it. In other words, I try to make each man become thoroughly acquainted with the machinery of his own style, to smarten him up in all its phases until through mastery of it, he becomes a wrestler formidable enough to win a conference championship or if his balance, speed, strength and knowledge is well enough developed, a national champion.

Here is a typical weekly schedule for a Sooner wrestler after four weeks of training already prescribed. On Monday take a light work out of about forty-five minutes and finish with a jog of three miles. Tuesday and Wednesday are about the same. Have the men warm up by tumbling, rope jumping, rope climbing, chin-ning, dipping, etc. for fifteen minutes, then have something new to work on for ten minutes, a new hold or a freak combination of holds. The next ten minutes can be spent by dividing the men off into pairs and having them go through holds that they know or are trying to know. Then have two men put on a sixteen minute wrestling bout. Let them rest for ten or fifteen minutes then run a mile or mile and a half, and go in. Make them take a warm shower, followed by a brisk rub down with a rough towel, and then make them habitually go through the training room to see that scratches, mat burns, or injuries are taken care of. Their work out should be timed so that each man rests at least one hour before eating dinner.

If a man has tender feet or feet that tend to become tender from running, paint them good two or

three times a week with Tr. of Benzoin.

On Thursday and Friday make them take only a light work out so they will be ready for the match on Saturday.

Regarding general training habits, our first rule is to keep in training the year around. I don't believe any man wants to build a fine house and then set fire to it just for the fun of painting and fixing it up again.

Neither do I believe a man should build up a fine physique and then tear it down again by dissipation just so he can get in condition again with several weeks of hard work. I don't believe that a man who has dissipated to the extent that his body is out of good physical condition, can ever get in as good condition as a man who never dissipated.

I don't believe a man can get in condition who smokes, chews tobacco or drinks. He should get eight hours of sleep each night, preferably from 10 p. m. to 6 a. m., because the old adage is correct,—“two hours sleep before mid-night is equal to three or four hours after mid-night.”

Wrestlers should be regular in their habits, have a definite time to eat, sleep, study, and work out, then adhere rigidly to that schedule. We are not so particular what a man eats just so he is regular. Never eat between meals. Do not eat less than three hours before a work out. A man can eat any food that he does not belch up afterwards. Do not stuff, but always make them go away from the table feeling just a little short of full. Make them take plenty of time to eat. Certain foods are considered hard to digest and I ask most of the boys to leave them alone, such as catsup, pastries, peppered spiced sauces, hot bread, pork, fried potatoes, or any food fried in deep fat, boiled cabbage or vinegar pickles.

Foods that I recommend are Post Bran, Grape Nuts, fruit juices, and raw fruits, stewed dried fruits, toast, jelly, broiled steaks, baked or roast meats (except pork), baked potato, peas, corn, tomatoes, fruit salads, corn bread, day old bread or toast, milk and water.

Round Shoulders

To straighten rounded shoulders and backs, do pull-ups with the backs of the hands toward the face—just the good old fashioned “chinning the bar.” Use this exercise every day for several months.

If you expect to obtain results from your athletes, you must take care of them. Bumps, bruises, sprains and open wounds will cut down the efficiency and size of your squad.

Therefore, the first and most important of your purchases should be your first aids and trainers supplies.

Let Nitrophen be your G-Man on guard constantly to prevent infection.

THE GAME FIRST AID KIT



This Game Kit is of solid wood construction, covered with black keratol leather. It is sturdily built and will stand the “knocks.”

It contains every item necessary to give First Aid and, while compact, still has enough space to carry extra bandage, ankle wrap etc., if desired.

This is a real bargain, as the contents at school price total \$5.55, making the Kit cost only seventy cents when purchased equipped.

If you will notice the size, you will see that this number is in the class of the larger Kits. When the lid is closed, you will find a handle on the top. This makes a nice looking, dignified bag, one which will build prestige for your department.

This Kit is a favorite with the colleges, for use by intramurals, “B” teams and physical education departments.

Special School Price, Equipped

\$6.25

Size, 14 in. x 6 in. x 7½ in.

Shipping Weight, 9 pounds.

- 4 oz. Nitrophen
- 2 oz. Foot Ointment
- 2 oz. Healing Ointment
- 1 1x2 yd. Adhesive
- 25 Aspirin Tablets
- 2 oz. Red Hot Ointment
- 1 oz. Cotton
- ½ pint Athletic Liniment
- Wood Applicators
- 1 can Antiseptic Powder
- Tongue Depressors
- 1 2 in. x 10 yds. Bandage
- 1 Smelling Salts
- 1 pair Tweezers
- 25 Laxative Tablets.
- 4 oz. Stringent
- 4 oz. Eye Wash
- Cold Tablets
- 2 oz. Analgesic Balm

IDEAL FOR FOOTBALL AND BASKETBALL

Treating Athletic Injuries

A Discussion of First Aid and the Treatment of Injuries
Received in Athletic Competition

Seventh Annual Revision

What is First Aid?

With reference to athletic injuries it means the care and treatment of all minor accidents that are continually happening to the members of your squad—not only the first treatment, but the subsequent care necessary to prevent infection or complications.

Your problem is to keep your players in the game at top form and ready to give their best performance. How best can this be done? What do you have to do, and why?

Athletic injuries naturally divide themselves into three groups.

First, there are some things the player can do for himself. It is your job to tell him what to do, and how to do it, and then see that he does it. Properly sterilizing all scratches and places where the skin is broken—no matter how small, preventing blisters and galled skin, stopping a sore throat or cold—in the early stages—keeping the bowels regular, diet, etc. These little things can become major problems when neglected.

Therefore, outline a course of instruction on personal First Aid treatment and hygiene for these minor things and insist that it be followed by every athlete.

In the second group there are those injuries that should be treated by the coach or trainer—larger open wounds, boils, stiff and sore muscles, sprains, bruises, "charlie horse."

These must be given personal supervision, because they are the ones that reduce efficiency—keep the men on the sidelines—prevent team work and lower chances for victory.

In the third group we have injuries that should not be handled by the coach—fractures, internal injuries, concussions, injuries to the eye, ear, or teeth—those should be taken immediately to your physician.

Open Wounds

Your first problem—the one occurring most often—is the treatment of open wounds.

By open wounds, we mean cuts, clips, strawberries, skinned elbows, or knees or any place where the skin is broken.

It is a scientific fact that the only cause for infection in new wounds is the entrance of bacteria into the wound.

If these wounds are not immediately sterilized, the pus germ (staphylococcus) enters. One single germ can grow into 8 million overnight.

It is necessary for the blood to combat these germs and considerable time and energy are consumed before they are killed and carried away. This time and energy can be saved if the wound is properly treated.

Treatment of Open Wounds

Use Nitrophen immediately on all wounds where the skin is broken.

1. It sterilizes thoroughly in 90 seconds.
2. It penetrates deeply.
3. It checks excess bleeding.
4. It keeps its germicidal strength indefinitely.
5. It anaesthetizes—relieving pain.
7. It is ideal for treating cuts, scratches, floor burns, fire burns, blisters or strawberries.

It is a modern germicide containing all the elements for quick and complete sterilization.

Directions—Saturate a piece of cotton with Nitrophen and place it over the wound. While sterilization is complete in 90 seconds, it is advisable that the cotton be left on for three or four minutes.

Nitrophen goes farther than just killing harmful bacteria in the wound.

If given these extra minutes, it will seal the bleeding capillaries, coagulate the lymph, draw the torn, jagged edges of the wound together and prevent the forming of toxin, which is produced by the decomposition of destroyed tissues. When this treatment is completed, the wound is ready for an antiseptic dressing.

Excessive Bleeding

For excessive bleeding from open wounds, use a thick pad of bandage. This is made by folding the bandage back and forth many times. Saturate this pad with Nitrophen and place on the wound. Fasten on tightly with bandage and adhesive tape.

If bleeding still persists, a blood vessel has probably been severed and a tourniquet should be applied.

Care should be taken in the use

of a tourniquet. It should not be twisted too tightly—just enough to stop the bleeding and should be loosened every ten minutes. Remove tourniquet as soon as bleeding has stopped.

For nose bleed, twist a pledget of cotton onto a wood applicator—saturate with Nitrophen and apply into the nostril.

Directions for Preparing an Antiseptic Dressing

Take a piece of gauze pad or piece of folded sterile bandage, large enough to overlap the wound generously on all sides. Cover this with a coating of Healing Ointment, one-eighth inch thick and lay over the wound, being sure that you get com-

ANTISEPTICS

NITROPHEN



A powerful germicide. Sterilizes in 90 seconds. Stops bleeding. Relieves pain.

	Wholesale School Price
4 Oz. Bottle	\$0.60
Pint Bottle	1.50
Quart Bottle	2.25
Gallon Bottle	6.00

ANTISEPTIC POWDER



Prevents galled skin. Dries perspiration, reduces friction. Used in shoes as foot powder.

½ Pound Can	\$0.25
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ANTISEPTIC ALCOHOL



Government formula, full 70 per cent. Sold in pints only. Extra pure.

Pint Bottle	\$0.35
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STRINGENT



Effective gargle, checks Flu, Tonsillitis, etc.

4 Oz. Bottle	\$0.25
Pint Bottle	.60
Quart Bottle	1.00
Gallon Bottle	2.50



(Left to Right)—Frank Cramer of our company. Then from the University of Arizona, A. L. Slonaker, business manager, G. A. (Tex.) Oliver, Head foot ball coach and Brenham Robinson, assistant foot ball coach. At right, Chuck Cramer of our company.

Mr. Oliver's Arizona teams need no introduction. They are always outstanding. With two gymnasiums, three out door swimming pools, basket ball and polo stadiums and tennis courts, they are well equipped to care for their athletes.

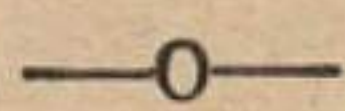
plete coverage. Hold in place with Adhesive Tape.

This same type of dressing should be used on all new and old wounds, blisters, boils, track burns and "strawberries."

The Healing Ointment forms an artificial scab which protects the wound from infection and permits the building of new tissues to begin immediately and to continue without interruption.

Tissue building is carried on by the blood. This means all tissue is built up from underneath the wound.

If through neglect, carelessness or ignorance, a wound is not called to your attention until after it has become infected—use Athletic Antiseptic Alcohol to clean and then apply Athletic Healing Ointment and bandage. Repeat this treatment once each day and favorable results are assured.



Strawberries

A strawberry is a burn where an area of skin is torn off by friction. This occurs most frequently on the knee, elbow, hip or shin, but may occur on the shoulder from falling over a hurdle, or in football.

If this wound is filled with cinders and dirt, it is advisable to wash with warm soap suds, picking out as many cinders as possible, while washing. Then saturate a piece of cotton with Nitrophen and place it over the en-

tire injured area. Leave this on for five minutes. This allows time to thoroughly sterilize, coagulate the blood and lymph, draw the torn, jagged edges together, contract the broken capillaries and properly prepare it for an antiseptic dressing.

The more thorough you make this application of Nitrophen, the more sure you will be of quick recovery.

Along with its ability to sterilize, Nitrophen contains a chemical which anaesthetizes the wound, relieving the pain and reducing the soreness.

