

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