

each day, and all minor scratches and injuries are checked very carefully. A scratch, blister or minor injury at this stage of training may develop into something serious.

At the end of ten days the men should be in condition for scrimmage, and from this time on a certain amount of scrimmage is included in each day's program. These scrimmage sessions never last more than one half hour for any individual man, and not more than three days a week. We try to do our real hard work before the first game.

A New Book on Basketball

"BETTER BASKET BALL"—A new book by Dr. Forrest C. Allen is just off the press. It includes:—TECHNIQUE—fundamentals of the game; TACTICS—execution of plays; and TALES—stories of great games from an inspirational standpoint—It also contains the latest in treatment of athletic injuries.

It is published by McGraw, Hill and Company of New York and may be obtained from them or your sporting goods dealer.

Cold Sores on the Lips

For cold sores and fever blisters on the lips just apply Athletic Tr. Benzoin Comp. Several applications will clean up the worst cases in a very short time.

This method of treatment is used in many hospitals.

In cases of shock—when the athlete is lying on the ground—pour a little liquid off of your bottle of Smelling Salts onto a handkerchief (smell it yourself to find out the strength) then hold it over the nose of the injured player, allowing him to breathe the fumes at about every third breath. Feed it to him steadily—do not crowd the treatment.



ED WALKER
Head Football Coach "Ole Miss"

Preliminary Football Workouts

By Ed Walker, Athletic Director and Head Football Coach University of Mississippi.

We use the standard setting up exercises for building up the legs and upper body. Squatting exercises, rolling exercises, kicking exercises, bending, dipping, duckwalking and push-ups. A little later on we have live tackling, with the man being tackled standing still, and the tackler charging two steps for the tackle. Also we charge forward three steps throwing a rolling block both to the right and to the left.

"Two on one" practice is used by

the ends and halfbacks on the tackles, the same being used on the guards on each other. As we progress toward scrimmage we have live blocking and tackling. That is—actual tackling of the ball carriers who have a limited space in which to run. We have live blocking in this same limited space. We find that by using the limited running space that we are assured plenty of actual contact between tackler and runner, and runner and blocker. We use the dummies to illustrate the proper technique in tackling and blocking but find that the live blocking and tackling is the only way to prepare for actual game play.

A Few Suggestions from Dr. Bohler, Team Physician, University of Mississippi

We always use Benzoin before taping ankles. Its use prevents tape rash.

We always "pack" shin splints with Analgesic Balm because it keeps sustained warmth for many hours.

We also get good results from this Analgesic pack on, "stone bruise" or heel injuries.

Before the game we do not feed a noon meal but give a heavy breakfast of energy producing foods but no heat producing foods. With this heavy breakfast we allow lots of coffee.

For the athlete who prefers to do all of his conditioning on the training table, when there is nothing wrong with him, we apply Athletic Red Hot Ointment freely in places where it will be most annoying. This is our "bums rush."

The initial care given to an injury may determine the entire outcome. Immediate treatment properly executed—means early recovery. If the first treatment is thorough the rest of the treatment is simplified.



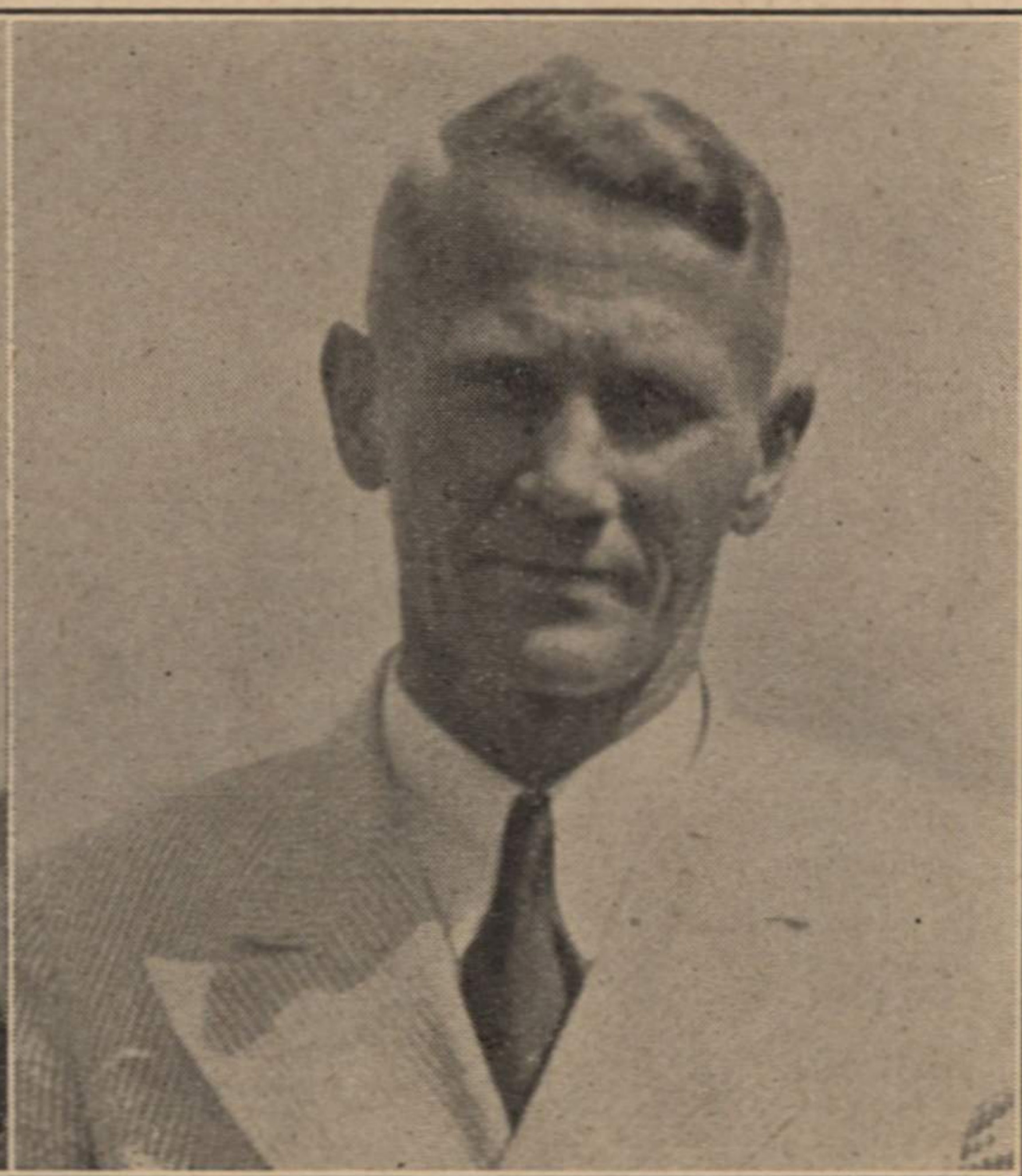
W. O. SPENCER

Track Coach Mississippi State whose teams are always a threat



WILBUR HUTSELL

Well known and successful Track Coach Alabama Tech. (Auburn)



FORREST E. OAKES

Track Coach, Tulane, who has turned out many fine athletes and teams.