For the antiseptic dressing—cover the entire wound with Athletic (Healing) Ointment, or if the wound is severe, place the ointment on a bandage and lay it over the wound. Bind on with adhesive tape.

Athletic (Healing) Ointment forms an artificial scab which permits tissue granulation to start within five minutes after it is applied.

If the wound is deep, these treatments should be repeated for several days.



Itching Between Toes

Itching between the toes is not always athletes foot. It may just be galled skin. These should be immediately treated with Nitrophen.

Just put the Nitrophen on cotton and place between the toes. Leave for some time—until the cotton is dry and then apply a coating of Athletic Tr. Benzoin Comp.

HEALING OINTMENT



Used as a sterile dressing over cuts of all kinds, blisters, boils, etc.

2 Oz. Can.....\$0.35
4 Oz. Can..... .50
Pound Jar..... 1.50

RED HOT OINTMENT



Creates heat which relieves deep seated pain of sore muscles, sprains, and bruises.

2 Oz. Can.....\$0.35
4 Oz. Can..... .50
Pound Can..... 1.50

ANALGESIC BALM



Creates warmth, relieves congestion. Can be used under heat lamp.

2 Oz. Can.....\$0.35
4 Oz. Can..... .50
Pound Can..... 1.85

FOOT OINTMENT



Very effective in curing "Athlete's Foot, gym itch and ringworm.

2 Oz. Can.....\$0.40
1 Pound Jar..... 2.00

INHALANT



Used in the nose gives immediate relief of nose, throat and sinus.

2 Oz. Can.....\$0.40

FIRM GRIP



An excellent non-slip paste for hands—prevents fumbling.

4 Oz. Can.....\$0.50
1 Pound Jar..... 1.35

ASPIRIN TABLETS



5 grains each—Pure Aspirin.

100 Tablets in Can..\$0.50

ATHLETIC LINIMENT



Has special penetrating powers. Has no equal in treating muscular soreness, stiffness, etc.

- ½ Pint Bottle.....\$0.80
- Pint Bottle..... 1.25
- Quart Bottle..... 2.25
- Gallon Bottle..... 5.00

ATHLETIC RUBDOWN



An effective rub-down containing alcohol, glycerine and wintergreen.

- ½ Pint Bottle.....\$0.50
- Pint Bottle..... .75
- Quart Bottle..... 1.25
- Gallon Bottle..... 3.90

TR. BENZOIN COMP.



A liquid for toughening the skin of feet and hands. Used under adhesive tape.

- Pint Bottle.....\$1.50
- Quart Bottle..... 2.50
- Gallon Bottle..... 7.90

TUF SKIN



Contains Benzoin and Tannic acid for toughening skin. Can be used under adhesive tape.

- ½ Pint Bottle.....\$0.75
- Pint Bottle..... 1.30
- Gallon Bottle..... 6.90

TANNIC ACID COMPOUND



One can makes six gallons of foot bath solution which is excellent in prevention of "Athlete's" Foot.

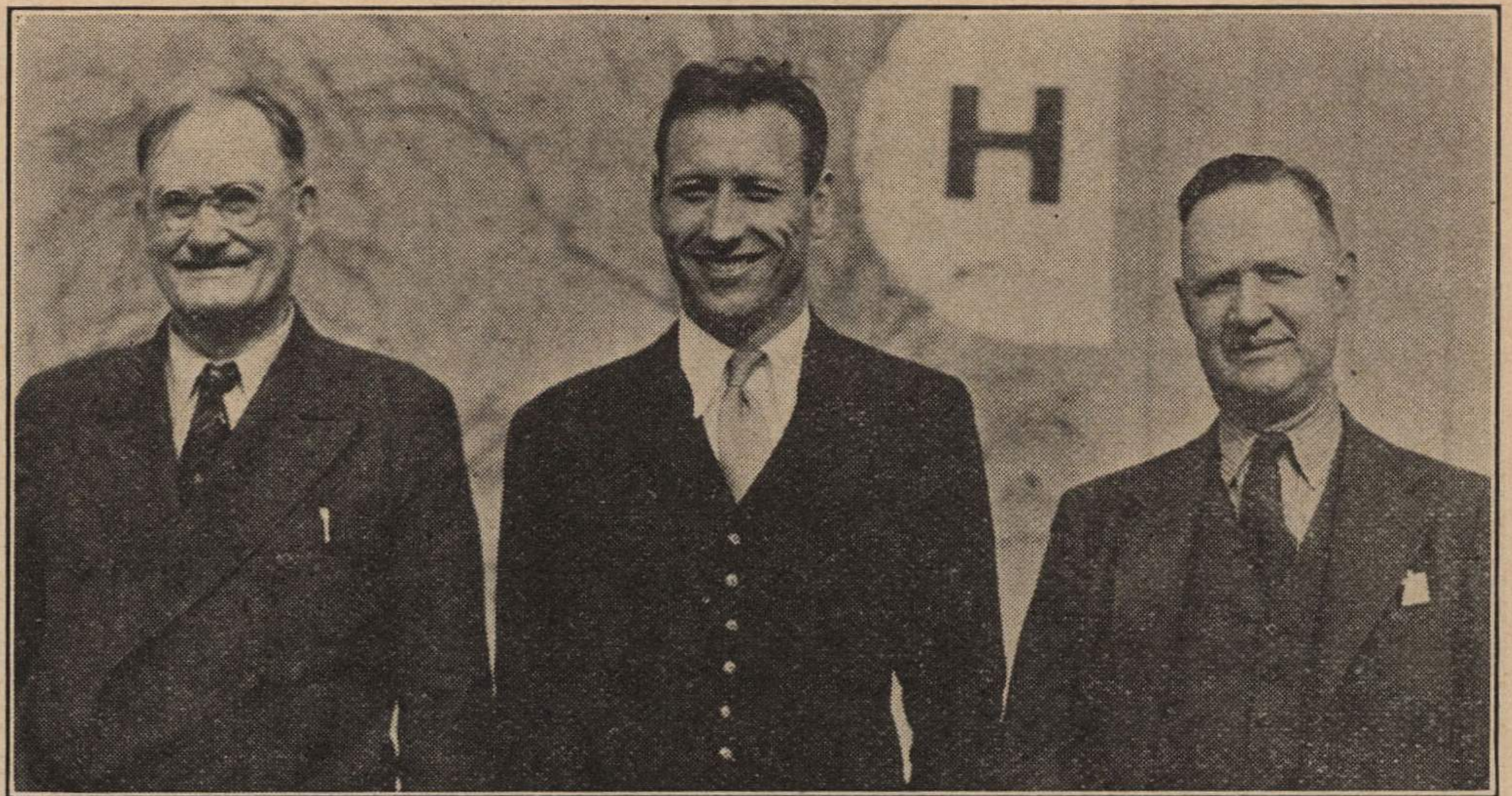
- ½ Pound Can.....\$0.45
- 5 Pound Can..... 3.50

EFFERVESCENT ALKALINE POWDER



Foams when mixed with water. Relieves acid condition of the system.

- 8 Oz. Bottle.....\$0.60



(Left to Right) Dr. James Naismith, inventor of Basket Ball, Glenn Cunningham, World's Greatest Miler and Sec Taylor of the Des Moines Register and Tribune, one of the country's leading sports writers.

Treatment of Blisters

Blisters, especially on the feet, probably cause more infection than any other class of wounds, because of neglect, lack of sanitation and friction of shoes.

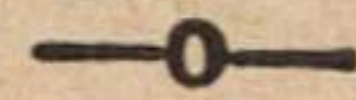
A blister should be carefully opened with a knife or scissors sterilized with Athletic Antiseptic Alcohol and the liquid allowed to drain. Cut away all the loose skin possible, then apply Nitrophen in amount sufficient to penetrate thoroughly all the blistered surface. Saturate a piece of cotton with Nitrophen, place over the entire area and allow to remain while a dressing is being prepared.

To make the dressing, use a pad of sterile gauze. Cover with a thick coating of Athletic Healing Ointment apply it directly to the wound and fasten on firmly with adhesive tape. Repeat this dressing daily as long as necessary.

It is advisable that a loose shoe or slipper be worn while the blister is healing.

After the new skin is formed and all danger of infection is past it is advisable to apply Athletic Tr. Benzoin, as it tends to toughen the new skin.

Caution: The real secret of success with this treatment depends on allowing TIME for Nitrophen to do its work.



Treatment of Fire Burns

For convenience here, fire burns can be classified in two groups:

1. Minor burns, (1st degree burns) where only the skin is damaged. Included are lamp burns and sunburn.
2. Severe burns (2nd and 3rd degree burns) where larger areas of skin and flesh have been destroyed.

For Minor Burns

Immediately apply a tannic acid solution to the burn with cotton or if necessary, spray or pour it on.

Tannic acid in water solution will not keep its strength many days but in Nitrophen the tannic acid is held in an alcoholic solution which allows it to keep its strength indefinitely. We therefore recommend Nitrophen, as it is always ready for use.

Now, because of the tannic and picric acids, Nitrophen will coagulate the poison formed by the burn, destroy any harmful bacteria, seal the nerve ends and promote the growth of new tissues quickly.

The entire area must be kept moistened with Nitrophen as long as there is any burning sensation left in the wound.

This same treatment is recommended for windburn and sunburn, At the recent World's Fair in Chicago, the Henry Ford hospital gave a vivid picture of the tannic acid treatment for burns by the use of life-sized figures.

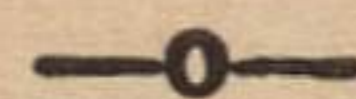
CAUTION: Never use an oil, grease, ointment or salve as first treatment on a new burn. Burned tissue creates a poison or toxin which is absorbed into the blood unless it is counteracted by proper treatment. By applying an oil or grease, this poison is sealed in, so that it can only be eliminated through the blood and when thus absorbed it causes sickness and nausea.

The treatment of burns is now very simple. Just apply Nitrophen.



