JANUARY, 1944

30,000 Copies This Issue

Volume XIII

Condensed First Aid Information for the Coach and Trainer

"In the present emergency no greater responsibility rests upon the institutions of higher learning than that of ensuring the physical fitness of their students. U. S. Commmissioner of Education

Obstacle Course Construction And Operation

LIEUT. WILLIAM NEUFELD,

USNR (Head, Mass Exercise Division, U. S. Navy Pre-Flight School, DEL MONTE, CALIF.



In the spring of 1942, when interest and enthusiasm in obstacle courses were developing rapidly, the military track department of the U.S. Navy Pre-Flight School at Chapel Hill, N. C., was faced with the problem of building and operating an obstacle course.

In my department I was blessed with four very capable assistants. Two of the men were from Columbia University: Lieut. (j.g.) Frank Ryan, one of the best shot putters this country has ever seen, and Lieut. Bob Pitkin, one of the few men who can very ably demonstrate and coach the three most used forms of high jumping.

The third member was Lieut. John Morriss, one of the topnotch hurdlers this country has developed. The fourth member in my department was Lieut. Ivan Fuqua, one of the few men who has run under 47 seconds for the quarter, and a member of the 1932 Olympic Team.

After a great deal of discussion and sweating (most of the latter being done by Morriss, because he had charge of building the course), our obstacle course was completed. Next we were faced with the problem of running the entire regiment of cadets, 1,800 in number, one day a week. These cadets were ours for an hour and fifteen minutes, on Wednesday afternoons.

We felt it was desirable to time every cadet. This would give us a definite check on their improvement and conditioning and weed out the weak and lazy ones so additional work could be assigned them. It would also give us a week-by-week picture of the improvement by battalions.

After a good deal of experimentation, we found that it is possible to time 1,000 to 1,500 contestants an hour in obstacle running with the method outlined below.

Five officials are needed to control the running of the obstacle course. Three of the officials act as recorders - one as a starter and one official as the timer at the finish. A sixth official is helpful, in keeping the contestants in the proper order after crossing the finishing line.

Before running the course, each contestant should be assigned a number. (If possible, contestants should be allowed to keep this number for the entire competitive period in obstacle running.) Contestants need only keep their own number in mind, since any discrepancy is soon corrected, when the records are checked.

After numbers have been assigned, contestants are lined up, from 2 to 8 abreast, according to the number the course will allow to run at one time. On a special prepared blank, as given in the example below, one recorder copies the contestant's numbers, in units, before they report to the starter.

	Unit	······································			MPLE	Date	Date			
No. of				Test (S)			4		Starting	
Unit	1	2	3	4	5	6	7	8	Time	
1.	A1	A3	A4	A5	A7	A9	A10	A11	:00	
2.	A12	A13	A15						:20	

Before starting the first unit, the officials determine the interval of time to be used between the starting of units. These intervals may be 10, 15, 20 or 30 seconds, depending upon the number of contestants in each unit. As each unit of contestants steps up to the starting line, the starter announces to them the time difference from zero starting time to THEIR starting time. The starting time of each unit is recorded in the right-hand column, as indicated in the blank form above.

When the first unit is ready to start, the official acting as starter signals to the timer at the finish line the start of the first unit with the swing of his arm, or a gun shot. The starter's and the timer's stop watches start together on this signal. As soon as one unit of contestants has left the starting line, the next unit steps up. About 2 seconds before their starting time, the starter gives the command "READY", followed by the command "GO".

Beyond the finish line an area is roped off, funnel-shaped and about 40 feet long. This is used to keep the contestants in the order of their finish, and at the same time give them a chance to slow down before reaching the final recorder's desk, which is placed at the end and at the side of the funnel. The position of the timer is right on the finish line, and opposite his recorder. As the contestants cross the finish line, the timer calls out their times in minutes and full seconds. These times are written down by the recorder on a blank, as indicated below. Times need to be announced and recorded only in seconds, except when a new minute starts.

	τ	Jnit			EAA	Date						
1	Finish	7	Finish		Finish		Finish	No.	Time	No.	Time	
No.	Time	No.	Time	No.	Time	No.	Time		Finish	No.	Time	
1	3:27	31	4.33	61	7:51	91	9:48	121		151		
2	31	32	34	62	54	92	50	122		152		

FYAMPIE

It helps to have an assistant at this point just beyond the finish line, to make sure that the contestants stay in the order of their finish.

As the contestants step up to the recorder's desk, at the end of the funnel, they give their numbers. This the recorder copies down on a blank form, as indicated below.

Sample of Recording Sheets

	Unit				Date						
No.	Order No.	Finish Time	Starting	Net Running Time	No.	Order No.	Finish Time	Starting	Net Time		
1	A4	3.27	0	3:27	31	A35	4:33	1:00	3:33		
2	A1	3:31	0	3:31	32	A42	4:34	1:00	3:34		
3	A9	931			33						
4	A5				34						

By writing in the finished times, next to the order of the finish, and then filling in the contestants' starting time, the net running time can easily be computed.

(Continued on page 3, columns 7 and 8)

HAPPY NEW YEAR

-WITH RESERVATIONS

A new year rolls around, and with the change of calendarwe extend greetings. We extend our sincere wishes for good health and a continued capacity for a lot of hard work.

Another year we might include such things as happiness, peace on earth, good will toward men, etc.,-now we think of Churchill. He offered the English nothing but "blood and tears".

Starting the new year-you are right now offered the singular privilege of giving a fight talk. You are asked to think up all the adjectives and arguments in your vocabulary. Prepare this lecture in great detail-leaving nothing out that will help the war effort—then go off in the corner and give this talk to-YOURSELF!

To get the New Year started without misunderstandings—you are expected to furnish the hard labor, grime, grease and heart aches, and take your pay in a feeling of satisfaction—OF A JOB WELL DONE.

Do you understand your assignment? Of course you do-and let us be the first to congratulate you because you are equipped with the education to do the job.

You will not receive medals, ribbons, and citations for your work, but just the same a monument is being erected to your efforts. That monument is now fighting on the battle fronts of the world, and you are receiving the decorations by proxy.

Setting Up Exercises

Advisable In Basketball

Mr. Frank Cramer

Gardner, Kansas

Dear Mr. Cramer:

Enclosure

of peace.

Dear Dr. Studebaker:

The Cramer Chemical Company

both letters in your FIRST AIDER.

importance to the War Department.

provided it is quoted in its entirety.

Dear Dr. Studebaker:

war.

Liquid Ball Cleaner Now Contains Mold-Resisting Ingredient

All leather goods—footballs, basketballs, shoes, shoulder pads, helmets—are hard to get, largely for the reason that the boys you trained stocks may have to last for the accurate shooting.

Mold saps the life of leather causes it to crack—reduces its life expectancy.

Before placing leather equipment, or equipment made partly of leather, in storage, give it a generous coating of Cramer's Liquid Ball Cleaner. It is easily applied with a soft cloth or brush.

Used footballs and basketballs should be cleaned and polished according to the directions on the

This is an additional Cramer Service-AT NO ADDITIONAL COST TO YOU.

____ F-A ____

For Your

Bulletin Board?

If you're really ambitious— Limit the calls on your girl to

6 nights a week.

2. When you get up to leave -turn on the light. If you don't you might fall over a chair.

3. Don't stand on the porch and catch cold. When you start home -

4. Dress like a scarecrow - it intrigues women. 5. Don't stand straight. Try to look

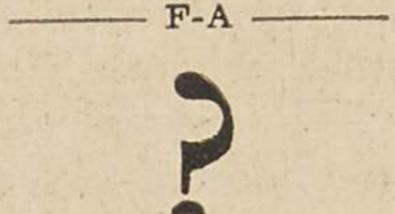
like a sack of turnips. 6. Be languid - don't show pep.

Be lackadaisical - or something. 7. Cultivate that blank look-it fools the teacher.

8. Learn to dance without mov-

9. Eat all you can—it helps hold up your pants.

110. Sit a lot—it broadens one's out-



What boy will stick his feet into a cold liquid foot-bath—this time of year if he can jump over it?

If he uses the liquid foot-bath, will he wipe the liquid off-with a clean towel-or the dirty one in his locker?

Is it possible that he may use this same towel on the rest of his body where he may have skin abrasions or galled skin?

. . . .

The "Cramer Powder Foot-Bath" is the clean, speedy, up-to-date ----

Even The Coach Has A Fault

CHUCK CRAMER

None of us like preaching. We don't like to be told continually that we can't do things correctly. We don't like naggers and folks that continually find fault. Nevertheless, here WE are again, doing it. We must be nuts-or maybe we are just a coach at heart-or maybe we are both—they often go, or come, together.

Now that we have started something—let's try and finish it— and maybe get eliminated. Anyway you figure it—we will be in trouble.

