Treating Athletic Injuries

A Discussion of First Aid and the Treatment of Injuries Received in Athletic Competition

Seventh Annual Revision

What is First Aid?

With reference to athletic injuries it means the care and treatment of all minor accidents that are continually happening to the members of your squad-not only the first treatment, but the subsequent care necessary to prevent infection or complications.

Your problem is to keep your players in the game at top form and ready to give their best performance. How Treatment of Open Wounds best can this be done? What do you have to do, and why?

Athletic injuries naturally divide themselves into three groups.

First, there are some things the player can do for himself. It is your job to tell him what to do, and how to do it, and then see that he does it. Properly sterilizing all scratches and places where the skin is broken—no indefinitely. matter how small, preventing blisters and galled skin, stopping a sore throat or cold—in the early stages keeping the bowels regular, diet, etc. scratches, floor burns, fire burns, These little things can become major blisters or strawberries. problems when neglected.

struction on personal First Aid treat- complete sterilization. ment and hygiene for these minor things and insist that it be followed by every athlete.

injuries that should be treated by the that the cotton be left on for three coach or trainer—larger open wounds, or four minutes. boils, stiff and sore muscles, sprains, bruises, "charlie horse."

These must be given personal supervision, because they are the ones that reduce efficiency—keep the men on the sidelines-prevent team work will seal the bleeding capillaries, coand lower chances for victory.

In the third group we have injuries that should not be handled by the which is produced by the decomposicoach—fractures, internal injuries, tion of destroyed tissues. When this concussions, injuries to the eye, ear, treatment is completed, the wound or teeth—those should be taken immediately to your physician.

Open Wounds

Your first problem—the one occuring most often—is the treatment of This is made by folding the bandage

clips, strawberries, skinned elbows, or the wound. Fasten on tightly with knees or any place where the skin bandage and adhesive tape. is broken.

cause for infection in new wounds is and a tourniquet should be applied. the entrance of bacteria into the wound.

If these wounds are not immediately sterilized, the pus germ (staphlococcus) enters. One single germ can grow into 8 million overnight.

It is necessary for the blood to combat these germs and considerable time and energy are consumed before they are killed and carried away. This time and energy can be saved if the wound is properly treated.

Use Nitrophen immediately on all NITROPHEN wounds where the skin is broken.

- 1. It sterilizes thoroughly in 90 seconds.
 - 2. It penetrates deeply.
 - 3. It checks excess bleeding.
- 4. It keeps its germicidal strength
- 5. It anaesthetizes—relieving pain.
- 7. It is ideal for treating cuts,

It is a modern germicide contain-Therefore, outline a course of in- ing all the elements for quick and

Directions—Saturate a piece of cotton with Nitrophen and place it over the wound. While sterilization is com-In the second group there are those plete in 90 seconds, it is advisable

> Nitrophen goes farther than just killing harmful bacteria in the wound.

If given these extra minutes, it agulate the lymph, draw the torn, jagged edges of the wound together and prevent the forming of toxin, is ready for an antiseptic dressing.

Excessive Bleeding

For excessive bleeding from open wounds, use a thick pad of bandage. back and forth many times. Saturate By open wounds, we mean cuts, this pad with Nitrophen and place on

If bleeding still persists, a blood It is a scientific fact that the only vessel has probably been severed

Care should be taken in the use

of a tourniquet. It should not be twisted too tightly-just enough to stop the bleeding and should be loosened every ten minutes. Remove tourniquet as soon as bleeding has stopped.

For nose bleed, twist a pledget of cotton onto a wood applicator—saturate with Nitrophen and apply into the nostril.

Directions for Preparing an Antiseptic Dressing

Take a piece of gauze pad or piece of folded sterile bandage, large enough to overlap the wound generously on all sides. Cover this with a coating of Healing Ointment, oneeighth inch thick and lay over the wound, being sure that you get com-

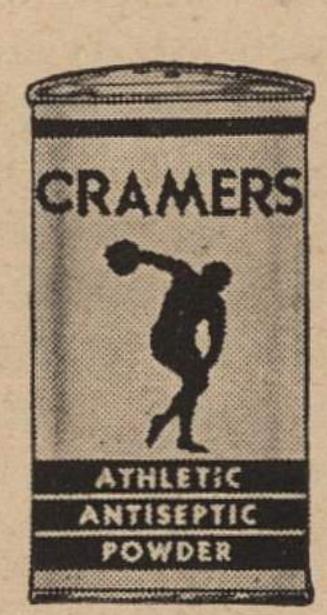


A powerful germicide. Sterilizes in 90 seconds. Stops bleeding. Relieves pain.

Whalasala

	School Price
4 Oz. Bottle	\$0.60
Pint Bottle	1.50
Quart Bottle	2.25
Gallon Bottle	6.00

ANTISEPTIC POWDER



Prevents galled skin. Dries perspiration, reduces friction. Used in shoes as foot powder.

½ Pound Can____ _\$0.25

ANTISEPTIC ALCOHOL



Government formula. full 70 per cent. Sold in pints only. Extra pure.

Pint Bottle____\$0.35



Effective gargle, checks Flu, Tonsilitis, etc.

4 Oz.	Bottle	\$0.25
Pint B	ottle	.60
Quart	Bottle	1.00
Gallon	Bottle	2.50