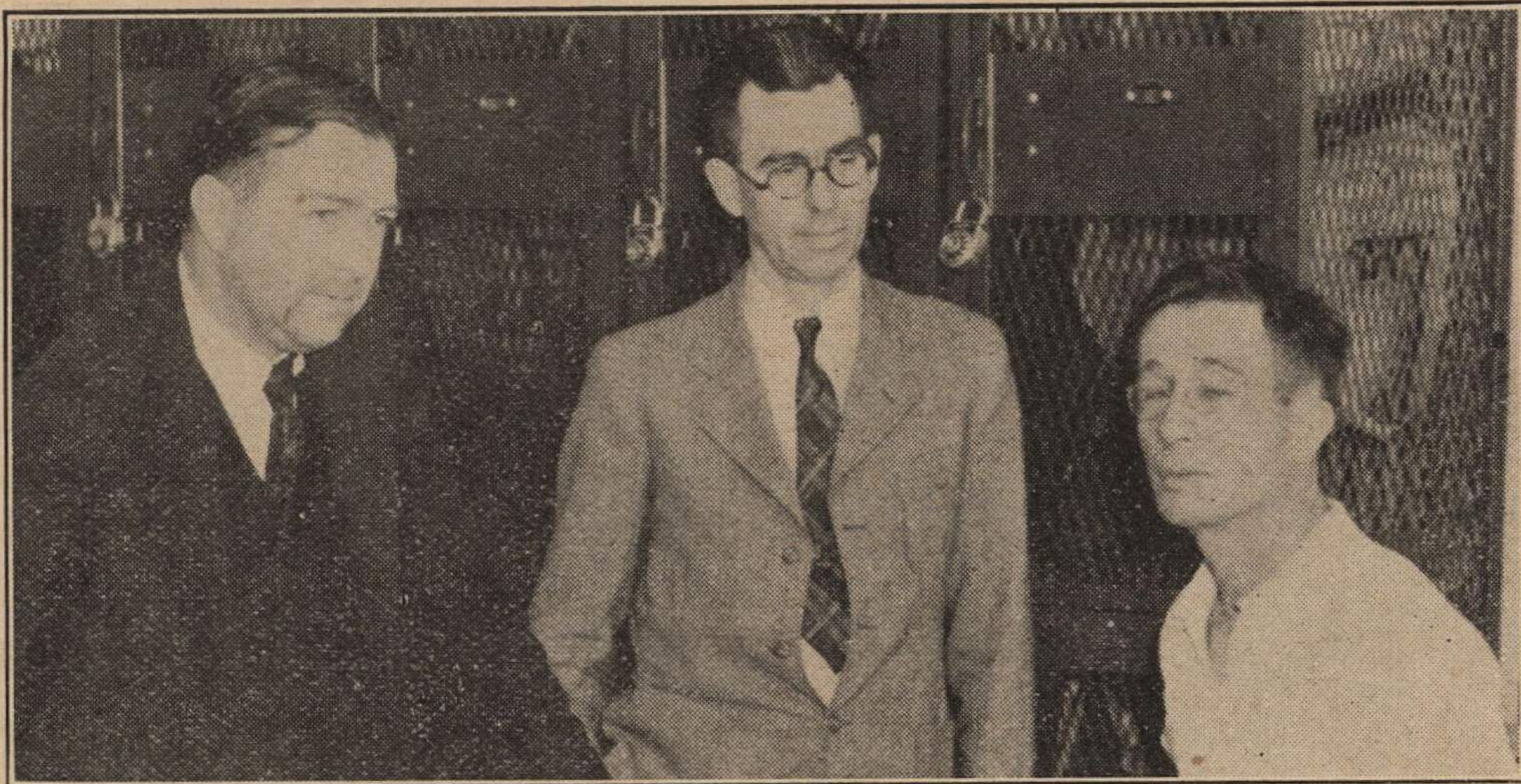
For Severe Burns

In case of a severe burn immediately apply Nitrophen and call the doctor.



Tetanus or Lockjaw

Whenever you have a wound in the nature of a puncture, which might



Centenary College Training Room

(Left to Right) Curtis Parker, Athletic Director and Foot Ball Coach, Chuck Cramer of our company and Marvin "Hoot" Gibson, Trainer. Coach Parker's teams are always outstanding in the Southern Intercollegiate Conference.

come from a nail, wire, weed stubble or long splinter, there is danger of tetanus infection. The bacteria of tetanus is an anaerobe, which means it cannot grow in the presence of oxygen.

This bacteria lodges in the flesh beneath the skin and when the skin closes over, it creates an ideal incubator in which the germ can develop.

If such a wound is brought to your attention, take your player to a physician and have him decide as to the necessity of anti-tetanus serum.



Treatment of Boils

A common boil is an infection caused by staphylococcus bacteria entering the body through hair follicles, sweat glands or an abrasion of the skin, sometimes too small to be seen.

Saturate a small piece of cotton about one inch square with Athletic Antiseptic Alcohol. Lay over the boil. While this remains on, paint all of the area within three inches of the boil itself, with Nitrophen. Prepare a gauze pad approximately 3 inches by 3 inches and place on it a coating of Healing Ointment one-fourth inch thick. Remove the cotton from the boil and apply this dressing directly to the boil. Fasten on with Adhesive Tape and leave 24 hours.

At the end of 24 hours remove this pad by using Tape Remover, as the skin must not be irritated any place near the boil.

Repeat this dressing and on each application increase the thickness of the Healing Ointment on the pad which is placed over the wound. Continue this treatment every 24 hours until the boil opens.

When making each treatment, cleanse the boil itself thoroughly with Athletic Antiseptic Alcohol, leave the pad of cotton right over the boil to keep it soft while cleaning around the outside area with Tape Remover. Pain is caused by pressure on the nerves due to the swelling and the head

crust on top of the boil itself. The Healing Ointment softens the skin and reduces the pressure. The secret of the treatment is the amount of Healing Ointment used on the boil. When the boil opens, draw the skin gently away from the edges (never press on it or squeeze) then wipe gently with cotton sterilized in Athletic Antiseptic Alcohol and gradually work out the pus and core. When the core is removed, continue light applications the same as before, until satisfied that the infection is gone.

A carbuncle is a conglomeration of boils. Several heads in close proximity appear and each seeks a separate outlet. Treatment is the same as for boils.



A Coach's Responsibility

If you give your First Aid serious consideration, you will find that there are certain problems you can't sidetrack or delegate to some other person.

First Aid information cannot be learned rapidly either from reading or experience.

Injuries should be treated three times. First, before they occur, studying, planning and preparing; second, when they occur; and afterwards the experience should be thoroughly discussed and considered.

Increased knowledge results in greater efficiency. Learn what to do, how to do it and then do it promptly and efficiently.



Injuries Where the Skin is Not Broken

These naturally fall into three groups.

1. Stiffness and sore muscles that can be massaged.
2. Deep seated bruises to the muscles, that are too sore to massage.
3. Sprains and "charlie horse."

ALKALINE POWDER



Relieves nausea and stomach sickness.

4 Oz. Bottle-----\$0.35
1 Pound Jar----- 1.25

LAXATIVE TABLETS



Mild but effective laxative suitable for athletes.

50 Tablets in Box--\$0.35

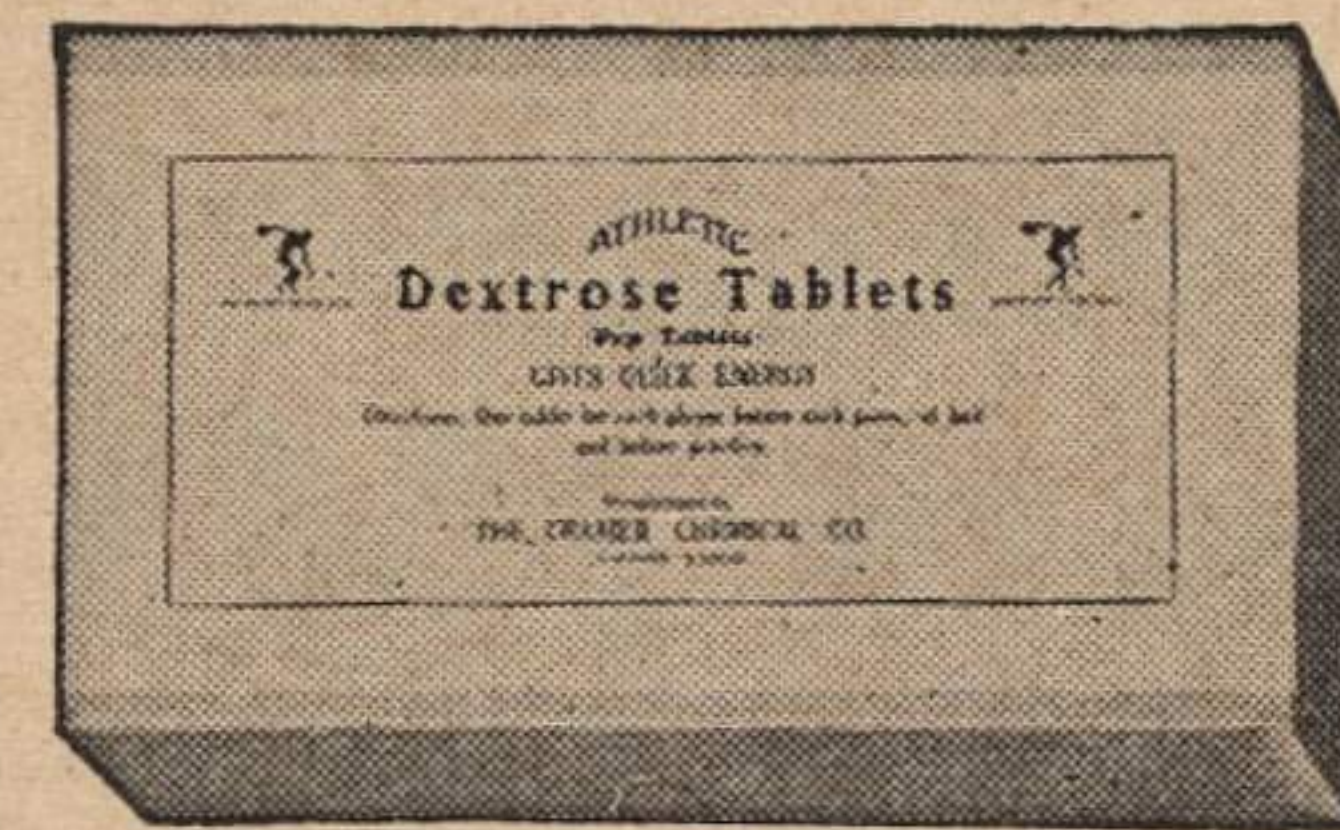
COLD TABLETS



Assists in prevention of common cold.

25 Tablets in Box--\$0.35

DEXTROSE TABLETS



Give quick energy. Strictly pure digested sugar.

60 in Box-----\$0.45
300 in Box----- 1.90

TAPE REMOVER



Quickly removes adhesive tape—Non-inflammatory.

1 Pint Bottle-----\$0.65
1 Gallon Bottle----- 4.50

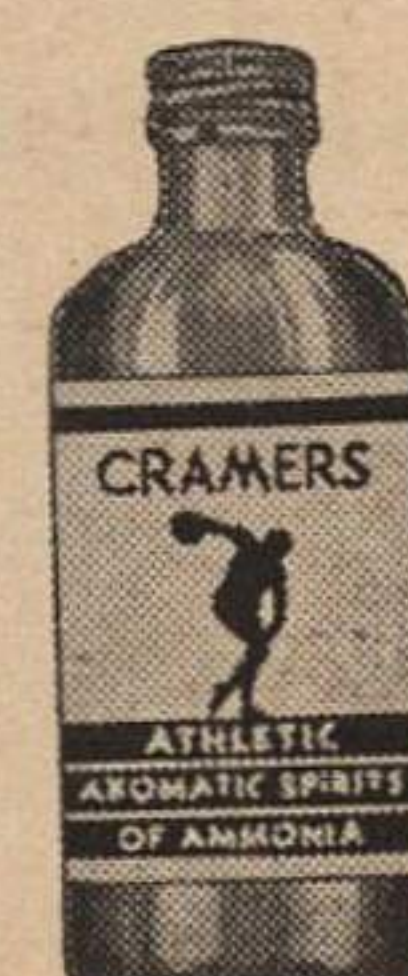
SMELLING SALTS



A safe stimulant in case of shock.

1 Oz. Bottle-----\$0.45

AROMATIC AMMONIA



A stimulant.