The trouble with the coach is (and we are short of paper) that he has spells. He has spells of amnesia. (His wife told me so.) He has spells of amentia. (The superintendent says). He has blind spots. Just before a game he draws a blank. He is vacant upstairsand quite often on the first floor, too. He wants to be alone, and with the team at the same time. His friends? He doesn't have any or want any-doesn't know them if they come around.

During the game he changes. Death takes a holiday (mental takes a deep breath of fresh, sweet death). His mouth opens, and someit.) It isn't important anyway—the a gentleman and a scholar. team runs itself nicely. Animation sets in—the opposite from rigor mortis. He stalks back and forth, eats hay, gulps water, cus-Boys who play basketball are al- ses the referee and quarterback. ways anxious to start shooting. He yells— "slug 'em"! He doesn't They see no necessity for using mean that. He means "murder de stretching and setting up exercises. bums".

A few of these exercises are ad- Between halves he makes a povisable for limbering up shoulders, litical speech. He doesn't know for the various services are being backs, hips, knees, and ankles. It what he has said, and the kids are supplied with them. Your present will insure better balance and more too tired to pay any attention—so all is well—no harm done.

Military Drill Should Not Take The Place Of Physical Education?

Federal Security Agency

U. S. OFFICE OF EDUCATION

Washington

November 22, 1943

requesting permission to print the letter of Henry L. Stimson, dated June 16, on the

subject, "Mliitary Drill Should Not Take The Place of Physical Education." Inasmuch

as Secretary Stimson has recently issued another letter, dated November 4, 1943, copy

enclosed, in further clarification of his June 16 letter, may I suggest that you print

Sincerely yours,

RALL I. GRIGSBY,

WAR DEPARTMENT

Washington

drill take the place of physical education in the curriculum of schools and colleges.

I assume your question to apply only to the period of the present war and not to periods

be given after induction into the Army, in a relatively short period of time, and under

the most productive circumstances. A good physical condition, however, cannot be de-

veloped in so short a space of time, and the physical condition of a soldier is of prime

a curriculum, nor to go beyond outlining some of the elements which the Army believes

would be advantageous in its recruits. Of these, a good physical condition is extremely

the place of physical education in the schools and colleges during this war period.

WAR DEPARTMENT

mendation on military drills' taking the place of physical education during the present

Washington

This is to amplify my letter of June 16, 1943, on the War Department's recom-

It was not the intention of the War Department to imply that Military drills

important and a knowledge of basic military drill relatively unimportant.

I have your letter asking whether the War Department recommends that military

The amount of military drill which can be given in schools and colleges can also

The War Department does not want to appear to advise upon the make-up of

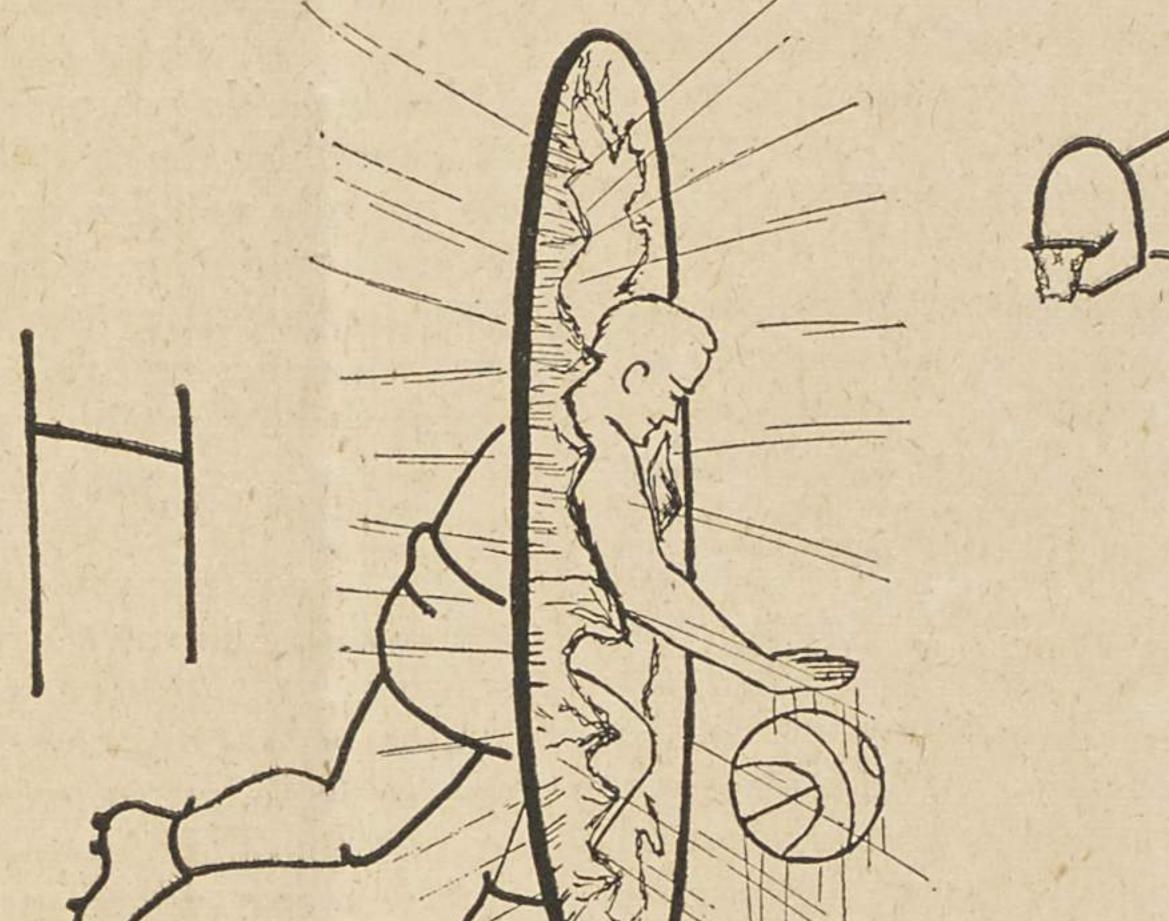
The War Department therefore does not recommend that military drill take

The War Department has no objection to the publication of this statement,

Sincecrely yours,

Special Assistant to the Commissioner

Commissioner Studebaker has asked me to reply to your letter of November 18,



There are signs of coming to. He doesn't stop to count the gate, but or Just Ordinary tie-without help from the water boy. Once in a while he thinks— Good Manners (nothing serious). He even remembers that he hasn't had lunch. He then drops back into oblivionor something Morpheus dreamed up, Have you some person or com-

The final whistle blows. game is over. He wakes up. He air. He smiles and thinks!

Listen coach, we didn't mean word of it. We envy you because sional courtesy - if there is a necwe like the games you coach. We essity for asking them. enjoy being the smallest cog (or nut) in your machine—just permit us that honor and we will be satis- common courtesy? What part do injury.

---- F-A Buy War Savings Stamps!

June 16, 1943

During the second half he often has lapsed into or toward sanity. Professional Courtesy-- crease your ability to has lapsed into or toward sanity.

and starts on another bale of hay. mittee delegated to meet the visiting coach and team when they ar-The rive to play at your school?

Where do we dress? Where are He the toilets? Where is the closest do! thing comes out.—(We can't repeat becomes rational and, all at once— restaurant? Where do we get drinking water? Will somebody keep the kids away so we can relax and rest? These questions - and many others indicate a lack of profes-

> they play in athletics - in life? What are schools for, anyway?

leged to accompany Coach D. X. feel that they cover subjects that Bible, of Texas, when he met a are related to, but not a part of visiting team at the station.

In brief, his greeting went something like this: "Welcome to Aus- The "First Aider" is prepared for tin. Your hotel rooms and meals the express purpose of aiding you in are arranged for before and after coping with your training problems. the game. You folks will have the We hope that you find it of manorth dressing room. There will terial help. be a bus at the hotel to take your squad to the stadium. The bus will be available for a sight seeing trip around the capitol and university. This young man (introducing him), is one of our assistant managers. He has made all necessary arrangements and will go with you to help your managers get oriented."

quet teams that are visiting them this of us. for the first time.

from the hundreds that occur each operation with your team or school year. We don't suggest that you physician. have to go this far to show "good manners", but the "Golden Rule" should be stressed as part of the player's education.

____ F-A ____

Coaching Etiket

school board-even if he deserves "rested" until school closed. This

. . . .

Never, under any circumstances, speak to an official after a game. Wait until he leaves and take it diers. out on your wife.

Always congratulate the winning Please don't let down for a minute! coach—your competitor. Some day, he may do as much for you.

. . . .

. . . .

The Sportswriter deserves extra consideration. He may be carrying some secret sorrow in his breast. A kind word and a pat on the back-may help him carry on. should be combatted with every Don't be churlish with him!

