

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.

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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.

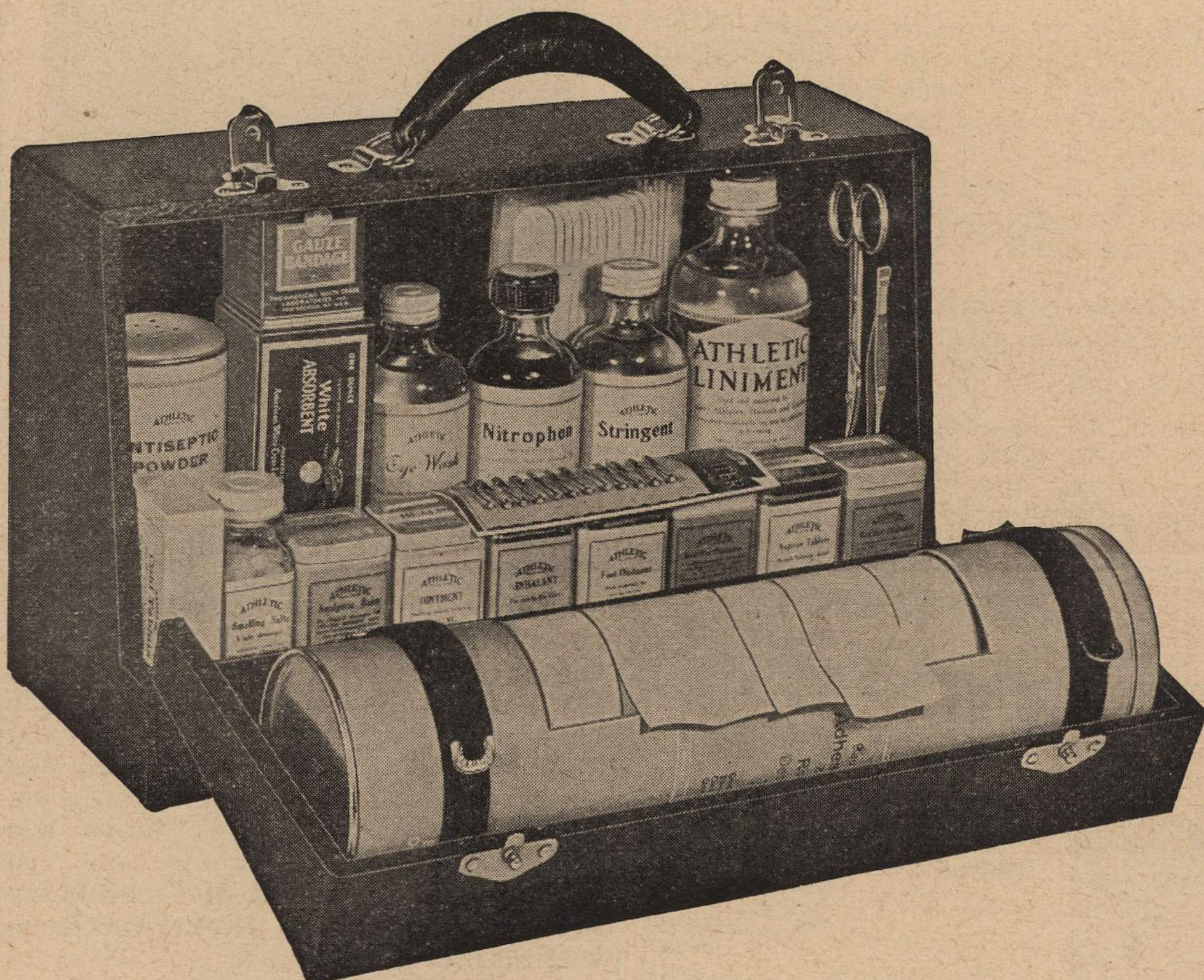
All that was needed to relieve this condition was a little manipulation. With the athlete on the rubbing table lying face up, grasp the ankle with one hand and the knee with the other—bend the leg at the knee and push the knee across the body gently, continuing in a circular motion up toward the face, 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.

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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. Rethread 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