2 Oz. Bottle-----\$0.35
Pint Bottle----- 2.00

POWDERED ROSIN



Superior to ordinary brands. Especially prepared for athletic use.

1/2 Pound Can-----\$0.25

ROSIN BAGS



Powdered rosin in convenient bags which dust out as needed. A standard in big league baseball—Suitable for all sports.

1 Dozen in Box----\$1.60

BALL CLEANER



Universally accepted as a cleaner for foot balls and basket balls.

1 Pound Can-----\$0.35

LIQUID BALL CLEANER



A liquid for cleaning and waxing the leather of foot balls and basket balls.

1 Gallon Can----- 2.75

1 Pint Can-----\$0.50

EYE WASH



Cleans dust and foreign particles from the eyes with perfect safety.

4 Oz. Bottle-----\$0.25

SHAVING LOTION



A scientific preparation for use after shaving.

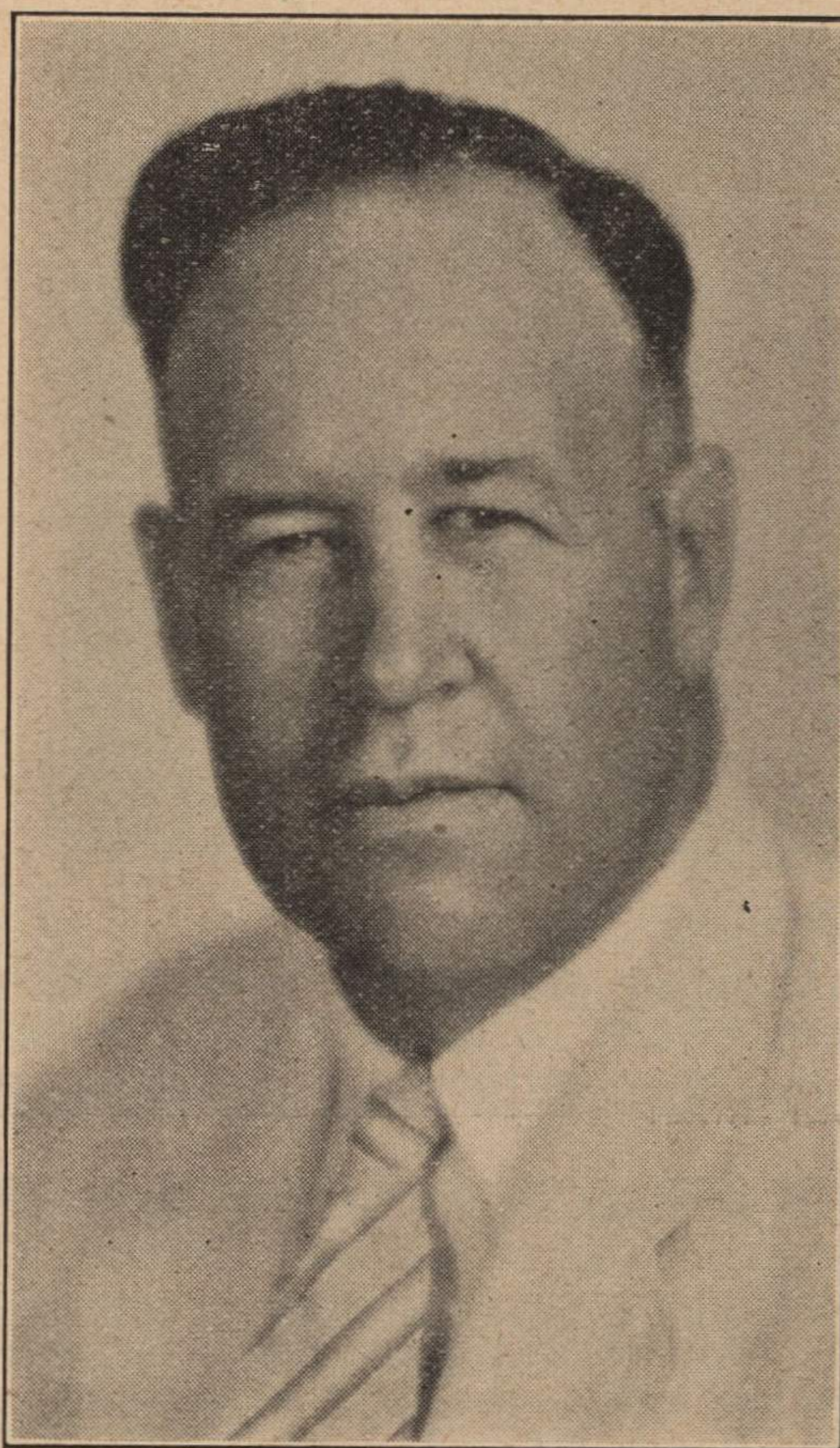
4 Oz. Bottle-----\$0.25

HAIR OIL



Prevents shower bath baldness.

4 Oz. Bottle-----\$0.25



Our good friend Major Lawrence "Biff" Jones, Athletic Director and head Foot Ball coach, University of Nebraska. He has coached at West Point, Louisiana State and Oklahoma. He always features brilliant offensive teams.

Stiff and Sore Muscles

In the first group there are those stiff muscles which may come from over-work or from unaccustomed or extremely violent exercises; also, light bruises or bumps. These are numerous and cut efficiency and team work, greatly retarding team progress.

Treatment—Use Athletic Liniment. Pour on and rub vigorously. This cleans out the pores of the skin. Wipe with a towel to remove waste material, and allow quicker penetration. Then apply more Athletic Liniment and massage, keeping surface well lubricated to prevent excessive irritation. To get the best results, we suggest at least four applications at each treatment.

The treatment assists nature by stimulating the flow of blood into the affected parts and should be assisted by continued exercise.

—o—
Massage

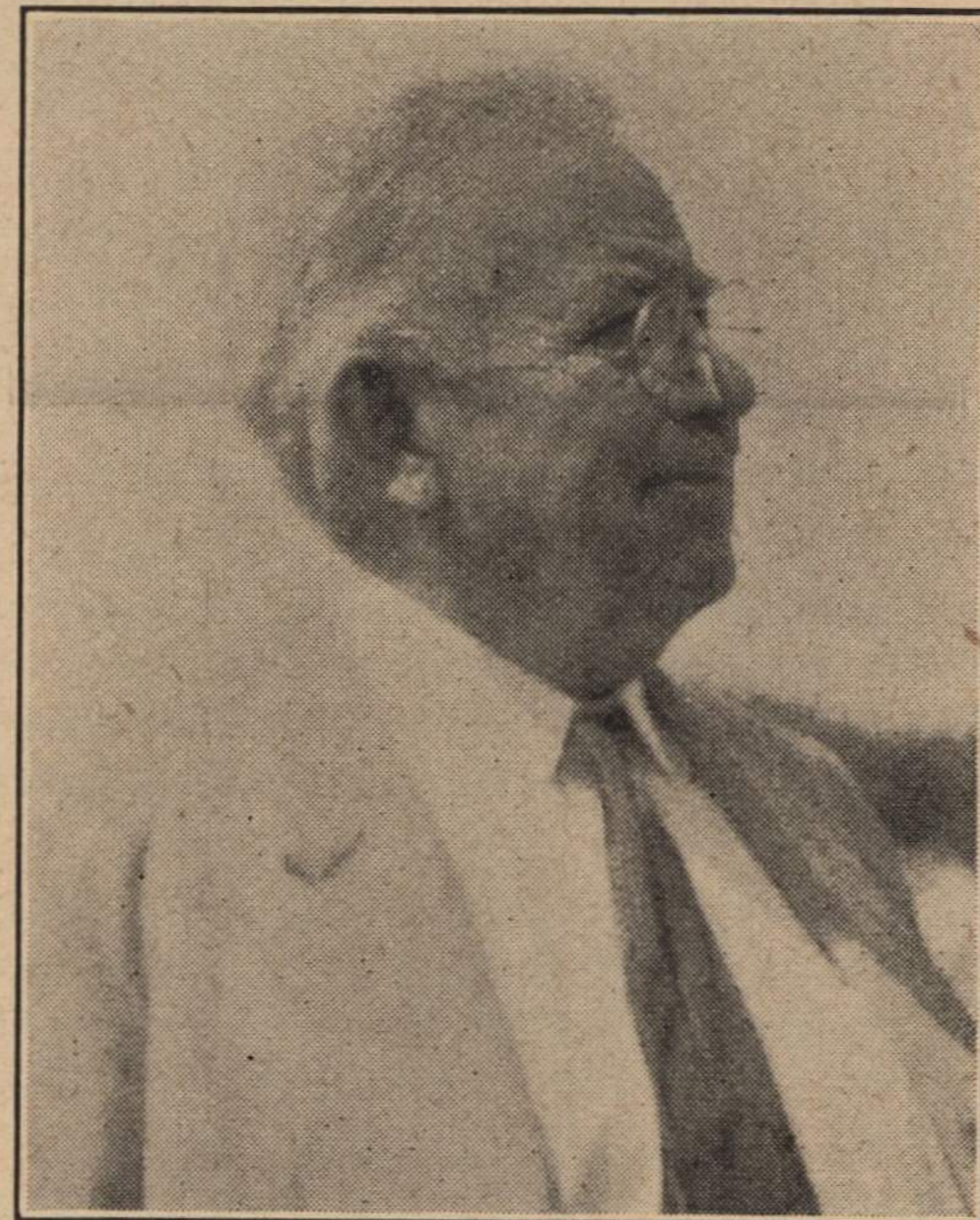
It has been said that a muscle which is injured in action needs "oxygen and washing" if it is to regain its normal condition quickly. Massage is the best method available to secure new blood and accelerate the movement of destroyed tissue.

Massage should be given in a slow, regular stroking movement at the rate of about 20 per minute. Cup the hand to fit the injured part. Start easy, and as relaxation comes, in-

crease pressure with firm even strokes. As the pain decreases, increase the swiftness of the stroke, always keeping the surface well lubricated with Athletic Liniment.

The beneficial results of massage are more noticeable in track, where split seconds count.

Special Note—Every coach should try to develop a sense of "touch" in massaging, as some injuries are badly bruised and a light, delicate handling is required.



CY SHERMAN

Sports Editor, Lincoln Star.

