



Centenary College Training Room

(Left to Right) Curtis Parker, Athletic Director and Foot Ball Coach, Chuck Cramer of our company and Marvin "Hoot" Gibson, Trainer. Coach Parker's teams are always outstanding in the Southern Intercollegiate Conference.

come from a nail, wire, weed stubble or long splinter, there is danger of tetanus infection. The bacteria of tetanus is an anaerobe, which means it cannot grow in the presence of oxygen.

This bacteria lodges in the flesh beneath the skin and when the skin closes over, it creates an ideal incubator in which the germ can develop.

If such a wound is brought to your attention, take your player to a physician and have him decide as to the necessity of anti-tetanus serum.

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Treatment of Boils

A common boil is an infection caused by staphylococcus bacteria entering the body through hair follicles, sweat glands or an abrasion of the skin, sometimes too small to be seen.

Saturate a small piece of cotton about one inch square with Athletic Antiseptic Alcohol. Lay over the boil. While this remains on, paint all of the area within three inches of the boil itself, with Nitrophen. Prepare a gauze pad approximately 3 inches by 3 inches and place on it a coating of Healing Ointment one-fourth inch thick. Remove the cotton from the boil and apply this dressing directly to the boil. Fasten on with Adhesive Tape and leave 24 hours.

At the end of 24 hours remove this pad by using Tape Remover, as the skin must not be irritated any place near the boil.

Repeat this dressing and on each application increase the thickness of the Healing Ointment on the pad which is placed over the wound. Continue this treatment every 24 hours until the boil opens.

When making each treatment, cleanse the boil itself thoroughly with Athletic Antiseptic Alcohol, leave the pad of cotton right over the boil to keep it soft while cleaning around the outside area with Tape Remover. Pain is caused by pressure on the nerves due to the swelling and the head

crust on top of the boil itself. The Healing Ointment softens the skin and reduces the pressure. The secret of the treatment is the amount of Healing Ointment used on the boil. When the boil opens, draw the skin gently away from the edges (never press on it or squeeze) then wipe gently with cotton sterilized in Athletic Antiseptic Alcohol and gradually work out the pus and core. When the core is removed, continue light applications the same as before, until satisfied that the infection is gone.

A carbuncle is a conglomeration of boils. Several heads in close proximity appear and each seeks a separate outlet. Treatment is the same as for boils.

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A Coach's Responsibility

If you give your First Aid serious consideration, you will find that there are certain problems you can't sidetrack or delegate to some other person.

First Aid information cannot be learned rapidly either from reading or experience.

Injuries should be treated three times. First, before they occur, studying, planning and preparing; second, when they occur; and afterwards the experience should be thoroughly discussed and considered.

Increased knowledge results in greater efficiency. Learn what to do, how to do it and then do it promptly and efficiently.

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Injuries Where the Skin is Not Broken

These naturally fall into three groups.

1. Stiffness and sore muscles that can be massaged.
2. Deep seated bruises to the muscles, that are too sore to massage.
3. Sprains and "charlie horse."

ALKALINE POWDER



Relieves nausea and stomach sickness.

4 Oz. Bottle-----\$0.35
1 Pound Jar----- 1.25

LAXATIVE TABLETS



Mild but effective laxative suitable for athletes.

50 Tablets in Box--\$0.35

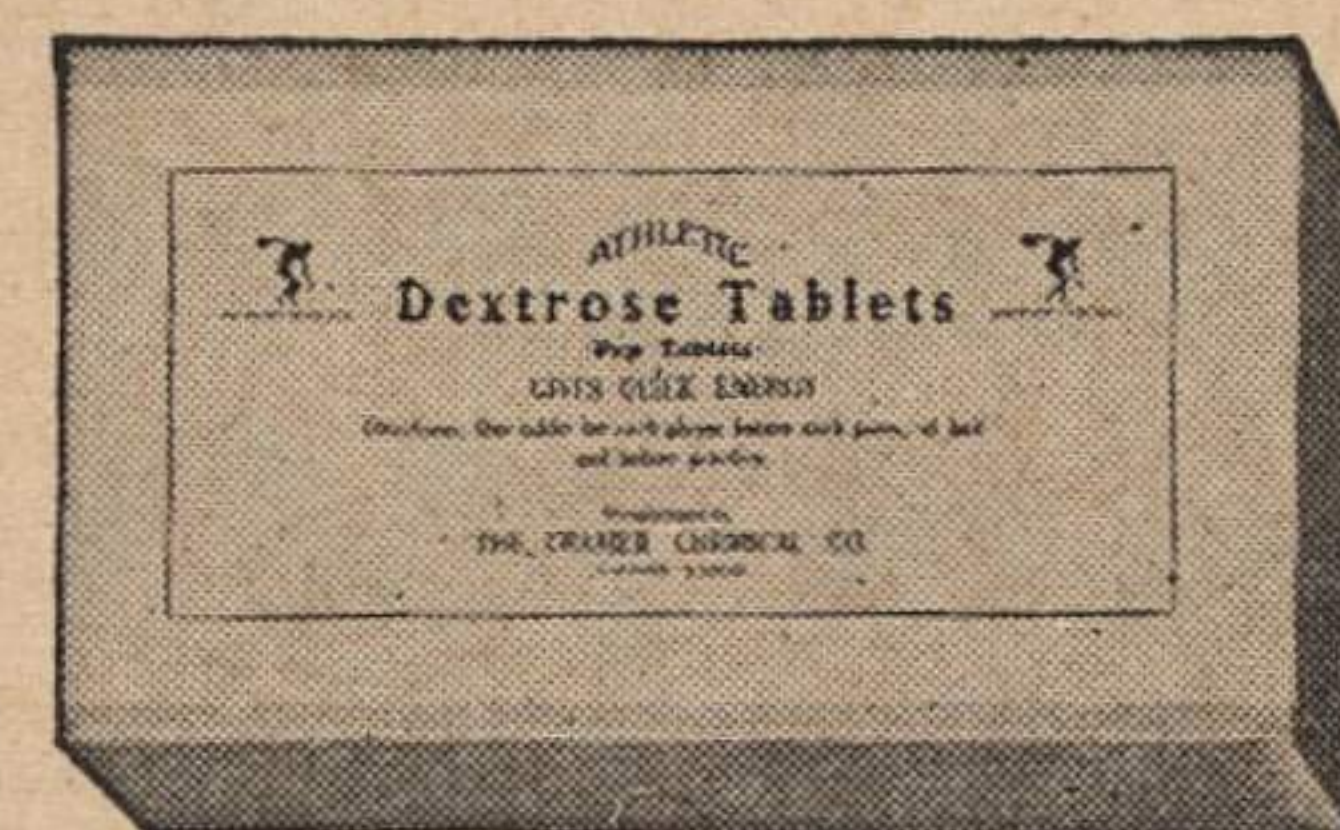
COLD TABLETS



Assists in prevention of common cold.

25 Tablets in Box--\$0.35

DEXTROSE TABLETS



Give quick energy. Strictly pure digested sugar.

60 in Box-----\$0.45
300 in Box----- 1.90

TAPE REMOVER



Quickly removes adhesive tape—Non-inflammable.

1 Pint Bottle-----\$0.65
1 Gallon Bottle----- 4.50

SMELLING SALTS



A safe stimulant in case of shock.

1 Oz. Bottle-----\$0.45

AROMATIC AMMONIA



A stimulant.

2 Oz. Bottle-----\$0.35
Pint Bottle----- 2.00