

three times a week with Tr. of Benzoin.

On Thursday and Friday make them take only a light work out so they will be ready for the match on Saturday.

Regarding general training habits, our first rule is to keep in training the year around. I don't believe any man wants to build a fine house and then set fire to it just for the fun of painting and fixing it up again.

Neither do I believe a man should build up a fine physique and then tear it down again by dissipation just so he can get in condition again with several weeks of hard work. I don't believe that a man who has dissipated to the extent that his body is out of good physical condition, can ever get in as good condition as a man who never dissipated.

I don't believe a man can get in condition who smokes, chews tobacco or drinks. He should get eight hours of sleep each night, preferably from 10 p. m. to 6 a. m., because the old adage is correct,—“two hours sleep before mid-night is equal to three or four hours after mid-night.”

Wrestlers should be regular in their habits, have a definite time to eat, sleep, study, and work out, then adhere rigidly to that schedule. We are not so particular what a man eats just so he is regular. Never eat between meals. Do not eat less than three hours before a work out. A man can eat any food that he does not belch up afterwards. Do not stuff, but always make them go away from the table feeling just a little short of full. Make them take plenty of time to eat. Certain foods are considered hard to digest and I ask most of the boys to leave them alone, such as catsup, pastries, peppered spiced sauces, hot bread, pork, fried potatoes, or any food fried in deep fat, boiled cabbage or vinegar pickles.

Foods that I recommend are Post Bran, Grape Nuts, fruit juices, and raw fruits, stewed dried fruits, toast, jelly, broiled steaks, baked or roast meats (except pork), baked potato, peas, corn, tomatoes, fruit salads, corn bread, day old bread or toast, milk and water.

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### Round Shoulders

To straighten rounded shoulders and backs, do pull-ups with the backs of the hands toward the face—just the good old fashioned “chinning the bar.” Use this exercise every day for several months.

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If you expect to obtain results from your athletes, you must take care of them. Bumps, bruises, sprains and open wounds will cut down the efficiency and size of your squad.

Therefore, the first and most important of your purchases should be your first aids and trainers supplies.

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Let Nitrophen be your G-Man on guard constantly to prevent infection.

## 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**