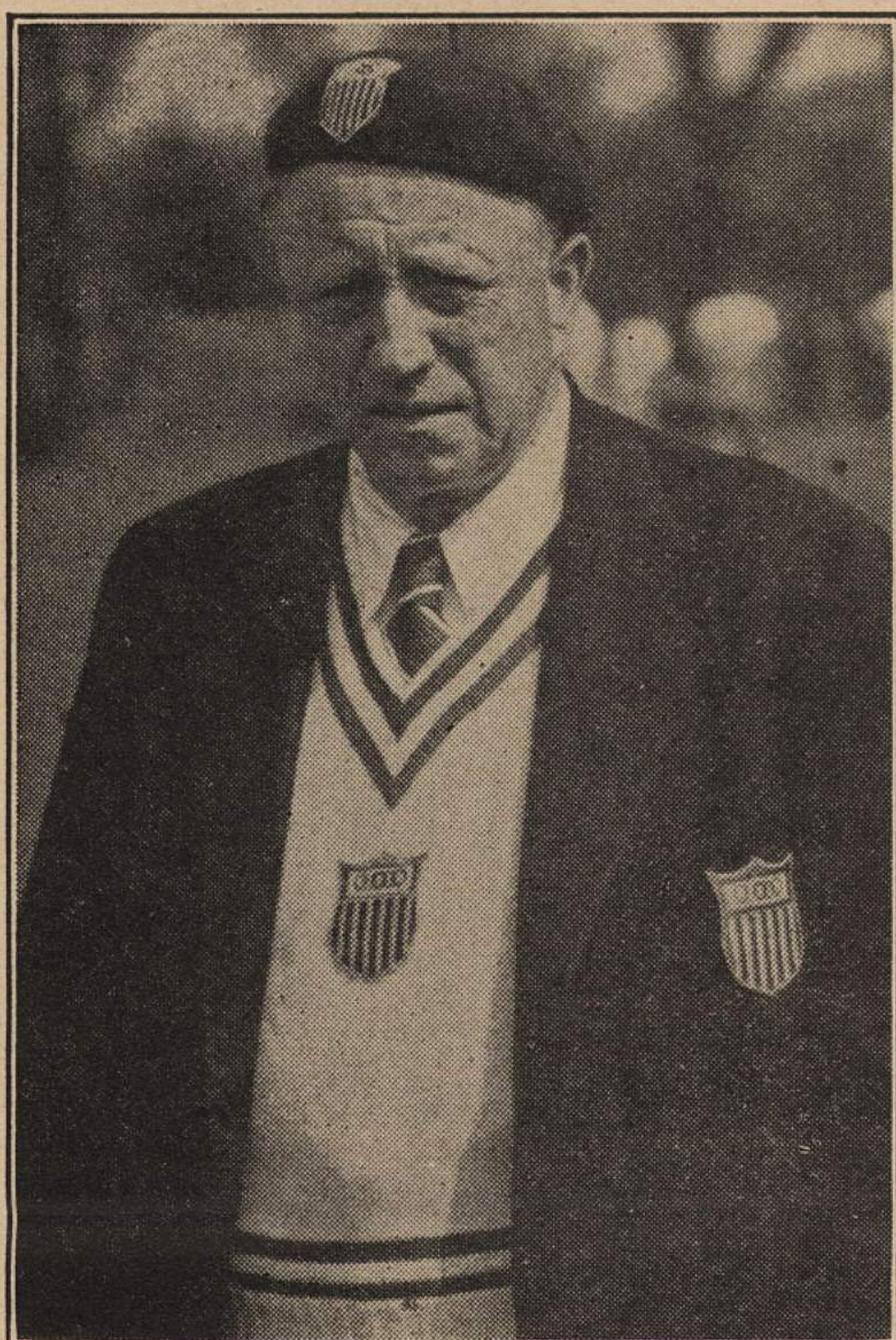
Mr. Sherman has been a sports writer for 33 years, and a reporter for 50 years. His name belongs in the honored group of famous newspaper men who have helped to make athletics what it is today.

In group No. 2. the deep seated bruises and contusions have created a condition of stagnation and congestion, causing poor circulation. The objective is to stimulate the flow of blood through the injured areas. This can best be done by using Athletic Red Hot Ointment. It is a counter irritant, generates warmth, and draws into the wound a greater amount of blood, which carries away the destroyed tissue.

Treatment—Apply a light coating over the entire injured area. It can be covered with a cloth, if desired, but do not bandage tightly. Covering with a hot towel will hasten the action. Repeat as necessary. It does not blister.

Beware of neglecting this kind of an injury as serious complications are almost sure to develop.

Special Note—When you have generated the heat desired and wish to stop the increase, wash the entire surface with Athletic Antiseptic Alcohol and dust with Antiseptic Powder. This gives heat control and no athlete will object to Red Hot Ointment if he knows it can be removed when desired.



Coach Jake Weber of Fordham University Track teams who also acts as trainer for their other teams. Mr. Weber has been an Olympic team trainer since 1920, and we had the pleasure of working with him at the 1932 Olympics at Los Angeles and now we work with him at the National A. A. U. Track and Field Meets.

Sprains and Charley Horse

Group 3 includes sprained ankles, wrists, shoulders, knees, backs or "charley horse."

On these immediately apply Athletic Liniment, rubbing carefully. Then wipe clean and apply Athletic Red Hot Ointment as directed under class two. Require the athlete to lightly flex the injured part to assist in bringing a return of normal circulation. Repeat this treatment twice a day as long as necessary.

Where there are bumps and bruises, massage with Athletic Analgesic Balm. It creates warmth and should be covered with towels to "hold in" this heat that has been generated.

If additional heat is desired, a small amount of Athletic Red Hot Ointment can be mixed with the Analgesic Balm.

Athletic Analgesic Balm is especially commended for bruises of the flat muscles of the neck and chest, and makes an ideal treatment for congestion in the chest and throat.

Whenever the heat lamp is used, Athletic Analgesic Balm should first be applied, as it forms a protecting film, which helps to prevent "lamp burns."

In some cases, athletes have thin or tender skin, and unless they are protected, the lamp may do more harm than good.

Note—If the skin is broken over a bruise or sprain, the open wound must be first treated to prevent infection.

Athletic Antiseptic Alcohol

Athletic Antiseptic Alcohol is prepared on Government formula and contains 70 per cent pure grain alcohol. It should not be used as a rub-down, but is recommended as an antiseptic wash for cleaning out old or infected wounds and preparing them for antiseptic dressings.

—o—

Cheap Alcohol

There are many cheap rubbing alcohols on the market. They are made to sell at a ridiculously low price and it is reasonable that you get just what you pay for. The analysis of many of these show adulteration with corresponding reduction of alcohol and most always these adulterants are harmful to the skin.

The Pure Food and Drug Department, after a careful checkup of our formula, have given us permission to use the name Antiseptic Alcohol which so far as we know is the only rubbing alcohol permitted to be sold as such. For your own protection, pay the few cents difference and get the results you are entitled to.

NOTE: Antiseptic Alcohol is prepared in pint size only, because of Government regulations, and if a gallon is desired, eight pints will be shipped.

—o—

Shin Splint

Shin splint is the name given to an extremely sore condition of the muscles on the edge of the shin bone.

This may be caused by unaccustomed exercise, running on the toes, hard ground or back slip on soft fields or tracks.

Two treatments are recommended. Either will produce the desired results.

First—Massage with Athletic Liniment, then apply Athletic Red Hot Ointment. Cut the foot out of a woolen stocking, leaving it long enough to completely cover the injured area. Pull this over the Red Hot and leave until heat is generated and subsides. For best results, repeat twice daily.

Second—Apply Athletic Analgesic Balm and massage, then apply a coating of Athletic Analgesic Balm and cover with one-half inch thickness of absorbent cotton and bandage firmly to hold in warmth generated. Fasten on with adhesive tape. Repeat twice daily—if possible.

NOTE: For best results for either treatment, bandage should be left on at night. Rest from work is essential, but normal activities should be continued.

If this condition is caused by broken arches, they must first be corrected or you will have a chronic condition.



C. G. SIMPSON

Track and assistant Football Coach University of Missouri. Missouri teams are on the way up, thanks to "Faurot and Simpson, Incorporated."

Care of the Feet

Bad feet "bench" as many players as any other athletic ailment. Changing to heavy socks causes excessive

SURGICAL SCISSORS

5 3/4 inch.....\$0.95

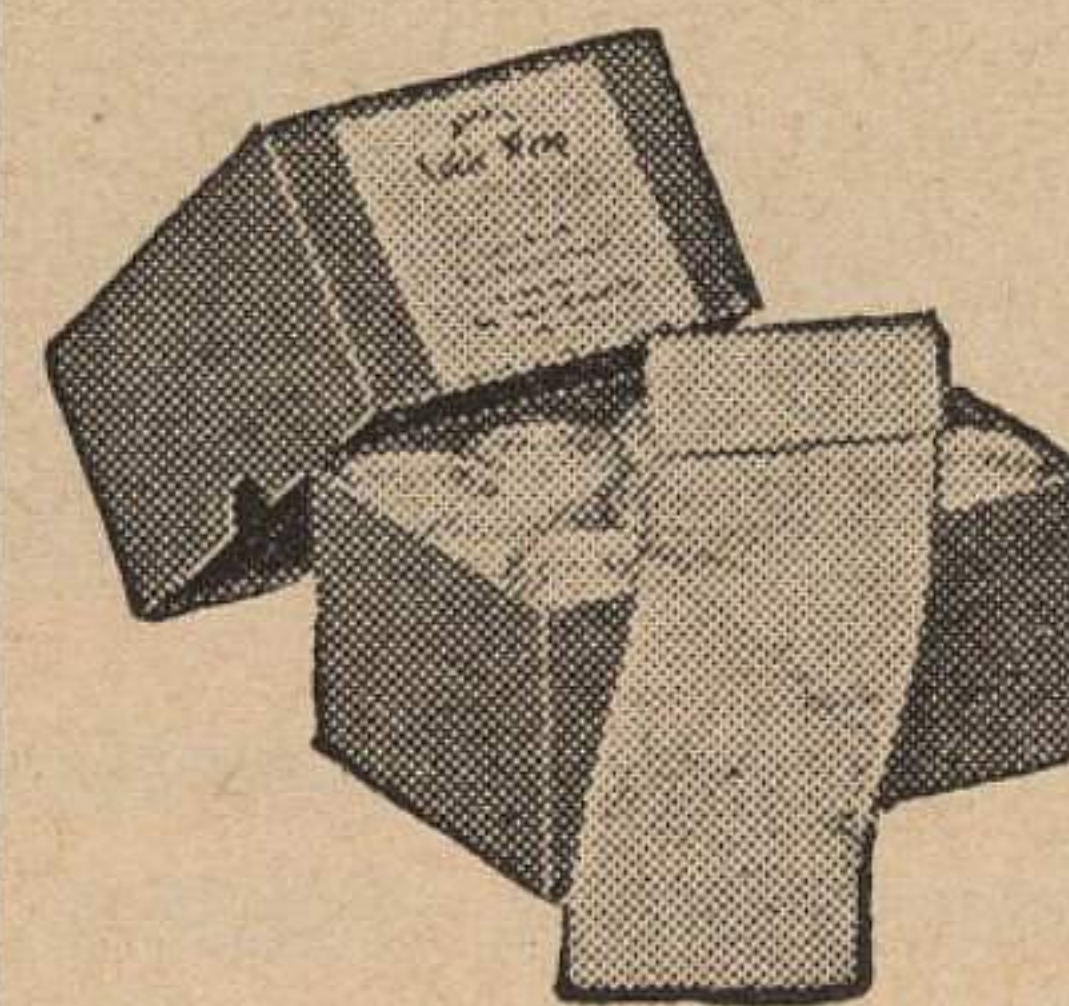
WOOD APPLICATORS

6 Doz. in Box.....\$0.20
72 Doz. in Box.... 1.00

TONGUE DEPRESSORS

6 Doz. in Box.....\$0.40
500 in Box..... 1.75

ANKLE WRAPS



2 1/4 inch wide—extra strong weaving. High tensile strength. The best quality obtainable.