____ F-A ____

Firm Grip

A paste to be applied to finger- temporary financial gain is not to tips. Contains adhesives of wax be compared with the solid foundaand rosin—is intended as an aid tion your school system affords. to basketball players.

A small amount of Firm-Grip helps prevent fumbling—permits better ball handling-Also some had a race of Americans who carvplayers report a feeling of security ed out the mid-west. They lived which helps them overcome the on sow-belly, cornbread and "tatnervousness at the start of a game.

Firm Grip is easy to apply and a small jar will last through many

Time Out

By

Frank

Cramer

In the pages of "A Training Room Manual" appearing in this issue, we present some subjects that are absolutely foreign to athletic training—from a treatment angle. They are, however, kindred because they broaden your perspective and increase your ability to work with

In our travels over the country, we have observed a lack of cooperation with the team physician. This lack of cooperation may have been mutual. Let us hasten to say that, if it did occur, it was a mistake—and should not happen in

Everyone knows that you should not treat appendicitis. But you should be able to recognize the symptoms and know-what not to

Frankly speaking, we all have plenty to learn about the repair of injury to the human body. The sooner we recognize our lack of knowledge and try to correct our faults, the sooner we will send boys out of school—fit to fight, and not What is character building and with some permanent knee or back

These subjects are presented for study because we believe your per-A few years ago we were privi- spective should be broadened. We your work—but quite often they are your responsibility.

Please, always keep in mind that our discussions are of a general nature. Complications and local conditions do not permit of definite

* * * *

The University of Arizona is fa- Quite often we are asked to premous for its hospitality. Quite of- scribe some treatment for some disten they even go so far as to ban- ease or injury. Please do not ask

The best results for all concerned Here are just two examples taken may only be obtained by full co-

. . . .

Last Spring, after the close of the basketball season, something occurred that should not be permitted to happen this year. There was a LET DOWN from March until the close of school. Many Never slug a member of the coaches quit their programs and it. He may have a wife and 6 kids. "let down" was not general, just spotted, but it was nation wide.

> the war effort, and there should be none in training prospective sol-Your training program is very

important as a morale builder as

well as from a physical angle.

This "let down" should not oc-

cur! There will be no relaxing of

. . . . It is estimated that 3,000,000 school age youngsters have quit school and gone into war plants or

other defense work.

This situation is serious and means at your disposal. A large percentage of these youngsters will never again attend school, and will, at least in some cases, be a handi-

It should be pointed out that

cap to future national progress.

One hundred odd years ago we ers". Their dessert was sorghum and parched corn. These ancestors had no roads. They made

trails through the wilderness. They (Continued on page 4, col. 2)

November 4, 1943

Henry L. Stimson,

Secretary of war

were unimportant. Properly conducted military drills and parades do have their place. Wherever possible, both should be included in the curriculum: however, if this is not practicable and a choice must be made, physical education is considered the most important. As has been stated previously, the War Department does not want to appear to advise upon the makeup of a curriculum other than suggesting some training which is believed advantageous for inductees to have had prior to entering the service. The War Department has no objection to the publication of this statement provided it is quoted in its entirety.

Sincerely yours, Henry L. Stimson, Secretary of War.

Varicose Veins, Hemorrhoids, Varicocoele.

than a reasonably well developed ability possible. to identify such conditions, and to have the proper steps taken in treatment by the team or home physician.

tively unsupported by surrounding tis- letics. sues. Varicose veins of the legs develop, as a rule, in the superficial veins of the calf and thigh, usually on the inner side. Any condition which interferes with the return of blood from the veins is apt to cause their permanent dilatation.

letics particularly, by direct injury to the come ulcerated and painful when scraped veins. The resulting inflammation or crowded by passing feces, or as a result weakens the walls of the veins and they of bleeding, or because they pass down dilate under the pressure of the blood through the anal sphincter and require stream. The valves in the veins, which frequent manual replacement. Marked normally keep the blood advanced, be- anal itching is usually associated with come atrophied and useless. The vari- hemorrhoids. Stubborn constipation is cose vein appears as a tortuous, bluish usually an accompanying factor, and cord beneath the skin. The skin itself may, in athletics, at least, be a contribut-

veins are a feeling of heaviness in the sive. Eliminating constipation at this legs accompanied by dull, aching pain, time might at least assist in eliminating both of which are much relieved by el- many cases of piles. evating the legs.

subject to hemorrhage as a result of a infrequently in athletics, but is an exblow, since the vitality of the dilated ves- tremely severe condition for the athlete sel is markedly reduced. Inflammation when it does occur. It results most frewithin the vein may result in local blood quently in athletics from a blow to the clotting, which, as a result of a blow or scrotal area, or from wearing supporters sudden or violent movement, may cause that are too tight. The condition is evithe detachment of a piece of the clot into denced by marked puffy enlargement of the blood stream, which, when carried to the scrotal sack, accompanied by a heavy, the brain or lung, may cause sudden dragging pain in the area. The attention death.

Palliative Measures

Avoid long standing and fatigue. Walk-

ing favors venous return, but violent exercise should be avoided. The wearing of elastic stockings or the use of an elas-These and similar related conditions re- tic bandage may give considerable relief. quire little from the coach or trainer other The legs should be elevated whenever

In earlier pages of the Manual we have described the Analgesic Pack treatment for severe thigh and calf bruises. It is Varicose veins occur as a rule in those suggested that this pack, covered as it is parts of the blood stream which are farth- with an elastic bandage, might reduce the est from the heart and which are rela- number of varicosities occurring in ath-

Hemorrhoids (Piles)

Hemorrhoids are masses of excess tissue caused by the dilatation of blood vessels, usually venules or veins, just inside the anal sphincter. They cause trouble The difficulty may be started, in ath- either by reason of the fact that they bemay appear lifeless, shiny and pigmented. ing factor. This is especially true early in the season when sweating and food The common symptoms of varicose consumption are extraordinarily exces-

Varicocoele, a varicose enlargement of Advance cases of varicose veins are the veins of the spermatic cord, occurs of the team physician should be directed at once to such cases. He will probably suggest long periods of absolute rest with ice pack application, and a well fitting scrotal suspensory.

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of minerals and vitamins. If the diet is and intestinal activity is the taking of truly adequate with respect to properly food. And it should be taken in sufficcooked meats, cooked and raw vegetables iently large amounts to replace the deand milk, the minerals and vitamins are pleted body stores, and furnish ample in the vast majority of cases, taken care energy to carry through to the noon meal.

Carbohydrate foods (potatoes, bread, sugar, such as dextrose, etc.,) and fats are the energy foods. They are the fuels which furnish the steam for all athletic activities.

placing or rebuilding old.

pensable.

to proper amounts and proportions of pro- ous digestion turmoil. teins, carbohydrates, fats, minerals and vitamins is best determined by constant observation, by the coach, trainer, and mixed meal, empties in from 3 to 41/2 team physician, of the general health and hours. This emptying time may be vitality of the individual, as evidenced by lengthened by pre-game emotional strain how well he stands the rigors of athletics, to 6 hours, during most of which time his tendency to fatigue, general disposi- the food lies dormant-of no benefit tion, etc.

to the fact that the food requirement of stream before steam can be produced. the growing athlete is extremely large equivalent to that of a mature adult at hard labor.

It is our opinion that many of the dietary difficulties experienced by athletes, at least, may be attributed to faulty breakfast habits-too little food eaten with too much haste. For the average person, Careful mastication of food and slow

plemented with the necessary amounts ebb. The normal stimulus for stomach

Gastrointestinal Upsets-Nervous Indigestion

Much attention is given to the pregame meal of the athlete, and rightly so. However, the reasons for pre-game meal consideration as compared to that given Proteins, found so abundantly in egg to other meals are frequently obscure. white, meat, peas, beans, etc., furnish the The laborer, for instance, doesn't worry material for building new tissue and re- about the effect of a large volume of food, readily digestible or otherwise, upon his efficiency for the afternoon's The daily food intake of the growing work. And the food requirement of the athlete must be sufficient to maintain football or basketball player is fully as weight, not as determined at the begin- great as that of the man working for four ning of the training season, but from two hours at hard labor. The difference in to three weeks thereafter, after a reason- ability to handle normal quantities of food able equilibrium has been reached. Well is explained by the difference in emotionkept weight charts are, therefore, indis- al reaction. The laborer is completely relaxed-digestion proceeds in a normal, uninhibited manner. The athlete, re-The adequacy of the diet with respect gardless of past experience, is in a nerv-

The human stomach, after an ordinary whatsoever to the athlete. It obviously isn't sufficient just to eat food. It must Too much emphasis can not be given be digested and absorbed into the blood

> Carbohydrate foods leave the stomach much more rapidly than proteins, and fats retard digestion most of all foods. Fluids and semi-fluids start to leave the stomach almost immediately after being

the time elapsing since the previous even- eating will probably do more to eliminate ing meal is about fourteen hours. The nervous indigestion in athletes than will digestive tract is empty and the metabolic the choice of food. It is perhaps better processes of the body are at their lowest not to eat at all than to eat under ex-

APPENDICITIS

done by the coach or trainer by way of PLETED by competent authority. first aid in appendicitis, it is extremely important that the condition be recogthe don'ts are, in this case, more important than the do's.

causes of deaths in every age group, yet be well to remember that it is always betthe majority of the 18,000 or more anter to be safe than sorry. nual deaths from appendicitis can be accounted for by the single word-neglect. Experience of surgeons all over the world shows that there is practically no mortality from operations undertaken from 12 to 24 hours of the attack, whereas the death rate for operations delayed until the third or fourth day is about 10%.

