

perspiration. The skin then becomes tender and the least friction produces blisters. Nature's method is to gradually thicken and toughen the skin—but this takes considerable time, and to assist in toughening the skin quickly, use Athletic Tuf-Skin or Athletic Benzoin.

Athletic Benzoin is a combination of tropical gums in alcohol, which produces a protective coating when applied to the skin of the feet. This film acts as additional layers of skin, until nature can grow necessary protection.

Athletic Tuf-Skin is a combination of Benzoin, Tannic Acid and other chemicals, prepared to quickly toughen the skin of the feet. This product was developed after extended research and was based on a formula used by the army in the late World War. Many cases of actual field use have proved its efficiency. Because it is antiseptic, it can be used over blisters safely. It will also prevent foot odors.

DIRECTIONS—Apply with cotton, or paint on with brush after shower.

Tuf-Skin should be used as a base for taping. It helps to protect the skin and prevents "tape rash."

Athlete's Foot

Athlete's Foot is an infection of the skin caused by a fungus which enters through cracks, abrasions or pores. In its early stages, the symptoms are intense itching, followed by inflammation and later by sloughing



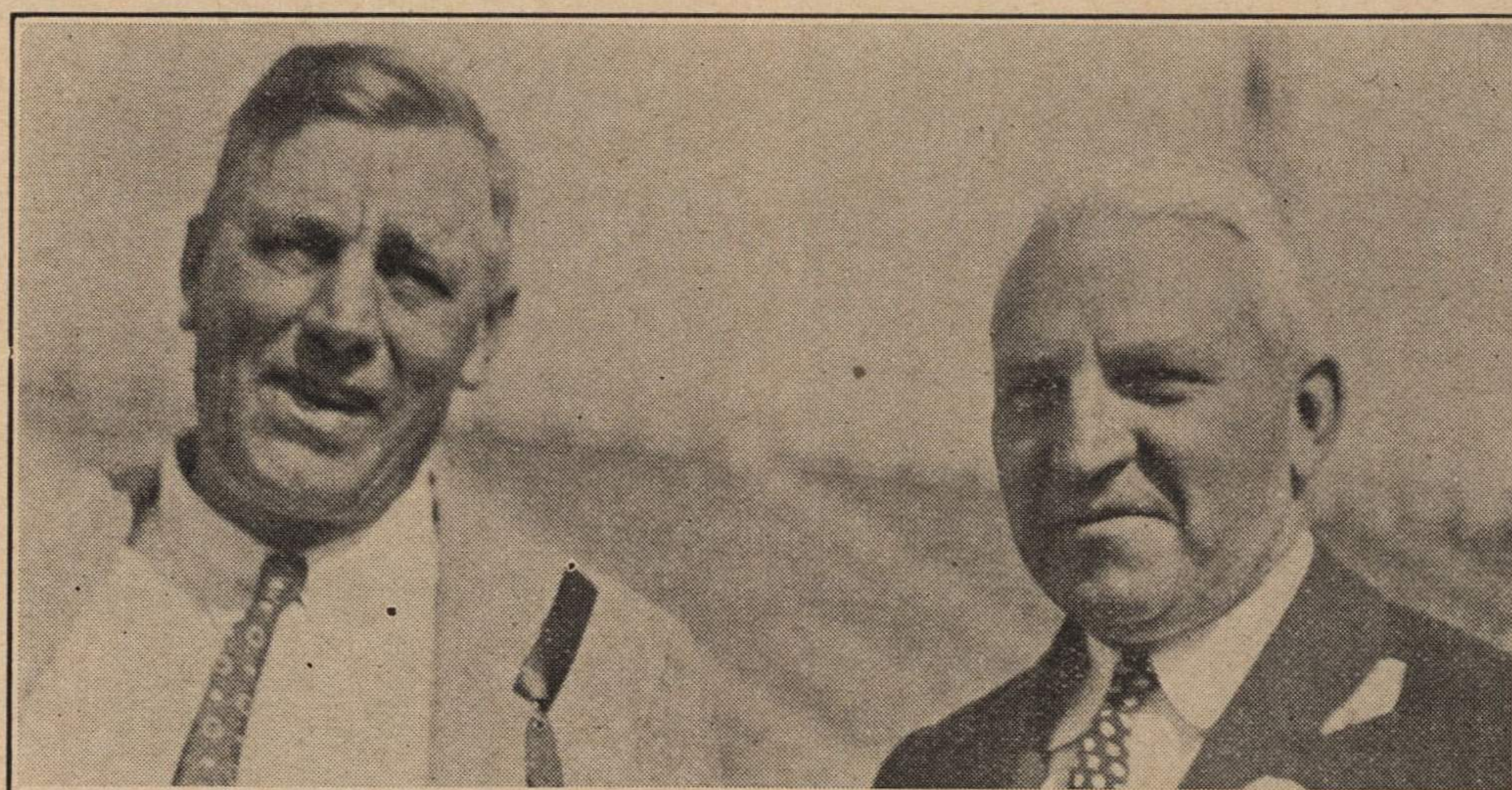
Haskell Institute Grid Staff

(Left to Right) Newton Rose, John Carmody, head coach and Harry Jones. Haskell schedules are unique in that their games take them all over the United States.

off of the skin. The fungus grows faster in warm moist places, hence shower baths, pools and dressing room floors are ideal places to pick up this disease and spread it.

Prevention

To prevent Athlete's Foot in your squad, prepare a foot bath and insist that members of the squad walk through it each day after the shower.



(Left) H. J. Stegeman—Nationally famous Director of Athletics, Univ. of Georgia. With C. W. Streit, Jr., of Birmingham, Alabama.

The economical solution to use in this tray is Athletic Tannic Acid Compound. Just put 6 gallons of water in the tray and add $\frac{1}{2}$ pound can of Tannic Acid Compound. Stir it into solution. This takes about two minutes. It is then ready for use. This gives an antiseptic foot bath that will last six weeks, unless it is tracked away. At that time the solution should be renewed.