Per Dozen
Olympic Ankle Wrap\$1.25
Per Dozen
Collegiate Tie Wraps\$1.60
36-yd. Roll Wrap 1.45
72-yd. Roll Wrap 2.75

GOLDEN GLOVES HAND WRAPS

Golden Gloves Hand Wraps are made just like professional boxers' wraps, with the thumb loop and tie strings, but shortened to fit the hands of young boxers.

Loop—84 inches of wrap—tie strings.
Box of 4 Pairs.....\$1.35

perspiration. The skin then becomes tender and the least friction produces blisters. Nature's method is to gradually thicken and toughen the skin—but this takes considerable time, and to assist in toughening the skin quickly, use Athletic Tuf-Skin or Athletic Benzoin.

Athletic Benzoin is a combination of tropical gums in alcohol, which produces a protective coating when applied to the skin of the feet. This film acts as additional layers of skin, until nature can grow necessary protection.

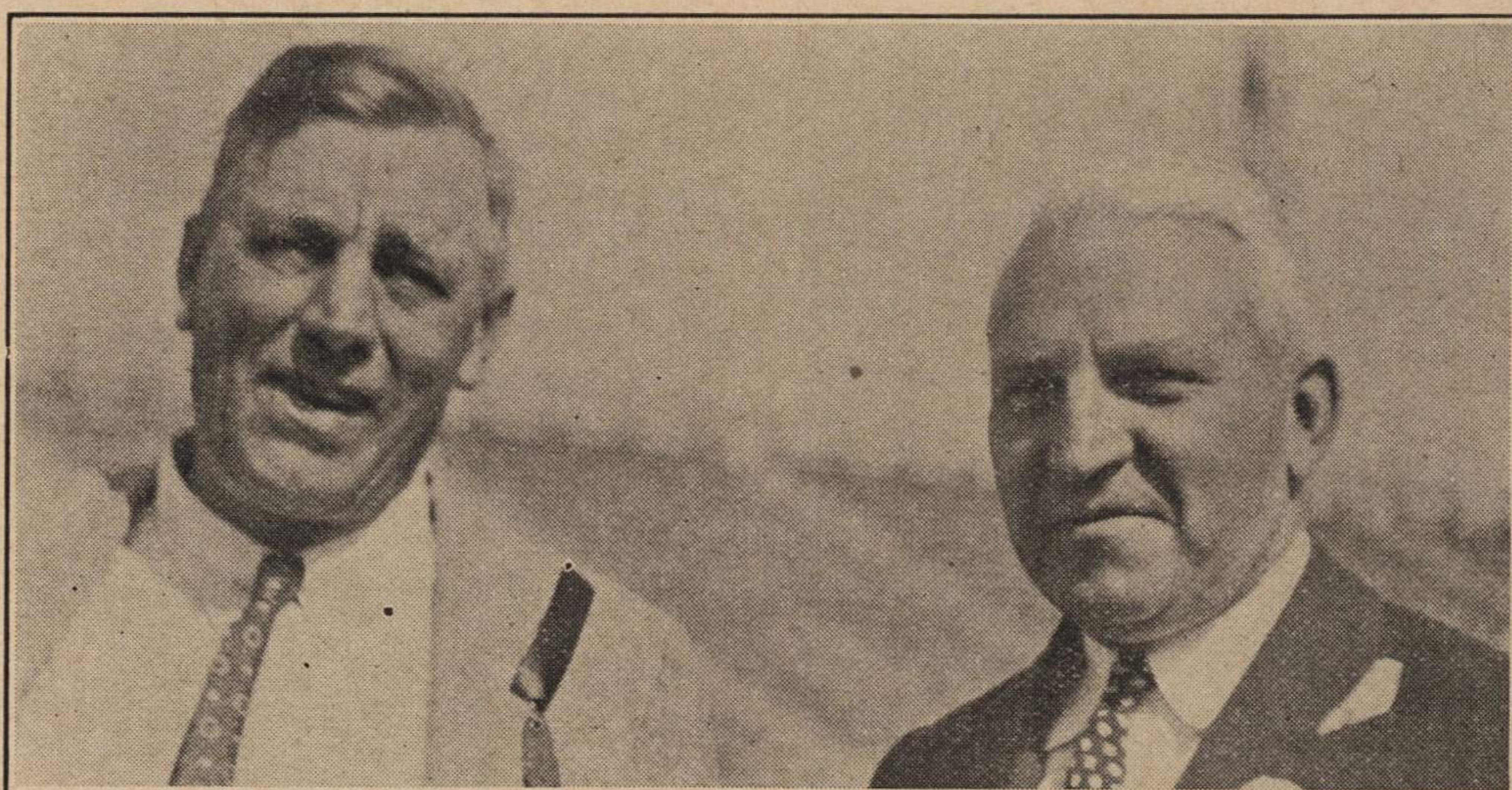
Athletic Tuf-Skin is a combination of Benzoin, Tannic Acid and other chemicals, prepared to quickly toughen the skin of the feet. This product was developed after extended research and was based on a formula used by the army in the late World War. Many cases of actual field use have proved its efficiency. Because it is antiseptic, it can be used over blisters safely. It will also prevent foot odors.

DIRECTIONS—Apply with cotton, or paint on with brush after shower.

Tuf-Skin should be used as a base for taping. It helps to protect the skin and prevents "tape rash."

Athlete's Foot

Athlete's Foot is an infection of the skin caused by a fungus which enters through cracks, abrasions or pores. In its early stages, the symptoms are intense itching, followed by inflammation and later by sloughing



(Left) H. J. Stegeman—Nationally famous Director of Athletics, Univ. of Georgia. With C. W. Streit, Jr., of Birmingham, Alabama.

The economical solution to use in this tray is Athletic Tannic Acid Compound. Just put 6 gallons of water in the tray and add 1/2 pound can of Tannic Acid Compound. Stir it into solution. This takes about two minutes. It is then ready for use. This gives an antiseptic foot bath that will last six weeks, unless it is tracked away. At that time the solution should be renewed.

Treatment

The first treatment each day is to wash thoroughly with warm soap suds then paint the entire infected area with Nitrophen. This kills any germs on the surface.

Second, apply Athletic Foot Oint-

ment. all your players soak their feet in Athletic Tannic Acid Compound solution and rub Athletic Foot Ointment on any cracks or abrasions on their feet.

Gym Itch

Gym itch is similiar to Athlete's Foot. Wash infected area with soap and water, apply Nitrophen and Athletic Foot Ointment. After a few applications of these, dust with Antiseptic Powder.

Sore Throats and Colds

Much time and efficiency are lost to the squad from common colds and sore throat. A cold can be checked if treated early. Be on the alert for the first symptoms and help your players care for themselves.

Use Athletic Stringent as a gargle for sore throat. In laboratory tests it kills over one billion harmful bacteria in 30 seconds. Dust from fields or gym floors are contaminated with infectious bacteria. A gargle with Athletic Stringent will reduce the chance of infection. It should be used after each work out.

Athletic Cold Tablets

At the first sign of a cold in the head or flu, Athletic Cold Tablets should be used. Several tablets are usually sufficient, one every three hours. Often one does the work. While this may be a new product to you, the formula has been used successfully over a period of years and every coach should have a box of these on hand to check colds and their complications.

Athletic Inhalant

To stimulate easier breathing, apply Athletic Inhalant in the nasal passages. It helps collect the dust and germs out of the air, thereby protect-



Haskell Institute Grid Staff

(Left to Right) Newton Rose, John Carmody, head coach and Harry Jones. Haskell schedules are unique in that their games take them all over the United States.

off of the skin. The fungus grows faster in warm moist places, hence shower baths, pools and dressing room floors are ideal places to pick up this disease and spread it.

Prevention

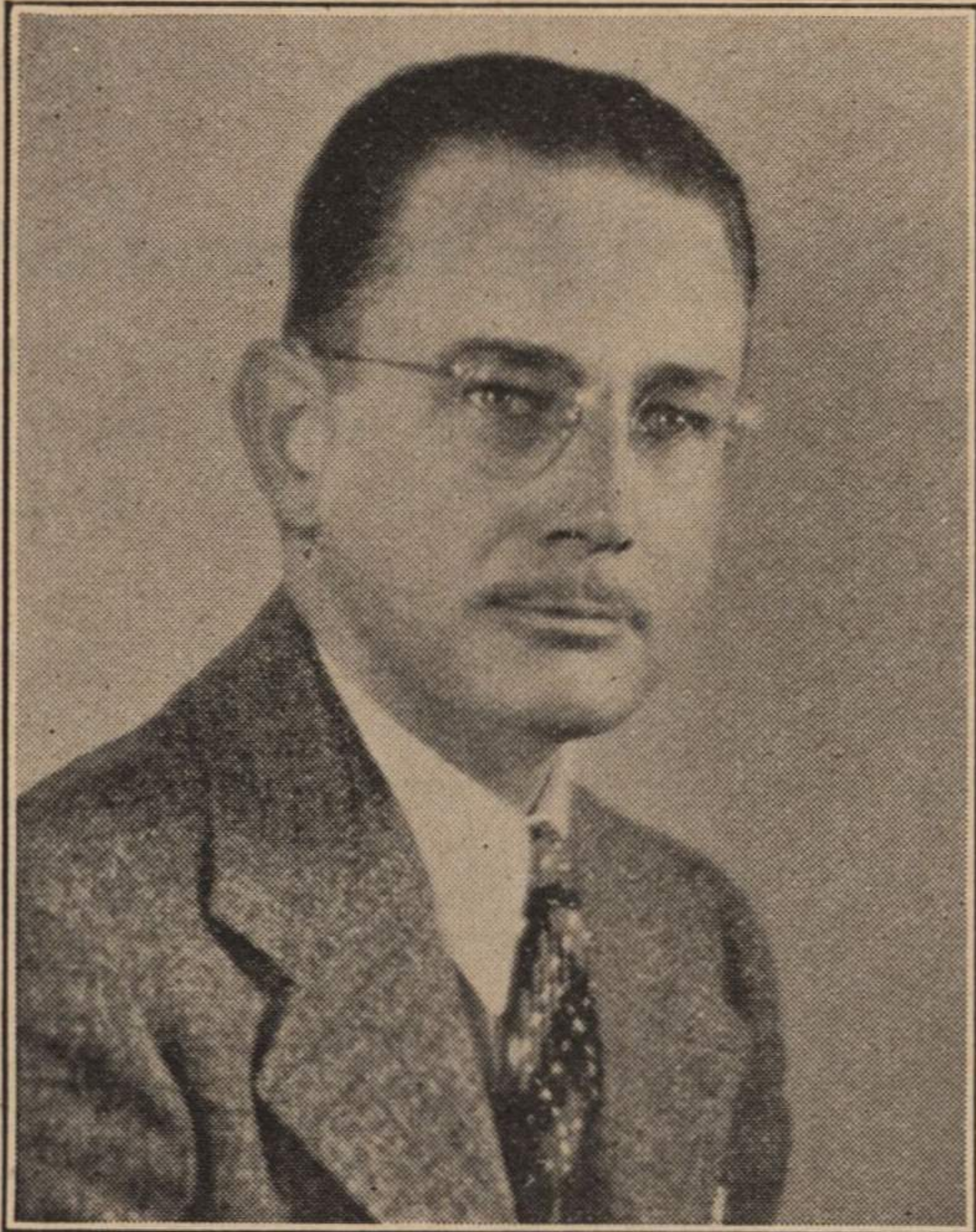
To prevent Athlete's Foot in your squad, prepare a foot bath and insist that members of the squad walk through it each day after the shower.

ment. Force it well into the pores by rubbing vigorously. It melts at body temperature and will work deeply into the infection.