Symptoms

generally speaking, rather confusing. The food faddist. first symptom is always pain, but the pain doesn't appear first in the region of the appendix. It is, more generally, a typical mild to severe belly-ache, evidenced frequently by sharp pains in the region of the naval, or in the pit of the however, the dietician in charge loses The pain, however, gradually migrates caloric requirements, with wide variato the region of the appendix, as evidenced tions between individuals. Seconds are by marked tenderness to light pressure in that area.

Nausea is a common symptom and there may be a desire to vomit, although the act is infrequently completed.

Fever develops slowly-may not be significant in the early hours of an acute attack. The temperature cannot be relied upon for definite diagnosis.

Do's And Don'ts In Appendicitis

When symptoms that are even mildly suggestive of appendicitis develop in an athlete, obtain the services of a physician diet consisting of the proper proportions at once. REQUIRE ABSOLUTE REST

DURING ANY DELAY IN DIAGNOSIS AND GIVE NOTHING BUT WATER While there is little if anything to be UNTIL THE DIAGNOSIS IS COM-

Neither purgatives or sedatives should nized at the earliest possible moment, for be given. Purgatives greatly increase the danger of perforation and hasten the spread of the disease. Sedatives of any sort tend to mask the symptoms and often Appendicitis is one of the important lead to fatal delay in treatment. It might

Diet And Its Effect On The Athlete

Space will not permit a lengthy discussion of diet for the athlete, although it is obviously an important subject. Certainly every coach and trainer should exhibit an active interest in the diet of his athletes, and should exert every effort to see that it be maintained at an adequate level, remembering, of course, Symptoms in acute appendicitis are that there is no place in athletics for the

Some of the larger athletic departments are able to maintain training tables, and the diet problems are taken care of by a competent dietician. Too frequently, stomach. The symptoms are readily con- sight of the fact that she is supervising fused with those of acute indigestion. meals for a group with extremely high too frequently significant by their absence, which accounts for the fact that there is much piece mealing on improper foods between meals.

> Almost every high school, regardless of size, boasts a Department of Home Economics, and it would seem logical that diet education for athletes be delegated to someone in that department. A few well organized lectures should acquaint the athlete with what he must know about the adequate diet and how to obtain it.

> Athletes, of all persons, should know WHY they should obtain an adequate of proteins, carbohydrates and fats, sup-

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strap a pound or two of lead to the back tion, intramuscularly. of an athlete during an athletic contest. Why should he be permitted to carry the contest?

track, set to actual contest conditions and repeated daily, should help to reduce the shock of the weekly competition experience.

Dextrose And The Athlete

We have, for a number of years, advocated the use of Dextrose by the ath- ball game, or by the more exacting track lete for the simple reason that its use events. This is particularly true when the seems logical, and perhaps even necessary in certain instances. Dextrose is, accord- preceding twelve hours, by lack of appeing to all authorities with which we are tite caused by nervous reaction, or for familiar, identical to the sugar of the other reasons. blood, commonly referred to as d-glucose. The latest revision of the United States Pharmacopoeia, gives d-glucose as an official synonym for Dextrose.

Dextrose requires no digestion. It moves rather rapidly from the stomach into the small intestine, where absorption begins immediately. The normal adult can utilize in the neighborhood of two ounces of Dextrose per hour, equivalent to about one-tenth of the total daily caloric requirement.

Dextrose is one of the few carbohydrate foods that may be absorbed as statements means dextrose. It also seems eaten, without previous digestion, and logical to assume that the feeding of it is probably the only carbohydrate food dextrose, in reasonable amounts, followthat may be utilized by the body tissues ing excessive muscular activity, should without some form of modification. Dex- restore depleted carbohydrate reserves trose is, in fact, injected, in solution, dir- not only rapidly, but with the least posectly into the blood stream. It may be ad- sible derangement of digestive processes.

cessive emotional strain. No coach would ministered by rectum or injected, in solu-

There can be no question concerning equivalent of a pound or two of lead the depletion of the d-glucose or dextrose around in his stomach during the same reserve in the body of an athlete during muscular activity. The store exists in the form of glycogen, frequently referred to We thoroughly believe that the pre- as animal starch, and occurs principally game or pre-contest nervous upset ex- in the liver and to a lesser extent in musperienced by so many athletes could be cle. Dextrose is the energy food for partially eliminated by duplicating as far muscular activity, and is carried to the as possible, actual game or track meet muscles by the blood. The amount of conditions, after the warm-up, at the be- sugar, i.e., dextrose, in the blood (reginning of each practice session. Five ferred to as the blood - sugar level) is minutes of scrimmage in football, ten held fairly constant during muscular acminutes in basketball, or short races in tivity at the expense of the stored glycogen. The glycogen is converted, as need arises, to dextrose and thrown back into the blood stream.

> It is quite readily conceivable that practically the entire carbohydrate reserve of an athlete could be expended during the first half of a football game or basketdiet of the athlete is restricted during the

> The following interesting statements are quoted from "The Living Body", by Best & Taylor, Henry Holt & Company, New York, 1938.

"In the intact animal carbohydrate is also the fuel for short bouts of muscular exercise. After a sprint, for example, a fall in blood sugar may occur, and the ingestion of glucose prior to a race is now recognized as a valuable means of postponing fatigue and enhancing muscular performance. In prolonged and exhausting work the carbohydrate stores become depleted; fat is then burned to furnish the required energy. Protein apparently is not utilized in muscular exercise, or, if so, to a very small extent."

Glucose, as referred to in the above

Prevention Of Over-Training

GEORGE EDWARDS

Head Basketball Coach-University Of Missouri

This article was written for "THE FIRST AIDER" in 1934. We are reprinting it for three reasons. (1). Because many of our regular coaches are in the Service and others must pinch-hit for them. (2). Because we consider it the best training article we have ever published. (3). It is timely.

Another psychological fact of

After TWENTY MINUTES, or

less, a boy fails to learn any more

fail to improve, but he loses interest

in that stunt and will not want to

performance is poorer than expect-

ed we have gritted our teeth and

"That is terrible. You fellows

Psychology definitely has proved

that such procedure is wrong, and

under such a method the players

Those responsible for the rules of

our various games know that the

rest periods provided. An inning

in baseball consumes about twenty

fifteen minute periods. Basketball

has similar divisions, with no per-

iod of effort longer than twenty

In addition to this necessary vari-

ation of activity, the Law of Freq-

the number and length of practices.

This can be noted in other lines

A reasonable application of some

1. Write out the practice sched-

2. Arrange stunts and scrim-

(4.) Plans for pre-season work-

5. After the playing season is

6. Call off all practices the day

outs should include not more than

From the technical angle, the There are still earlier indications cian. coach of any sport designs the prac- which might be noted. A normal tice sessions with two main object- youngster is ambitious, comparativeives in mind. First, he wishes to aid ly exhuberant, somewhat hilarious his players in development of indi- and mischievous when he is happy. vidual skill and weld them into a While a coach must control these Play Safe With smooth working team; and, second- expressions to some extent, he ly, he hopes to bring about a fine should feel alarm when they are balance between mental and physi- missing. Take "fun" out of the Tape Remover cal conditions of each athlete to practices and staleness soon creeps insure the most efficient perform- in. Diagnose the remarks made by ance in the approaching contest. your players, note their actions in Simultaneously, then, the coach is the dressing room and during rest adhesive tape is a dangerous pracboth TRAINING and CONDITION- periods. The boys unconsciously tice. In the past there have been ING his players.