Treatment

The first treatment each day is to wash thoroughly with warm soap suds then paint the entire infected area with Nitrophen. This kills any germs on the surface.

Second, apply Athletic Foot Oint-

ment. all your players soak their feet in Athletic Tannic Acid Compound solution and rub Athletic Foot Ointment on any cracks or abrasions on their feet.

Gym Itch

Gym itch is similar to Athlete's Foot. Wash infected area with soap and water, apply Nitrophen and Athletic Foot Ointment. After a few applications of these, dust with Antiseptic Powder.

Sore Throats and Colds

Much time and efficiency are lost to the squad from common colds and sore throat. A cold can be checked if treated early. Be on the alert for the first symptoms and help your players care for themselves.

Use Athletic Stringent as a gargle for sore throat. In laboratory tests it kills over one billion harmful bacteria in 30 seconds. Dust from fields or gym floors are contaminated with infectious bacteria. A gargle with Athletic Stringent will reduce the chance of infection. It should be used after each work out.

Athletic Cold Tablets

At the first sign of a cold in the head or flu, Athletic Cold Tablets should be used. Several tablets are usually sufficient, one every three hours. Often one does the work. While this may be a new product to you, the formula has been used successfully over a period of years and every coach should have a box of these on hand to check colds and their complications.

Athletic Inhalant

To stimulate easier breathing, apply Athletic Inhalant in the nasal passages. It helps collect the dust and germs out of the air, thereby protect-

ment. Force it well into the pores by rubbing vigorously. It melts at body temperature and will work deeply into the infection.

Repeat treatment once each day until itching and inflammation have ceased and new healthy skin has grown over the infected area.

NOTE: Even in the mildest cases of this disease, treatment should be continued for at least ten days.

CAUTION—If you notice any signs of Athlete's Foot in your squad, have