Repeat treatment once each day until itching and inflammation have ceased and new healthy skin has grown over the infected area.

NOTE: Even in the mildest cases of this disease, treatment should be continued for at least ten days.

CAUTION—If you notice any signs of Athlete's Foot in your squad, have



JO E. IRISH
Successful graduate Manager of Athletics, Colorado College

ing the delicate membranes. Athletic Inhalant should also be used on dry chapped hands or chapped lips.

Athletic Aspirin Tablets contain 5 grains of pure Acetyl Salicylic Acid and are a uniformly accepted remedy.

Re-orders each season by our university accounts prove their efficiency.

Athletic Laxative Tablets assist in eliminating excessive waste material—one-half to one tablet as needed. These tablets are mild, yet effective.

Nervous Indigestion

Many athletes are nervous before an athletic event. They become "sea sick"—nauseated and seem to have a chill. This condition is caused by nervous excitement, and the blood which normally surrounds the digestive organs following a meal, is driven into the muscles. This causes the food to ferment and creates an acid condition.

This isn't really an acid condition, but it is generally spoken of in that way. What really happens is this: The forward movement of food through the alimentary tract is stopped. Body heat causes fermentation and decomposition and the forming of gas.

This condition must be eliminated immediately or counteracted and the quickest way to relief is to re-alkalize "the mass."

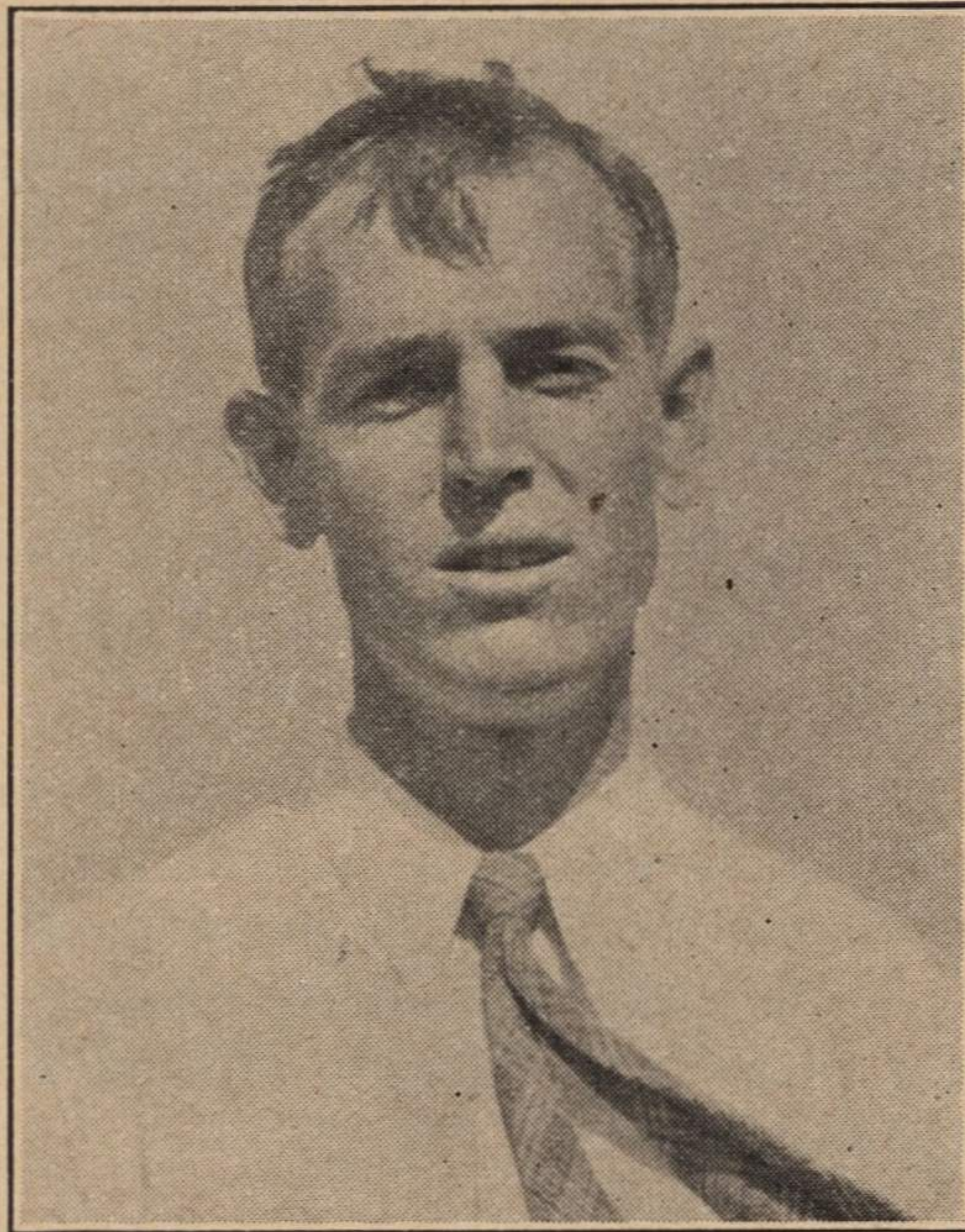
To do this we suggest you use "Athletic Alkaline Powder"—1 teaspoon in one-half glass of water. The alkalines quickly destroy excessive fermentation—the warming effects of the peppermint draws the blood back to continue its normal functions and the athlete regains his digestive balance.

Weakened Defenses

While ATHLETIC ALKALINE POWDER acts in the digestive tract, EFFERVESCING ALKALINE POWDER alkalizes the blood stream.

The result of flu or cold germs or the effect of overeating or indulgence produces an acidity of the bloodstream which lowers resistance toward infections. Especially the respiratory system.

Effervescing Powder produces carbonic acid, which when absorbed into the blood, combines with the higher acids there, producing soluble carbonates. These are quickly eliminated



PERCY BEARD
Track Coach Univ. of Florida, Former record holder high hurdles, a famous Olympic athlete.

ed and the system then regains its normal balance.

The proper way is to take a heaping teaspoonful of Effervescing Powder in a glass of cold water and drink it while foaming, as the gas created is an important part of the medical treatment.

Treating Shock

Many times during games or practice sessions, players are slightly dazed or shocked.

One good whiff of Athletic Smelling Salts will help him restore mental alertness.

In case of shock—when the athlete is lying on the floor—pour a little Smelling Salt liquid into the hand and cup over the nose, or pour a little on a handkerchief and hold over the nose.

CAUTION: Keep tightly corked when not in use.

Athletic Aromatic Ammonia used in the drinking water— $\frac{1}{2}$ oz. in a gallon of water—stimulates the lungs thus hastening the elimination of

carbon dioxide, thereby giving a maximum of oxygen for absorption into the blood.

NOTE—It has no detrimental effect on the heart.

Treatment of Galled Skin

Tender skin becomes galled by the friction caused by the shoulder pads, hip pads, supporters, knee pads and shoes. The easiest and quickest way to prevent blisters, open sores and infection is to dust the skin heavily with Athletic Antiseptic Powder. Also use in the shoes, as it prevents perspiration. It is a necessity in every training room.

Athletic Ball Cleaner

A football or basketball is most active when it is first kicked on the field or thrown onto the court. It collects a film of dirt and grease and the pores of the leather becomes clogged. This reduces the activity of the ball. Athletic Ball Cleaner is prepared to clean the surface thoroughly and clean out the pores to keep the ball as near its original efficiency as possible. It differs from saddle soap—in that saddle soap is made to preserve the leather and actually leaves a coating of grease. Athletic Ball Cleaner does not make a ball last



W. B. GURRIER
Gurrier is helping turn out winning teams at Louisiana State Univ.

longer but does increase its activity as long as it is usable.

Liquid Ball Cleaner

Liquid Ball Cleaner is a liquid soap solution containing some wax. This cleans the ball and gives it a slight polish, which prevents a quick absorption of grease and dirt.

In cases of excessive perspiration on the feet, apply Tuf-Skin daily and dust Antiseptic Powder in the shoes each morning.

The First Aider

Published by
THE CRAMER CHEMICAL CO.
GARDNER, KANSAS.

The First Aider is published for the exchange of ideas regarding the condition and training of athletes, the discussion of training room problems and the care and treatment of minor injuries in athletics.

Volume VI September, 1937 Number 3

Coaches Don't Always Agree

Henry Schulte of the University of Nebraska, famous nationally for his coaching ability says: "Warm-up suits should be drab and dull in color. When they are removed the athletes step out in flashy suits that attract the eye and center interest on the race."

H. W. "Bill" Hargiss of the University of Kansas, also a famous coach, says: "Why should warm-up suits be drab and colorless? A warm-up is an essential part of the athlete's uniform—he is in the public eye in his warm-up just as much as he is out of it—why shouldn't it be snappy, colorful, distinctive—or even flashy in appearance?"

Dressing Up Helps

But all coaches will agree that equipment plays an important part in the present day scheme of athletic activities. Clean, smart fitting uniforms will not make up for a deficiency in athletic ability but the team that sparkles with neatness, trimness and snap inspires confidence in its followers—and its members will inspire confidence in one another. Sparkling plays executed by shabbily dressed teams don't sparkle very much!

Confidence Aids Performance

Cramer First Aids and Trainer's Supplies "dress up" your training room. They give it that look of completeness and balance so necessary to insure the proper psychology in the minds of your athletes. They give that

feeling because they give results when used—and results instill greater confidence and produce better performance.

Thoroughness Saves Time

We were asked recently if hair could be sterilized. We explained that it could be, but having it near a wound increased the hazard and difficulty both of sterilizing and dressing. For this reason, you will always find the college trainer equipped with a safety razor—and even with small minor cuts, he cleans them thoroughly before dressing them. He has learned the importance of "first treatment" and how taking a few extra minutes now often saves days of time.

The Candid Camera

We read lots these day about the candid camera and its popularity in newspaper and magazine work.

The candid camera in our work is the X-ray. It should be used in every case where there is the least doubt as it saves time by telling instantly where there is a fracture, a break or just a sprain.

If there is a fracture it is a case for the doctor. If it is only a sprain, you can start work immediately with the satisfaction that you have taken proper precaution.

Help Yourself to Some Help

Maybe it isn't our business to suggest it but here goes anyway. The school men have a faithful servant—and an efficient one. He is your athletic goods salesman. It is his business to know the very latest developments in equipment and he is in a position to make some very valuable suggestions as to what you should buy to get the most durability and protection for your money. Do you look upon the athletic goods salesman as a nuisance? That isn't fair, really—he is an expert in his line and he is ready and willing to give you a lot of help if you will give him the chance. He accumulates a lot of information as he goes along—he has a storehouse of ideas for advertising games, increasing attendance, stimulating interest and financing activities.