Coaching methods are good or close attention to these signs. Aloofbad, according to the manner in ness may aid your professional dig- Gasoline may seem economical, which these two factors are nity but it certainly will kill your but is it? Somtimes insurance comhandled in the practice periods. If contacts which prevent staleness. attempts to build excellent performance are stressed in long or hard workouts there is a grave danger value to the coach is stated in the that the physical or mental condi- Law of Frequency which informs tioning may rob the player of an us that there are individual psysioability to make the best use of his logical and mental time limits for acquired skill when faced with the efficient progress of the learning stress of stiff competition. On the process, and that after these time other hand, should the practices limits are reached no learning be too short, too few, or too easy, takes place. According to Griffith, the conditioning factors may be the time limit for most tasks such handled properly but the necessary as single skills like basket shooting skill will be lacking. Under each dribbling etc., is approximately situation a game may be lost to twenty minutes. opponents who ordinarily are weaker.

It is obvious, then, that the rela- about any stunt. Not only does he tionship between TRAINING and CONDITIONING often are antagonistic. Unquestionably the big- repeat it. Yet we all have been gest problem in coaching is to keep guilty of sending our teams through these two factors in relative harm- a drill or a scrimmage, and if the ony and proper balance.

We know more about TRAINING growled, than CONDITIONING, because results are more obvious and easier to measure accurately. By charts, either do that right or you keep at by records and by observation each it until you do." coach has standards of accomplishment by which he rates the ability of each player, but there are few definite measurements of his stage that only the coach is to blame if of conditioning. Of the two phases of conditioning, physical and men- lose interest and fold up at a crittal, the former lends itself to the ical time. more accurate rating. Weight variations for instance, tell us a lot about physical shape, but where is the coach who can know in ad- types of activity must be varied or vance whether or not his players have the highest degree of mental balance? Our tests of skill and phys- minutes. Football is divided into ical condition may indicate a fine preparation for competition, but only the game performance shows us if the boy or team is "hot". If minutes. Unquestionably, the time proper mental condition is missing, to be devoted to practice should be little can be done about it, and the divided along the same lines. coach is forced to squirm on the bench while he suffers the agony of watching his boys operate far below their normal standards. An uency has important bearings on honest coach must put the responsibility for this failure squarely on his own shoulders for obviously he of learning in which school mastfailed to recognize in the practice ers recognize this law by limiting sessions the warnings of staleness concentration on each scholastic which were present there.

subject to one hour or less per day, with seldom more than five such Mental factors are so complex periods per week. Also they apply that while we never can be cer- it by lightening the effort just pretain of our rating so as to tell just ceding important tests when they what will happen, nevertheless there use reviews and cease attempts to are some facts regarding the subadd new material. ject which point the way to prevention of overtraining, commonly After all, coaches are teachers and known as staleness. This article methods useful in one line of teachwill attempt to explain some of ing should have equal force in aththese facts. Either through sad ex- letics. Yet we find teams being perience or by study, the veteran sent through two-hours work-outs coach has the facts at hand and five days a week with the expectamakes expert use of them. Young tion that they will be in good form coaches, however, often become so on the sixth. We extract all of a engrossed with the development of boy's physical and mental energy skill that they ignore these nervous in hard practices and shift the reaspects of performance. Readers are sponsibility when there is nothing advised to go beyond the scope of left for the test. this summary and make a close study of "The Psychology of Coaching", by Coleman R. Griffith. of the items listed below will go

Physical accuracy and control, far toward the prevention of overand good judgment, which are the quire some sacrifice of skill demost important features of fine velopment. Still, better results are performance, arise in the nervous usually obtained if desire and desystem. Staleness impairs one or termination are present than if demore of these features and conse- pendence is placed on skill without quently is more mental in character these attributes. than physical. Means for detection and prevention, then, must come from the science of psychology. At ule carefully in advance, and don't least two of the Laws of Learning permit the stress of the workout to have direct application on this sub- lead to drastic changes.

One of these is the Law of Effect, mages so that there is variation which states that the individual every fifteen or twenty minutes. tends to repeat and learn quickly Carry a watch and adhere strictly those activities which are interesting to the prearranged time schedule. and satisfying. Continued INTER-EST, then, is a most important | 3. Limit total concentrated praclearning factor. Knowing this, the tice time to approximately ONE wise coach designs practice sessions HOUR with some adaptations for which will please his players. En- individuals and for large squads thusiasm runs high in early season. with restricted facilities. but if practice drills become monotonous, too long, or too strenuous, it drops off quickly. Unless practices are changed, they become not only two exhausting sessions per week a waste of time, but the player ac- with two or three easier periods. tually will develop a dislike for the sport or for the coach.

under way, three or four practices a week are enough and only one of Complete absence of interest extremely easy to recognize, but the these should be exhausting. steps by which it has been lost are so small that they are not obvious. before a game, or at least permit Some of the first indications are, only a twenty or thirty-minute easy unusual quietness, which often ap- warm-up. proaches sullenness in practice; missing scheduled work-outs for Under such a schedule, the team repeated trivial reasons; crabbing be- probably will not reach a high peak tween teammates; repeated tardi- early in the season, but the coach ness; inability or refusal to con- will have the satisfaction of watchcentrate while the coach is making ing his squad reach a high level necessary explanations; and indif- and either maintain it or improve ferent or careless performance. as the weeks roll past.

Suggested Treatment

For Nose Bleeding

and the bridge of the nose.

Roll up some cotton-and place in the mouth between the teeth and the upper lip.

Put some cotton on an applicator, saturate it with Nitrotan-insert worry-when the "heats on"! in the nostrils and hold against the bleeding area—if possible. If not Don't overlook the girls when possible, saturate cotton with Nitro- appointing assistants. Girls are here tan and plug both nostrils. Have to stay, it seems - and are really the patient breath through the capable persons.

If nose bleeding is chronic, have an examination by your team physi-

----- F-A

The use of gasoline to remove will indicate the state of their some serious fires and explosions, morale, and the wise coach pays even causing the death of athletes.

panies require a permit for storage of gasoline and if the cost were only two cents per \$100, this would amount to \$200 additional insurance cost on a \$100,000 building.

Would you want to assume the Place cold towels on the back responsibility for fire or increased of the neck, across the forehead ference in cost between Tape Remover and gasoline?

> Appoint some managers and in- happens. struct them in their responsibilities. This will give you more time to

---- F-A



ONLY ONE KEYSTONE—

We of America are in the midst of the greatest revolution of our history. The Revolutionary War, the Civil War, - these were revolutions - turning points in our national life.

World War II has destroyed the normal existence of every family in our nation. Our boys are gone, our methods of transportation are unhinged, what we eat and the things we wear are rationed as necessities - every family and every individual is a part of the change.

There is one keystone - and only one, that may link us together. It is the American School System and its personnel!

Every school room should be a citadel - a place where courage, sanity and steadfastness-of-purpose are taught by example.

In times like these we are inclined toward hysteria. We have duties to perform, but we cannot concentrate on them. We try to fight the war with our boys when our obligations are to keep the home front on a steady keel - steady and ready for their

The steam of our revolution blows off in Washington. The check valve may be controlled in the school.

ramers

ATHE COMPANY

25 Years Old In Athletics

Printed Again By Request

"The Dream of a Character Builder" was written in 1938 by L. E. insurance rates for the small dif- in the January 1939 issue of "The First Aider".

> We received many requests for extra copies. We were also asked for permission to change the names to fit local teams for local banquets. We suggest you try fitting in the names of your squad—and see what Fight The Flu

The Dream of a Character Builder

The day was hot, my boys were stale, Their suits hung on them like coats of mail. We'd dropped the last four games we'd played

I tried every play—then ordered the shower, My patience was gone and I'd turned sour. _I sat there a while, like a great big sap

Sore as a boil—then I picked up my cap.

I sat down for a minute before going to work When a tap on the shoulder brought me up with a jerk. A man of distinction was there by my side

Says he, "You're just the fellow that I want to see "We're after a coach—they've selected me "To make you an offer—so here I go—

"You can have anything—just don't say No! "Just tell us what salary to place on the line.

"We'll get you assistants—Frank Thomas and Kern "Lou Little, Carl Snavely—we have money to burn. "If you want Bernie Bierman to coach on the line "Or maybe Fritz Crisler—that suits us just fine.

"And maybe Gill Dobie and Stub Allison, too. "For end coach, get Dick Harlow of Harvard to come "With Faurot of Missouri-they'd sure make things hum.

"Of course, our scouts will be in the press box "Harmeson, Josh Cody, Bachman and Cox.

"Business managers? Oh, sure-we should have four, "Matty Bell, Irl Tubbs, Bunny Oakes and Moore. "Clark Shaughnessy—a good publicity man

"Ducky Pond and Dick Romney could take care of travel "There's nothing too hard for them to unravel. "You could have Harry Stuhldreher be water boy

"The stretcher bearers could be headed by Fry "With Mal Stevens and Layden standing by. "If more were needed—there's Sutherland and Shaw

"With Bible and Madigan carrying head-gear "Pop Warner with towels-and far in the rear "Bob Zuppke will lead in the mascot with care "My word, what a wonderful crowd will be there.

