

Coach Jake Weber of Fordham University Track teams who also acts as trainer for their other teams. Mr. Weber has been an Olympic team trainer since 1920, and we had the pleasure of working with him at the 1932 Olympics at Los Angeles and now we work with him at the National A. A. U. Track and Field Meets.

Sprains and Charley Horse

Group 3 includes sprained ankles, wrists, shoulders, knees, backs or "charley horse."

On these immediately apply Athletic Liniment, rubbing carefully. Then wipe clean and apply Athletic Red Hot Ointment as directed under class two. Require the athlete to lightly flex the injured part to assist in bringing a return of normal circulation. Repeat this treatment twice a day as long as necessary.

Where there are bumps and bruises, massage with Athletic Analgesic Balm. It creates warmth and should be covered with towels to "hold in" this heat that has been generated.

If additional heat is desired, a small amount of Athletic Red Hot Ointment can be mixed with the Analgesic Balm.

Athletic Analgesic Balm is especially commended for bruises of the flat muscles of the neck and chest, and makes an ideal treatment for congestion in the chest and throat.

Whenever the heat lamp is used, Athletic Analgesic Balm should first be applied, as it forms a protecting film, which helps to prevent "lamp burns."

In some cases, athletes have thin or tender skin, and unless they are protected, the lamp may do more harm than good.

Note—If the skin is broken over a bruise or sprain, the open wound must be first treated to prevent infection.

Athletic Antiseptic Alcohol

Athletic Antiseptic Alcohol is prepared on Government formula and contains 70 per cent pure grain alcohol. It should not be used as a rub-down, but is recommended as an antiseptic wash for cleaning out old or infected wounds and preparing them for antiseptic dressings.

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Cheap Alcohol

There are many cheap rubbing alcohols on the market. They are made to sell at a ridiculously low price and it is reasonable that you get just what you pay for. The analysis of many of these show adulteration with corresponding reduction of alcohol and most always these adulterants are harmful to the skin.

The Pure Food and Drug Department, after a careful checkup of our formula, have given us permission to use the name Antiseptic Alcohol which so far as we know is the only rubbing alcohol permitted to be sold as such. For your own protection, pay the few cents difference and get the results you are entitled to.

NOTE: Antiseptic Alcohol is prepared in pint size only, because of Government regulations, and if a gallon is desired, eight pints will be shipped.

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Shin Splint

Shin splint is the name given to an extremely sore condition of the muscles on the edge of the shin bone.

This may be caused by unaccustomed exercise, running on the toes, hard ground or back slip on soft fields or tracks.

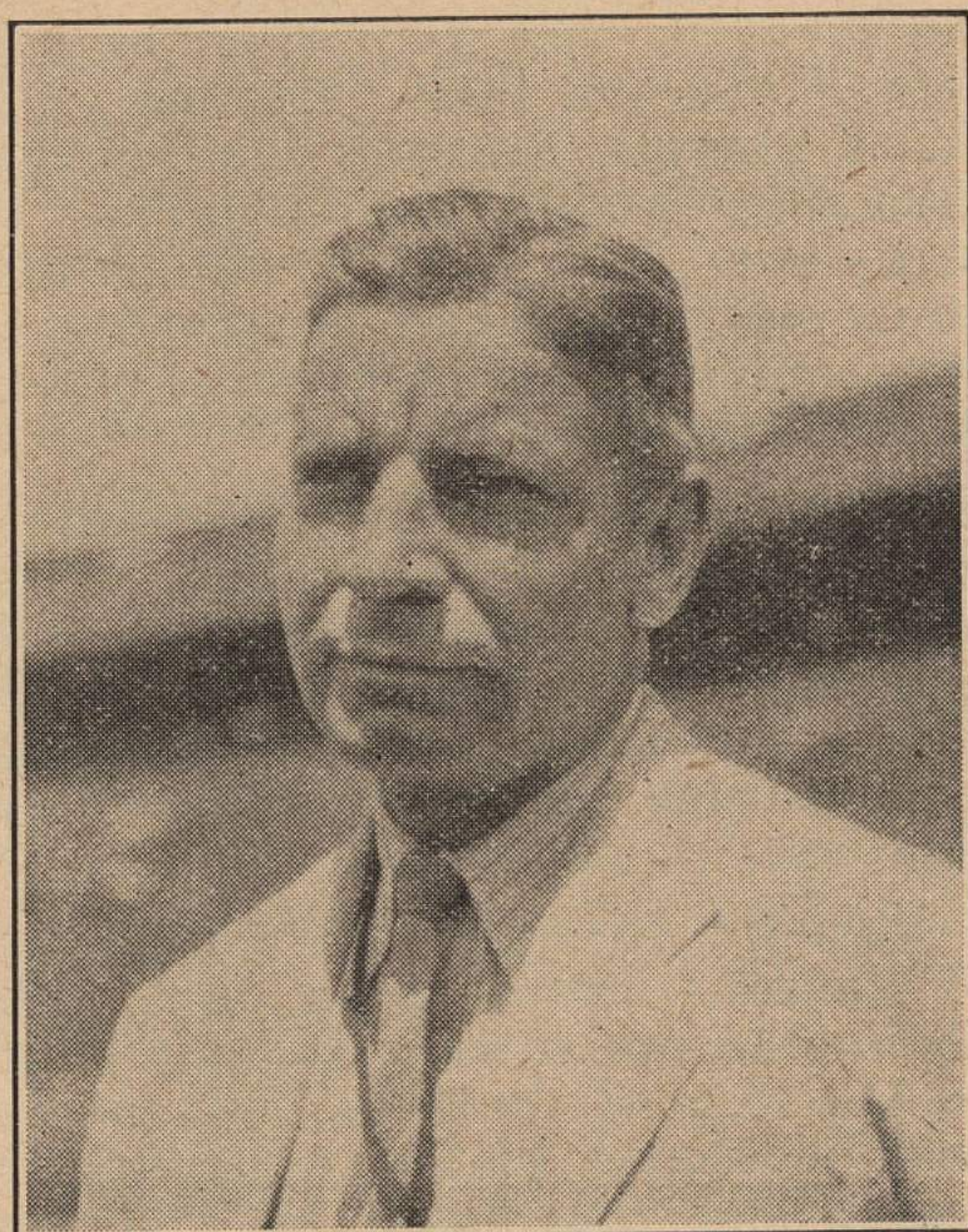
Two treatments are recommended. Either will produce the desired results.