You can help yourself to a lot of help by arranging to give some of your time to the salesman when he

calls—he's your servant—and your friend.

Something We're Proud Of!

If you were to check up, you will find Cramer products listed in the catalogs of the "Who's Who" of the athletic world.

We are mighty proud of the support and cooperation we receive from these firms, because they are the outstanding manufacturers and athletic goods dealers of the entire country.

You see, we are human too—just human enough to be pleased because of the fact that we are associated with all the winners, the leaders of a great industry.

Wash New Wounds

We cannot over emphasize the importance of washing small wounds and strawberries before sterilizing them with Nitrophen.

Nearly all of these wounds are caused by contact with the ground, the opponent's shoes or equipment and in nearly every case, foreign matter is forced into the wound.

It is always safe and proper to wash with soap and water (our Surgical soap preferred—a liquid soap) but if this cannot be done on the field of play, it is advisable to sterilize these small superficial wounds during time out and then redress them after the game.

There is No "Cure-all"

In Grandma's day every home was equipped with a bottle of "Pain Killer." The kind you rub on, take internally, use for hiccoughs, headache, cramps, earache, mosquito bites, epileptic fits, constipation, or "What have you."

Even today some people will try to sell you a product that is a germicide and a good rub down combined.

Modern chemistry and science explodes these barbarous antiquated ideas. There is no "cure-all." There is no product made—"good for man or beast."

Immeasurable time, infinite patience and untiring research are necessary to produce a first aid product of the finest quality, one indicated for a certain definite purpose.

Cramer products are designed and built, each for its own particular job. Each is made to give the greatest amount of assistance in the shortest possible time. It is not a "cure-all." It has its job and does it efficiently.

GRIDSTERS CAN GUARD AGAINST INJURIES BY OBSERVING RULES

By **Walter Gungoll**

Walter Gungoll, athletic coach at Boone, Colo., high school is strong for the use of a number of common-sense rules for conduct of lads while playing or practicing to play football. From his experience as a regular with Oklahoma A. & M. during the seasons of 1927, '28 '29 and '30, and his work as a high school coach at Cherokee, Oklahoma, and other points since his college career, Gungoll has prepared a list of do and don'ts that tend to lessen injuries. The list follows:

Football Safety Rules

1. A player should report all injuries to the coach or trainer. Nitrophen should be applied to all open wounds to prevent infection. A football player should always wear a head guard, shoulder pads, and athletic supporter when in actual scrimmage or tackling and blocking.
2. A player should always keep his eyes open, his feet well spread, on his toes, knees slightly bent; never straight legged, with knees locked and back on the heels.
3. He should have his head drawn in, shortening the neck and moving the head in close to the shoulders.
4. He should always warm up slowly before attempting fast action by stretching, bending and running.
5. He should run low, using his eyes, hands, and arms for protection.
6. In falling, do not fall on your back, leaving your stomach and face unprotected but turn on your side, keep moving and turning. Pull your chin in and your legs up.
7. When falling, do not fall tense, but fall relaxed, do not let an outstretched arm or leg lay unprotected from the rest of the body but pull them in around the ball.
8. When carrying the ball, tackled and thrown, don't fall on the point of your shoulder, turn so you will fall on your side; draw up your knees around the ball.
9. When thrown backward, raise your head when falling, so as to take the jar with the back of the shoulders instead of with the back of the head. Spin away and turn on your side if you are thrown.
10. When tackled straight on, release the cleats and go forward. Run with the knees high, on your toes, feet well spread, use your stiff arm and open hand to keep off tacklers. Keep your eyes open; look ahead and to the sides.
11. Keep your feet on the ground in catching passes, unless you must jump in the air after a high one, then come down with your feet well spread, one in advance of the other,

pivot in the air or as soon as you alight, away from the tackler. Get your balance and use your stiff arm.

12. Do not let your shoulders droop while carrying the ball or when tackling or blocking but keep them up and bring them up at the moment of impact. Muscles will prevent broken bones; drooping shoulders are easily injured.

13. Don't fall on some one point of the body, shoulder point, chin, elbow, or knees.

14. Run with the body under control and together, not with the head in the air, have hands and arms across the body, keep opponents away from body with hands (when on defense) and with bent arm, elbow and shoulder when on offense.

15. Keep feet well spread at all times, knees high, on your toes, never flat-footed.

16. Two hands on the ball when falling or going through the line, hit rolling, and keep driving.

17. Don't fall on the ball with your stomach or ribs. Fall over it. Might break ribs.

18. Pull the upper leg up after falling over the ball, to protect the player and the ball.

19. Keep fingers bent on scrimmage line, not straight, might be stepped on and broken.

20. Linemen on defense and when carrying the ball and stiff arming, keep your fingers and thumbs together, so as not to sprain them.

21. To avoid sprained ankles, keep the weight forward on the toes, keep the ankles rigid.

22. When tackling, keep the eyes open and hands closed until time for the hand clasp around the wrist; jar your opponent; have your weight in your shoulders, don't let him jar you by keeping your legs under you and driving forward.

23. On a side tackle, get your head in front of the runner, not behind him. Have head close to shoulders, use arm behind runner's legs to bring down runner's and spin him to you which puts you on top. There is no danger of a heel of the runner injuring you in this way.

24. You must drive under the stiff arm, or force the runner to pass you on the side which he is carrying the ball or tackle him as he is changing the ball.

25. In going down on the kick-off, run crouched with knees bent, feet well spread and hands and arms ready to ward off blockers; eyes open, look out for a side block.

26. Don't leave yourself unprotected before, during or after a kick or pass.

27. You may be tackled after a fair catch so pull your body together in making the catch.

28. In catching a punt, pull yourself together for the catch which gives you some protection. Spin away, stiff arm, and side step.

29. Jump over a rolling blocker or to the side, using your hands, bending your knees, or backing up.

30. In a pile-up, protect your face with your arm bent at the elbow unless you are the ball carrier and you are below and face downward.

31. Breaking up interference, keep body bent at the waist, feet well spread, inside foot advanced. Use your hands, head and eyes to break through interference; do not take your eyes completely from the interference runners to the ball carrier but watch both at the same time.

32. Do not have your feet on the same line, always have feet well spread, on your toes.

33. In blocking and tackling, do not allow the hand or hands, to bend under at any time. Your wrist might be broken in this way.

34. In football, you must get your man but be careful that someone does not get you first. You may be blocked while trying to block someone else or you may be pushed into a team-mate by an opponent from the side.

35. Head collisions are caused by having the eyes closed; keep your eyes open and head up, but drawn in close to the shoulders.

36. Pull the runner's legs together and hold them tight so the runner cannot kick or injure you by working his legs and feet.

37. In using your hands, have the fingers turned under the knuckles when playing in the line on defense or offense, have your fingers together with the thumb near the fingers in defensive work and in stiff arming.

38. Block the kicks with the arms crossed. Go for the ball, kickers legs and foot from the side. Do not go straight in front of the kicker's foot. Might get kicked in the face, neck, or body.

39. Do not pile up after the whistle blows. Line up for the next play.

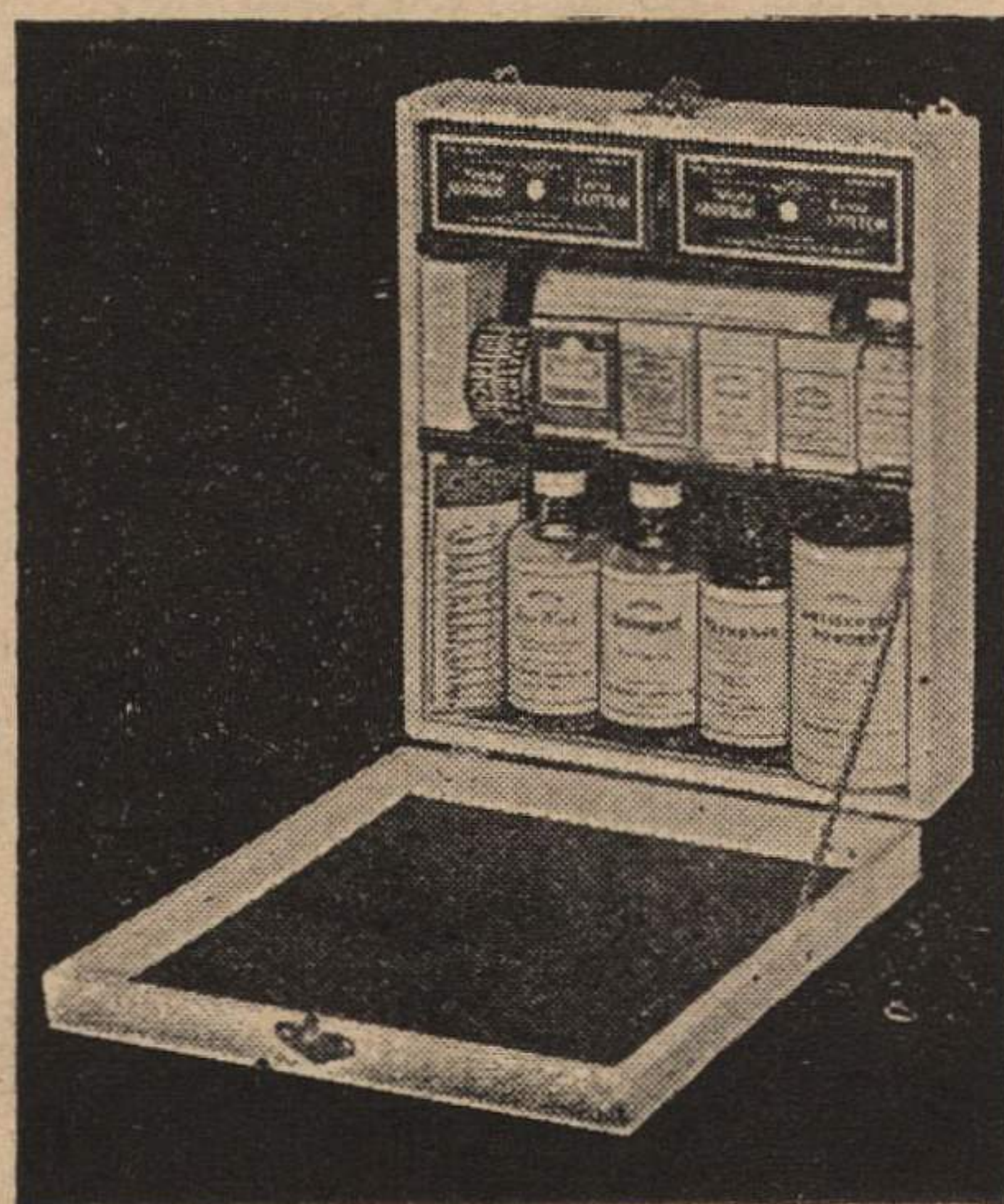
40. Be relaxed between downs but tense and set for the charge. Put a second and third effort in every charge. Play clean, fair and fast.

No Infection is Minor



Sterilize every cut and scratch with Nitrophen

Standard Wall Cabinet



3½ x 12 x 10½
Special School Price
Equipped, \$4.85.

Two Exceptional Values

Both of these
are officially
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Aid Equipment.

School First Aid Kit



2¼ x 5¼ x 8½
Special School Price
Equipped \$3.25.

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