

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.

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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.

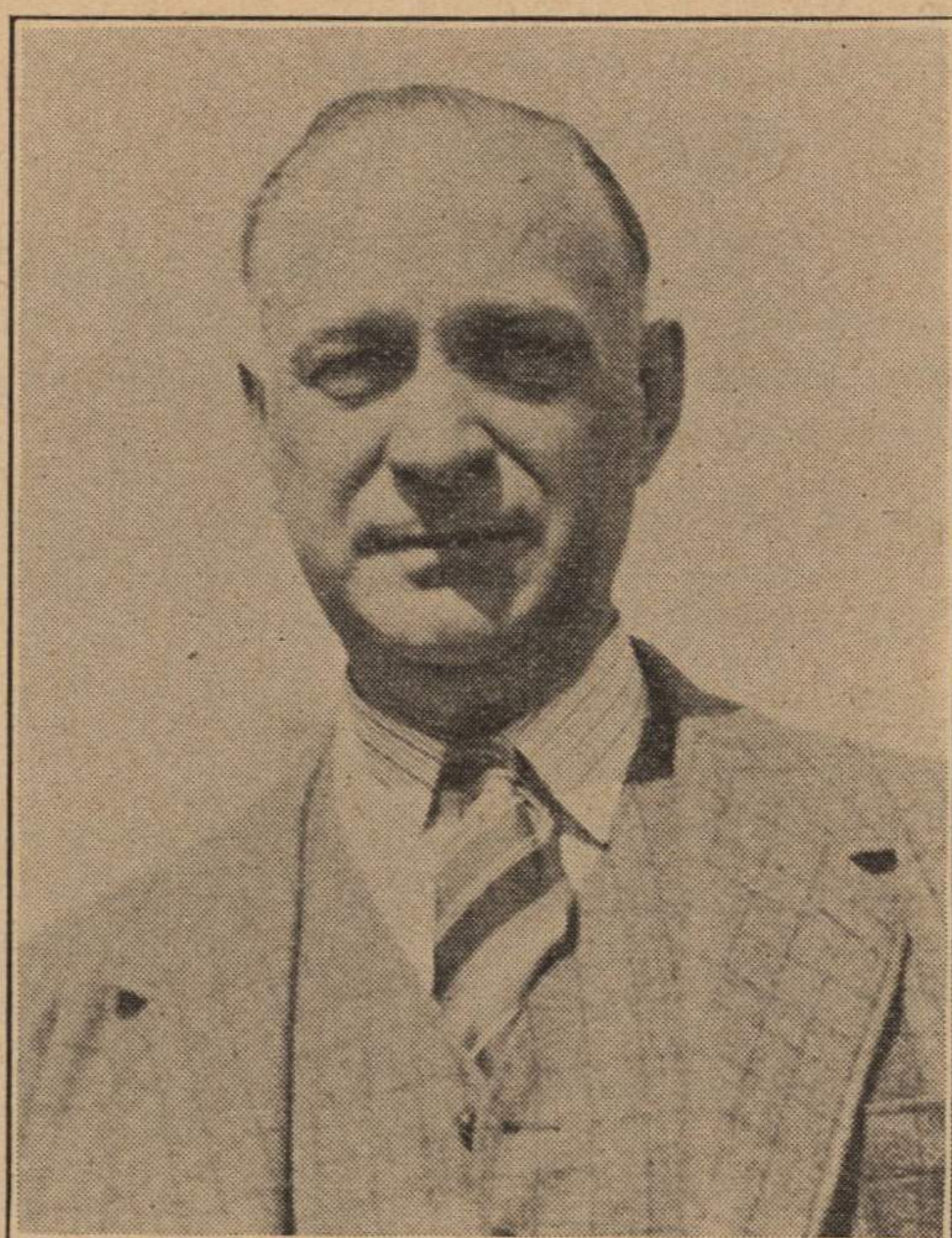
EDUCATE PLAYERS TO CARE FOR MINOR INJURIES—

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.

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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