First—Massage with Athletic Liniment, then apply Athletic Red Hot Ointment. Cut the foot out of a woolen stocking, leaving it long enough to completely cover the injured area. Pull this over the Red Hot and leave until heat is generated and subsides. For best results, repeat twice daily.

Second—Apply Athletic Analgesic Balm and massage, then apply a coating of Athletic Analgesic Balm and cover with one-half inch thickness of absorbent cotton and bandage firmly to hold in warmth generated. Fasten on with adhesive tape. Repeat twice daily—if possible.

NOTE: For best results for either treatment, bandage should be left on at night. Rest from work is essential, but normal activities should be continued.

If this condition is caused by broken arches, they must first be corrected or you will have a chronic condition.



C. G. SIMPSON

Track and assistant Football Coach University of Missouri. Missouri teams are on the way up, thanks to "Faurot and Simpson, Incorporated."

Care of the Feet

Bad feet "bench" as many players as any other athletic ailment. Changing to heavy socks causes excessive

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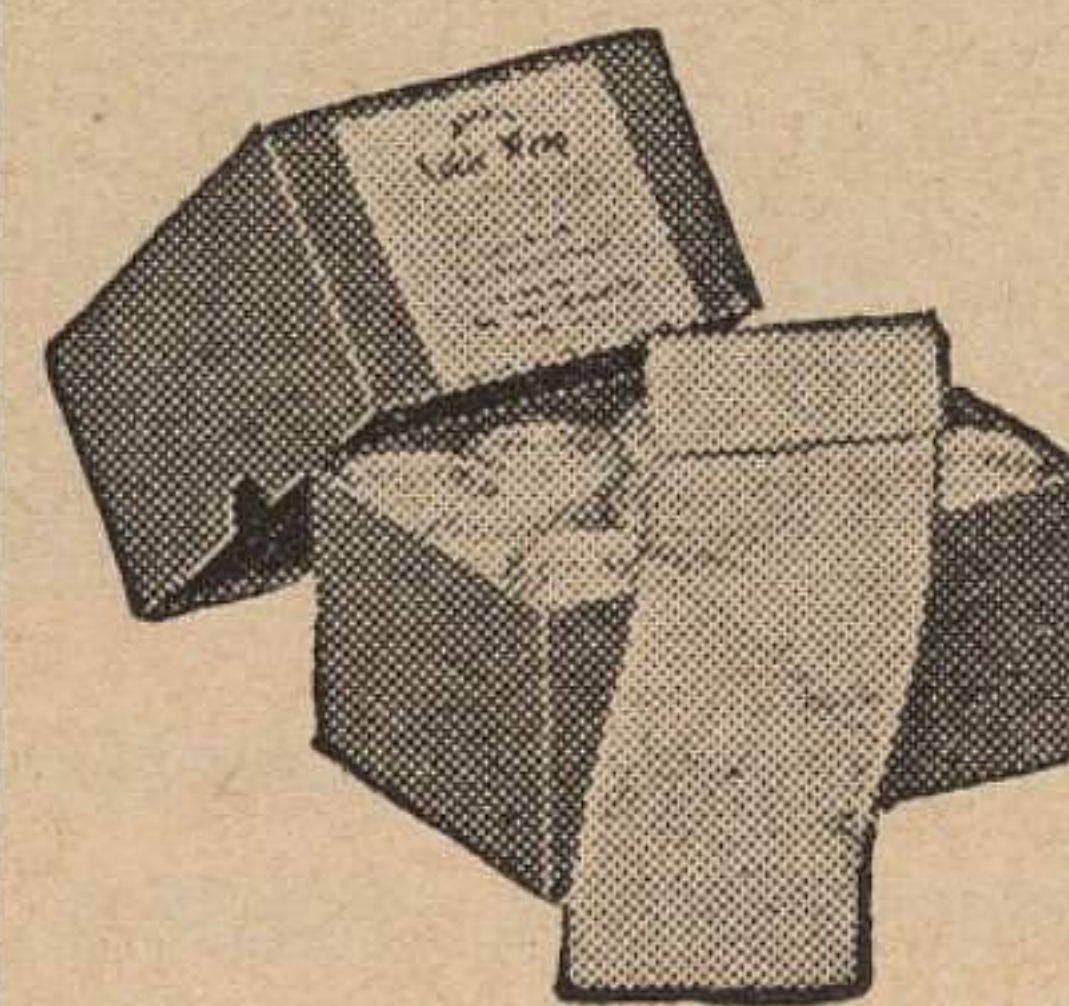
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2 ¹/₄ inch wide—extra strong weaving. High tensile strength. The best quality obtainable.

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36-yd. Roll Wrap 1.45

72-yd. Roll Wrap 2.75

GOLDEN GLOVES HAND WRAPS

Golden Gloves Hand Wraps are made just like professional boxers' wraps, with the thumb loop and tie strings, but shortened to fit the hands of young boxers.

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