

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.

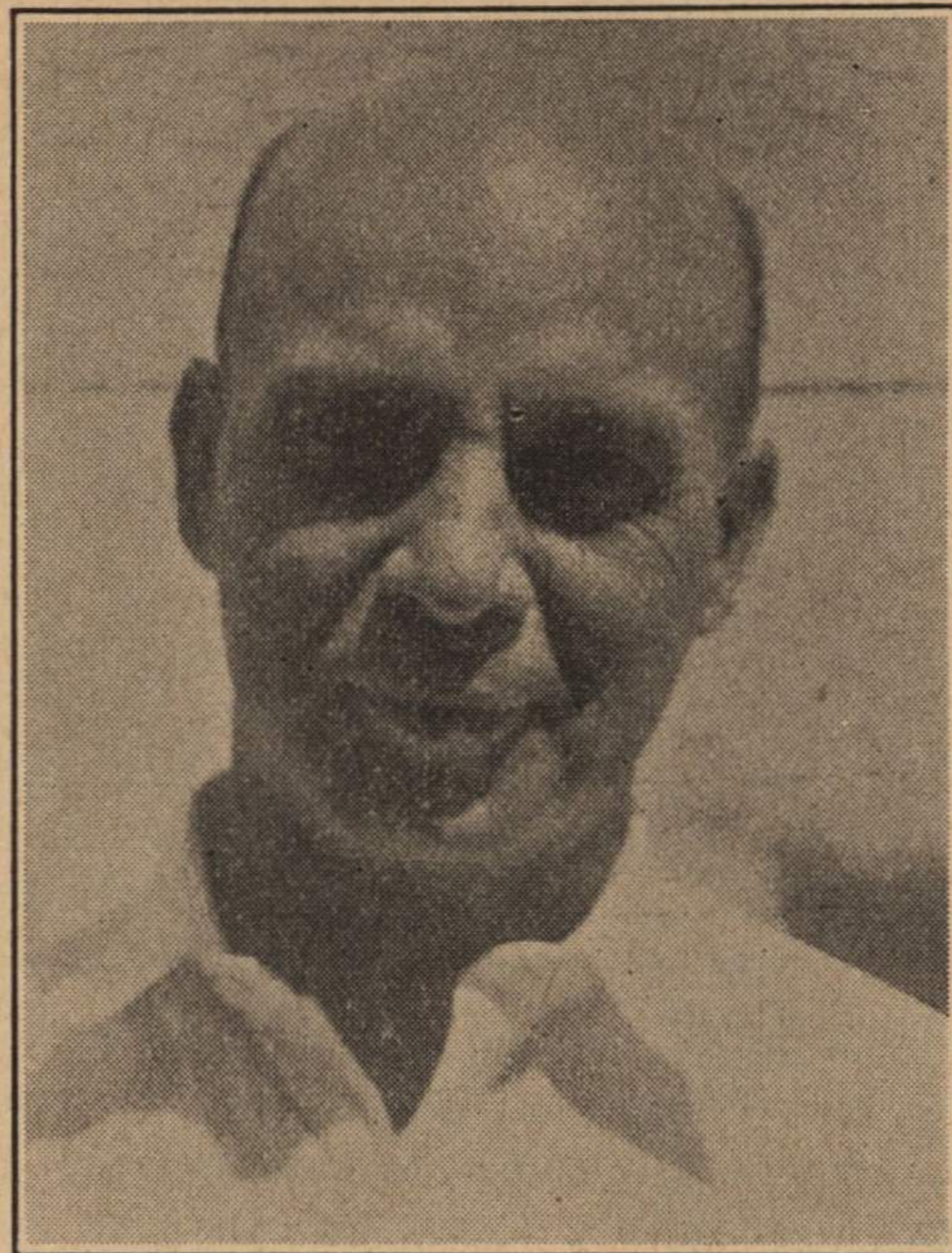
After the game is played, the notes should be added to the permanent scouting record of that team, and discrepancies, if any, corrected. The complete form should be carefully filed for future reference.

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.