"You'll have plenty of help—we'll take care of that." He put his hand on my head and gave me a pat.

I opened my eyes—the man had fled The janitor's broom had hit my head.

But while it lasted—it sure was a "WOW."

Perkins of our company. It was first introduced at the American equipment will be just half the Football Coaches Convention in Chicago that December. It was printed

In spite of well laid plans we'd made.

But when I reached the cool field house They were all gone—'twas as still as a mouse.

He must have slipped in through the door that stood wide

"A contract for ten years is ready to sign

"Andy Kerr or Dorias in the backfield would do

"To work out plays—there's Bergman and Blaik "Fred Thomsen and Jennings and V. Green of Drake.

"Will keep us in the 'bright lights' if anyone can.

"With Biff Jones to help him—a real McCoy.

"A swell pair of beauties as ever I saw.

I'd had a dream—I know it now

Training In Basketball

From a training angle, basketball presents possibly four major problems. They are:

1. How to dry damp supporters,

socks, and suits.

2. Shower temperature.

3. Protection of players in cold

weather.

4. Preservation of on hand equip-

(1). The drying of damp equipment is imperative from a health angle. Dampness promotes the growth of mold. Mold will hasten the destruction of the fabric.

This problem is one which must be answered by each coach. Dampness, the amount of available space, heat and ventilation, these must all be considered in arriving at a satisfactory answer.

(2). There isn't a great deal to be said about shower temperatures except that they must be kept down. The shower should be more of a rinse than a bath—where it is used daily.

(3). There is a lot to be said about player protection in cold weather, because playing form without health is of little value.

Protection of the head and neck from cold winds. Sudden cooling of the body. Shoes allowed to become damp and cold. The answer is obvious, and again it is a problem for each coach to handle individually.

We still think properly worded talks with your players will go a long way toward answering these

(4). Preservation of your basketball, your basketball shoes, and other equipment is imperative if you expect to continue play and help the war effort.

Keep the suits clean. Keep the basketballs cleaned and waxed with "Cramer's Liquid Ball Cleaner". Supporters should be washed in warm soap suds, rinsed in clear water and laid out, not hung out,

to dry. Sweat shirts and socks 4. Get lots of sleep. should be laundered often.

5. Keep feet warm and dry. Follow these suggestions, and the care of your basketball squad and 6. Take some exercise - outdoors -

> every day. 7. Ventilate sleeping rooms, but

avoid drafts.

8. Avoid crowds, wherever possible.

---- F-A

Start your order with a bottle of NITROTAN.

Take care of your team if you want them to take care of you!

OBSTACLE COURSE—

problem it might have been.

— F-A —

1. Drink plenty of water and fruit

2. Don't over eat. Eat lots of green

3. Have proper elimination.

juices.

vegetables.

(Continued from columns 1 and 2, page 1)

Additional Suggestions

It is a good policy to make short breaks and clear the obstacle course of contestants occassionally. This may take 3 to 7 minutes, depending upon the length of the obstacle course. It will permit a quick checkup between the two recorders on the finish line and the recorder at the start.

By using letters of the alphabet in connection with the numbers, it is easy to separate groups, such as battalions or classes.

It is important that the timer and his assisting recorder be the coolheaded type. Contestants may bunch up at the finish, and if the officials freeze mentally, it is easy to make a mess of it.

Contestants can figure out their own running time, if they know their starting time, and listen for their finish time as, it is called out.

General Suggestions

During our twelve months of experience in planning, constructing and operating obstacle courses, we have learned several lessons that may be of value to others.

The complete standardization of obstacle courses is not advisable because local conditions must be considered. Streams, hills, trees, rocks and other natural obstacles should be used to advantage. However, experience has shown that certain obstacles should be eliminated, because of extreme hazards and little value in training and conditioning. Here are some points to keep in mind when determining the order of obstacles.

(1) The first 2 to 4 obstacles should be fairly easy, to avoid any bottlenecks.

(2) The last 2 or 3 obstacles should not be too difficult and should not be high-climbing obstacles, in order to avoid injuries and falls when contestants are fatigued.

(3) Obstacles should vary somewhat as to group muscles used; that is, if one obstacle is a climbing obstacle, where the use of the shoulder and the arms particularly come into play, the following obstacle should stress, primarily, the use of the legs. (4) The ideal distance between obstacles is from 20 to 30 yards.

Suggestions For Constructing Obstacle Courses

(1) The course should be wide enough and the obstacle so built as to allow from 6 to 8 boys to run at one time. This will permit keener competition.

(2) The lanes for the first 2 or 3 obstacles should be wider than those that follow, to permit 6 or 8 boys to run abreast. As the race continues, the contestants will tend to scatter along the course and there will be no further need for wide obstacles.

(3) The obstacles should be built firmly. Peeled logs 6 to 8 inches in diameter are ideal for many of the obstacles. Use of logs gives the course a naturally rustic appearance and will also reduce expense.

(4) Sharp points and corners should be eliminated. Landing places from jumps or vaults should have sand or sawdust, to prevent injuries. (5) The course should be constructed and marked so that it

will be impossible to sidestep or detour obstacles. Signs should be placed to clarify any doubtful route. (6) If possible, the start and the finish of the course should be so planned, to allow one official to control both start and finish. A horseshoe-shaped course or one shaped in a figure 8

will definitely permit this. (7) If some of the obstacles prove too difficult for the contestants, an alternate course around the obstacles should be constructed; this alternate course should take more time to cover

than the time required for going over the obstacles.

Suggestions For Order Of Obstacles (1) Hurdle (2½ feet).

(2) Fence vault (4½ feet).

(3) Log balance run.

(4) Wall climb (7 to 8 feet). (5) Dodge run.

(6) Bear trap. (7) Under-cover run with deep sand as base. (4 feet high, 60 feet long).

(8) Hand over hand walk (9 feet high, 15 to 20 feet long).

(9) Under, over, under. (10 Jungle maze.

(11) High knee-action run. (12) Rope swings.

(13) Tunnels (2½ feet high).

(14) Fence climb (14 feet to 18 feet). (15) Straddle run.

(16) Monkey climb. (Horizontal rope stretched across a sand pit 20 feet long and 7 feet high. Hands and feet used in hanging position - upside down).

(17) A checkerboard run.

(18) Under, over, under.

(19) Hurdle.

Another good obstacle is the cargo net climb, about 18 feet high. The nets may be difficcult to obtain at this time.

The age of the contestants must be considered in building the obstacle course. If the course is built for boys of junior high school age, naturally, the course should be much shorter and some obstacles lower. The length of the run assigned, of necessity, must depend upon the condition and age of the contest-

A Few Additional Points

(1) After running the course, the contestant should walk around until fairly rested.

(2) No drinking of water should be permitted until contestants are well rested.

(3) Contestants who have difficulty in certain obstacles should have special instruction on the proper way to negotiate these obstacles.

of ATHLETE'S FOOT Prevention and Treatment 1. Dry Feet Before Using Foot Bath 2. Work Powder Between Toes and Over The Feet 3. Carry Adhering Powder Into Shoes (And Not On The Floor) A Sigh Of Relief With Every Dunk! 4. USE BEFORE WORK-OUT AND AFTER WORK-OUT To Reduce Sweating and To Give Lasting Protection, Dry Shoes, Reduce Foot Odors Blisters 5. A Good Soldier Doesn't Waste His Powder USE IN CROTCH OR UNDER ARMS TO PREVENT OR TREAT JOCK STRAP ITCH OR CHAFFING OF SKIN, AND FOR HEAT RASH Cramer's Foot & Body Powder CRAMER CHEMICAL CO., Gardner, Kansas

CRAMER'S POWDER

METHOD

FODT BA

This card—actual size 14 in. by 11 in.—will now be included in each 10 pound and 25 pound bulk package of Cramer's Foot & Body

Powder. This card should be placed on the wall near the powder box—where your players can easily read the instructions. Insist that they carry

onto the floor. Instruct your players to pick up a small amount of powder when they are standing in the foot-bath and place some in the crotch, under the arms or on any place where the skin is irritated and has been rubbed.

the adhering powder into the shoe-and not

NOTICE: Cramer's Foot & Body Powder will not serve as an adequate or competent treatment for deep-seated cases of Athlete's Foot or Jock Strap itch where there is much dead tissue. We know nothing that may be safely used to penetrate this "shell" and kill the underlying fungi. The "Shell" must be removed or keratolyzed be fore a product of any kind can do its work effi-

MARKETED IN 51/2 OZ. SHAKER TOP CARTONS AND IN 10 AND 25 POUND PACKAGES

ciently. The term "Lasting Protection" in the card above means from day to day protection and implies the daily use of the Powder Foot-Bath by the athlete.

