

POWDERED ROSIN



Superior to ordinary brands. Especially prepared for athletic use.

½ 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

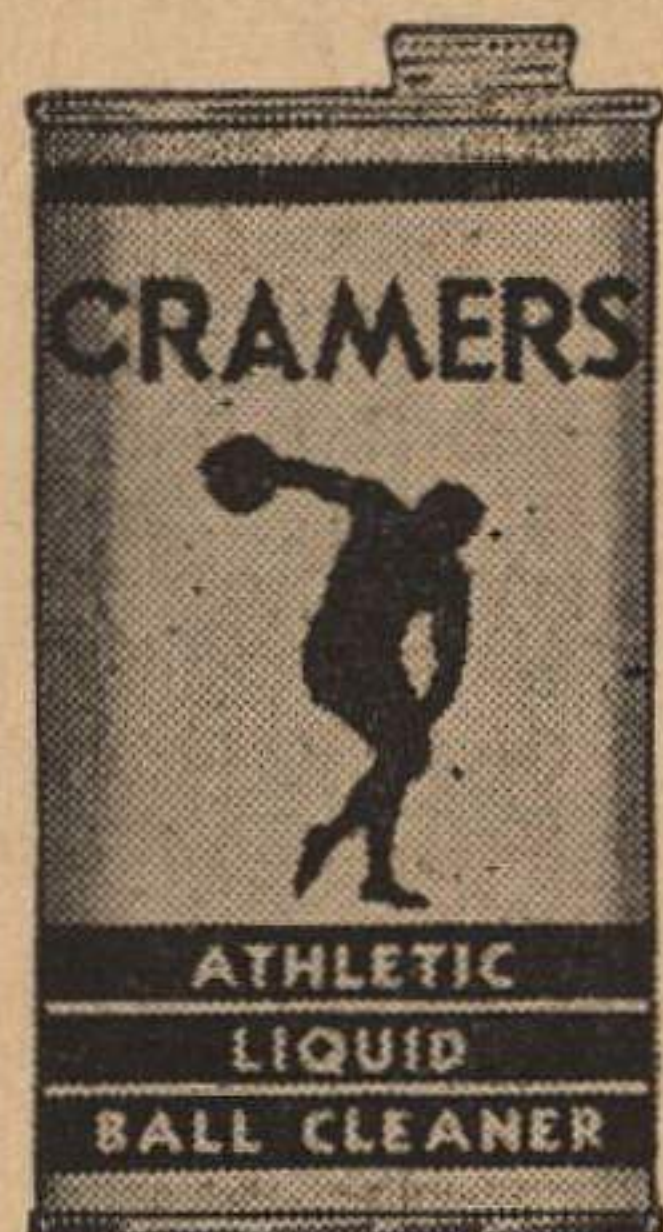
BALL CLEANER



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

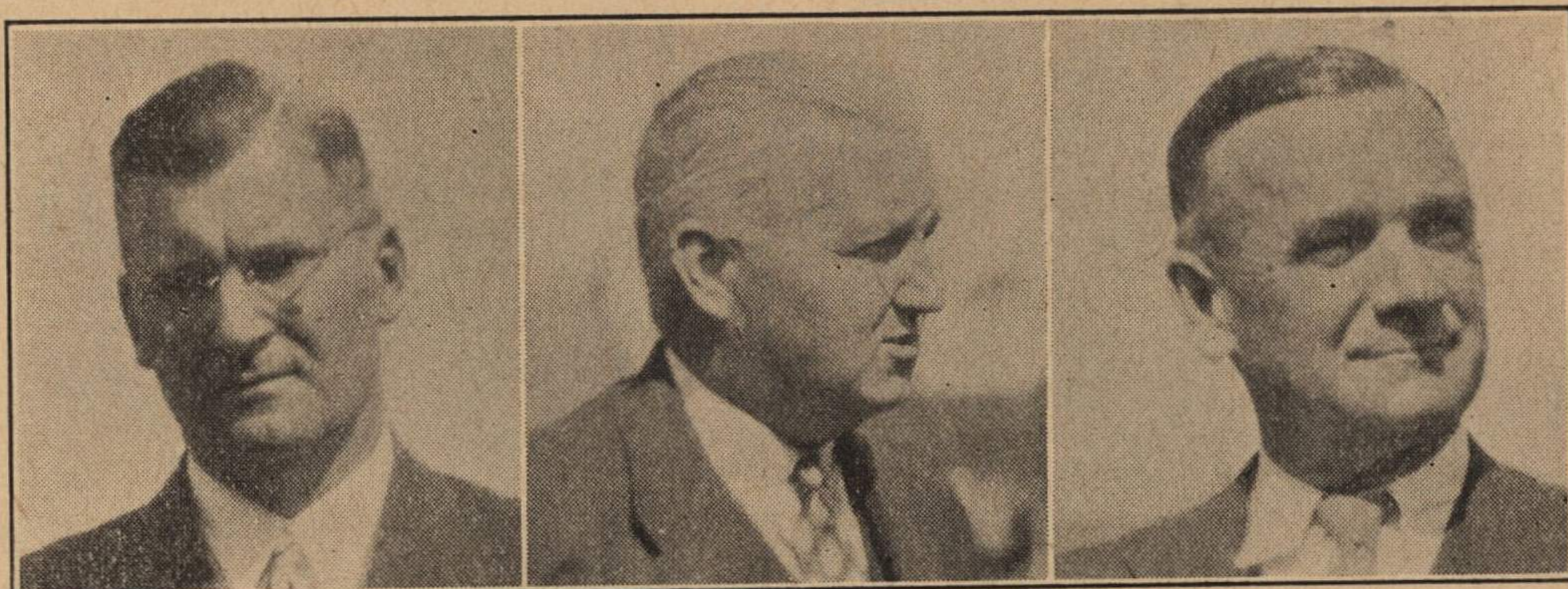
HAIR OIL



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.

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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.

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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.