NITROTAN

An efficient germicide for treating new superficial athletic wounds. Combines the astringent property of Tannic Acid with the mildly anesthetic property of Benzyl-Alcohol.

Wholesale 4-oz. Bottle____\$0.75

Quart Bottle 2.95 Gallon Bottle...... 7.50 CAUTION-Use only as directed!

ISO-PINE with Oxyquinoline Sulfate-Germicidal.

Suggested for cleaning old or infected wounds after washing with Liquid. Soap. 4 Fl. Oz. bottle\$0.25

Pint bottle 0.40 Quart bottle _____ 0.75 Gallon jug 2.75 Our dealers still have pint and quart sizes in CAUTION-Use only as directed!

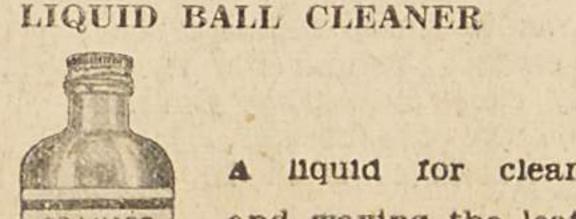
ATHLETIC RUBDOWN-LINI-MENT-Oil Base

An active counteriritant rubdown. Permits vigorous massage without drying out under the hands.

1/2 -Pint Bottle______ \$0.60 Pint Bottle_____ 1.00 Quart Bottle_____ 1.50 Gallon Bottle 3.75 CAUTION-Use only as directed!

TUF-SKIN

Contains Tannic Acid and the active ingredients of Benzoin Com-Intended to toughen the skin, help prevent "tape rash" and facilitate removal of tape. Dries faster than Benzoin Compound. 1/2 -Pint Bottle____\$0.90 Pint Bottle_____ 1.65 Gallon Bottle 8.90 CAUTION-Use only as directed!



halls. Mold resisting.

Gallon Bottle...

TR. BENZOIN COMPOUND

Differs from U.S.P. only in that Special Denatured Ethyl Alcohol is used. Used to paint on the skin before tape is applied. Helps prevent "tape rash." Facilitates removal of tape. Pint Bottle\$1.75 Quart Bottle 2.95 Gallon Bottle 9.90

BALL CLEANER priced leather soap for cleaning all

STRINGENT

12-oz. jar

A pleasing, non-alcoholic gargle. Prepared from Chlorthymol, Glycerin, Boric Acid, Sodium Borate, Sodium Bicarbonate, Sodium Chloride and Oil of 4-oz. Bottle_____\$0.30

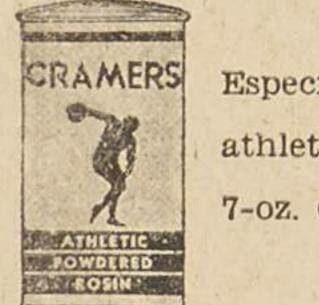
Quart Bottle 1.40 Gallon Bottle..... 2.85 CAUTION—Use only as directed!

Sulfate

'Used to remove dirt and debris from open wounds, strawberries, mat and pad burns. An indispensable training room item.

½-Pint Bottle\$0.35 Quart Bottle_____ 1.00

POWDERED ROSIN (Mixture)



athletic use. 7-oz. Can

The Grade Kit



Contains ten first aid products in smaller sizes. Ideal for grade, are either on a reducing diet or ward or rural schools; also, for the we're too skinny. A little horse car or vacation or home use.

Order from your Dealer.

The First Aider

Published by THE CRAMER CHEMICAL CO. GARDNER, KANSAS

> EDITORS Chuck Cramer Frank Cramer

The First Aider is published for he exchange of ideas regarding the conditioning and training of athletes, the discussion of training coom problems and the care and reatment of minor injuries in ath-

January 1944

No. 1 Volume XIII

A Statement Of Policy Regarding Label Claims

It is quite possible that we may have been a bit over-enthusiastic concerning Cramer products and what they will do, in our statements in the "First Aider" in the past. Statements made in the "First Aider" actually constitute a part of the label and must be considered as such.

We have, for instance, stated that Nitrotan will check or stop bleeding. We certainly did not wish to convey the impression that Nitrotan could be used to check or stop, for instance, arterial bleeding or hemorrhage. We do, however, recommend its use to stop capillary bleeding from superficial skin lesions. We know, from laboratory tests, that the preparation is germicidal; that it reduces the pain of such wounds.

We have recently stated that Cramer's Foot and Body Powder Posture may be used to cure as well as prevent Athlete's Foot, Jock Strap It seems that this is a good time CRAMERS Itch, etc. We know definitely that to emphasize the necessity for good such cases, but we do not know this problem years ago and spent that it will cure all of such cases many hours in teaching the correct for the simple reason that it has way to stand and walk. not been tried on all of such cases. It is quite probable that no preparation could be considered as Ointment.

Cramer's Athletic Stringent will not check or prevent influenza. and waxing the leather tonsilitis or like afflictions, and it of footballs and basket- is probably safe to say that no gargle will. The beneficial effects obtained with gargles generally are chiefly mechanical, but these are considered sufficient to warrant their use in the prevention or treat-_\$0.60 ment of colds or sore throats. But 2.95 they must be considered first aid

Cramer's Athletic Liniment, like other Cramer products, is made expressly for athletic use. We do not claim the product to have special penetrating powers. We do know, after twenty-five years of CRAMERS use by coaches and trainers all over the country, that the product is a good counterirritant, that it works ideally as a massaging medium. The latest edition of Gould's Medical Dictionary (5th edition) defines a counterirritant as a "drug CAUTION-Use only as directed! which attracts blood to the sur- Many people, when standing counterirritation as "superficial in- turning the other leg and foot out

> \$0.45 and may be considered to produce dominal muscles with which to counterirritant effects.

False label or advertising claims accomplish nothing. They merely it as a part of nature's "G. I" cloud the issue for the reader. Our readers, the majority of whom are intelligent coaches, trainers and physical education personnel, choose on posture—it's a step in the right their trainer's supplies carefully, CRAMERS with a knowledge based on experience. Trying to fool them would be like trying to cheat at solitaire.

> TIME OUT-Continued from Page 1, Col. 8.

LIQUID SOAP-With Oxyquinoline lived on the rivers. They fought Indians. They were physically fit

> a minute, professor,"-"Don't you think they could have hesive they will not cut. This will scalped more injuns if they had tend to spring the set screw. had their vitamins?"

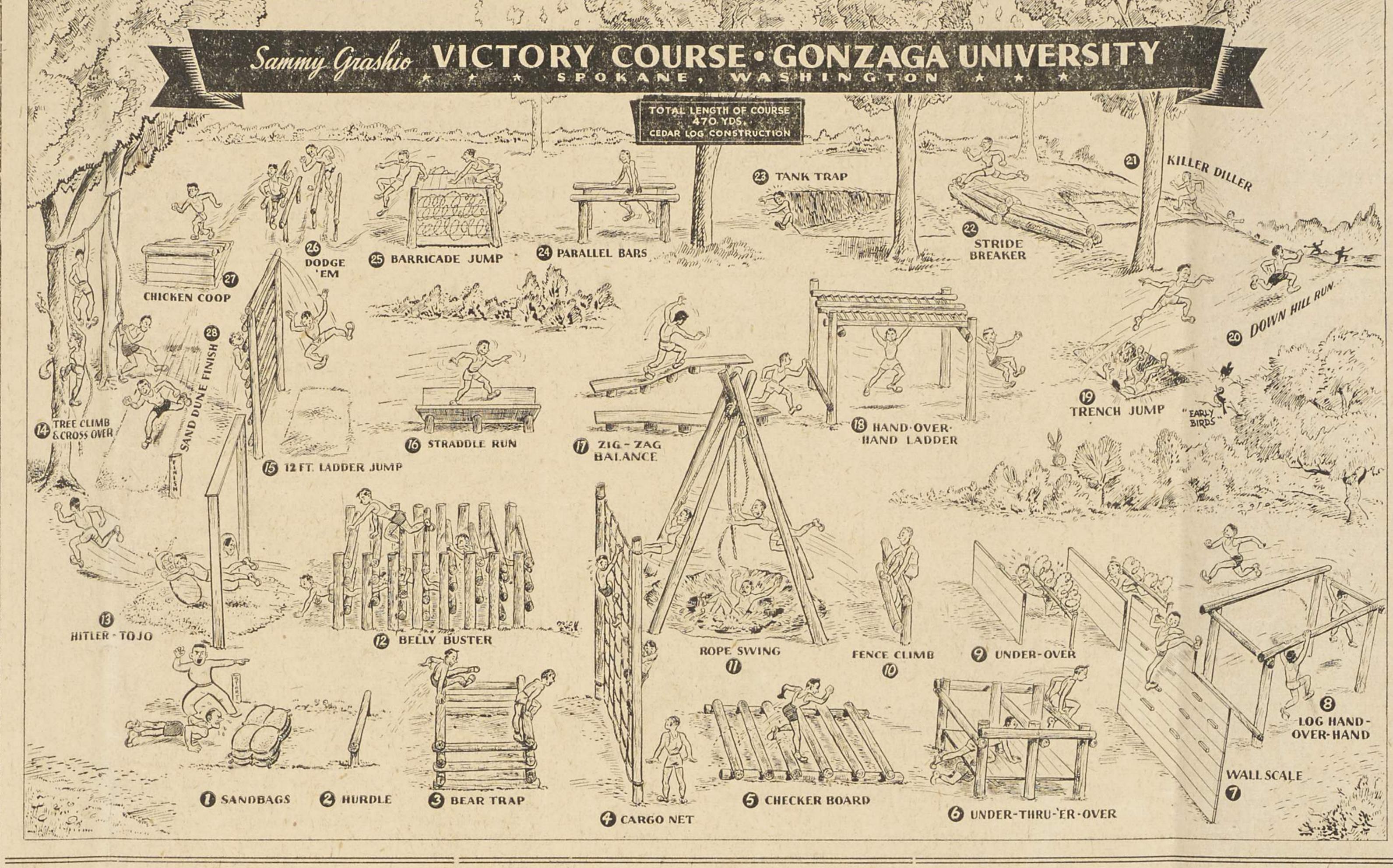
Maybe the youngster has some- for the duration. thing there, and thinking it over again, maybe he doesn't.

Today, if we break a leg, we are CRAMERS Especially prepared for told to eat a vitamin. If we are constipated—take a vitamin. If we want to be patriotic—take a vita-

Now this vitamin business is all right for what it was originally intended—to help those who were deficient in something; but to use vitamins in place of food goes beyond reason.

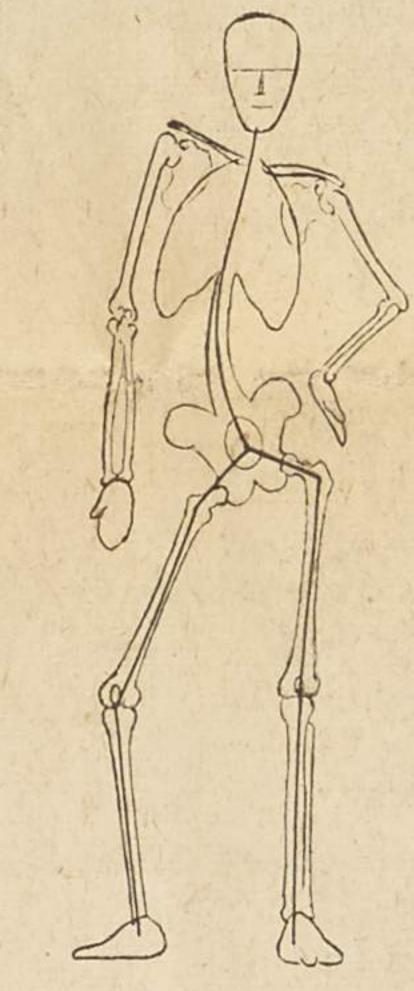
We use B1 in our dextrose tablets. We believe it has merit in this particular instance, but we refuse to subscribe to the belief that vitamins replace ham and eggs.

We are a nation of faddists. We sense could be used at this time, and it might be wise to start using lit today.



Good

There is nothing difficult about adequate for treating all such cases. acquiring good posture. "Standing The same statements should be tall" - squarely on both feet, will made concerning Cramer's Foot correct a great part of the diffi-



An efficient low some deepseated morbid process". ture of the spine may develop.

Cramer's Analgesic Balm, Red Our Maker gave us two feet to method is thoroughly discussed on Hot Ointment, and Inhalant all stand on and walk with. We should page 5-The Training Room Mancontain counterirritant ingredients use them equally. He gave us ab- ual hold in our stomach. If he had intended that we use a belt for this purpose he would have furnished Smelling Salts For

Let's put a little consideration

---- F-A

Take Care Of Your

Here are two hints about the care of your bandage scissors:

Oil them once a month. Clean the cutting blades daily.

When blades are covered with ad-

CRAMER'S

have set up this time-out schedule Take care of what you have - and don't forget that the paying pack additional cotton over the they may have to take care of you - public likes to see the boys taken care of.

TAPE

BURN OR EXPLODE

A Victory

Course

Columbia, one of our most

We don't think it fitting that

famous schools, didn't win

season.

opinion.

and war effort.

Keep Benzoin and

Tuf-Skin In Glass

game during the recent football

annals of sport without com-

ment-so we are expressing our

Our hats are off-to Columbia.

'All losses—no alibis—not even

white and blue Americans. They

grade in our ledger at 100% on

effort, courage, sportsmanship

all of the other Columbias across

the nation, both high school and

college,—who didn't surrender

before the first shot was fired!

The chemical make-up of Tr.

Benzoin Compound and Tuf-Skin

the tannin and other incompatibles

liquid. An empty pound ointment

jar makes an ideal container. The

The Basketball Players

When properly used, it is con-

most used first aid product.

return to normal breathing.

water to freshen the mouth-and

REMOVER

the most of it!

each player.

a whimper! We call them red,

Here's a bird's eye view of Gonzaga University's famous obstacle the preparation has cured many of posture. The military recognized this record be placed in the course, the Sammy Grashio Victory Course. It honors one of Gonzaga's war heroes, Lieutenant Sammy Grashio of the Army Air Corps, now a Japanese prisoner of war in the

> Considered one of the toughest and most rugged courses in the country, still it is not necessarily a dangerous one. Undoubtedly, it is one of the best of body builders. We also take off our hats to | Compact, complete, interesting, it affords vigorous exercise and a de-

> > Its 470 yards embraces 28 ob- In Basketball is designed to test the individual's oil application. Four minutes is a make the feet sting and ache. good time for the course.

is such that if these products are The course was designed by Gondispensed in metal containers a zaga's Athletic Director, Arthur inner pair moves with the feet black discoloration or precipitation Dussault, S. J. He also supervised may form. This happens because of construction.

in the gums of Benzoin and by the Here is "fitness and fun" com- feet. addition of Tannic Acid in Tuf- bined to make pleasure out of the attaining of physical fitness. Show | We think that the "powder foot- basketball teams than in coaching It has been the habit of some this picture to your principal, dis- bath" used before practice and game, them. coaches to pour some of these li- cuss the possibilities with him. This and after the shower, will do much face". The same volume defines carry the weight on one foot, while quids into a tin can for convenience to the shower, will do increase foot comfort and playin painting ankles. We sug- to the war effort and will undoubt- ability. flamation produced artificially, in and to the side. This becomes a gest a glass jar be used as the edly become a permanent part of part of the active principles of the the war.

* * * *

Editors Note:—Since the above copy was written Captain Samuel C. "Sammy" Grashio has escaped from a Japanese prison, and returned to this Country.

This is good news-but his story must wait. In the meantime, his course is in operation and used Smelling Salts should be your daily by many boys.

____ F-A ____

sidered a safe respiratory stimulant. Breathing a little of the fumes at each time-out will help hasten a Cuts On The Lip---Time-out is arranged in the rules to allow a period of rest— make In The Mouth---Are Take full advantage of this Frequent Basketperiod. Get out on the floor-use cold towels on the face and back of the neck—give just enough ball njuries

use Smelling Salts to help revive In cases where an athlete is kicked or bumped in the face and superficial cuts occur on the inside The rule book and rule makers of the mouth, saturate a piece of cotton with Nitrotan—place it on for the protection of the players, the inside against the injury and area between the cheek and the teeth. Leave this dressing in contact with this area for 30 minutes. During this period the athlete may be returned to play.

> This same procedure can be used where there are cuts on the lip.

Saturate a thin strip of cotton

with Nitrotan and lay over the cut -extend it well into the inside of the lip and down on the outside. Pack the inside — between the

teeth and lip with extra cotton and

leave on for 30 minutes.

dentist.

In all severe cases, have the athlete see the team physician immediately. If there is any injury to the teeth, it is a job for the

---- F-A ----Use Inhalant in the nostrils whether playing or just practicing on a dusty court—and remember all courts are dusty!

CRAMER'S FOOT AND BODY POWDER School Prices

5½ Oz. Can____ 10 Lbs. Bulk ____ F. O. B. GARDNER, KANSAS Order from

Your Sporting Goods Dealer

finite challenge to any young man. Foot Blisters-

every muscle as well as his stamina, The feet take the brunt of the strength, agility and muscular co- punishment handed out in basket- WARM will help prevent many ordination. All construction was ball. Sudden starts, stops and colds. done with stripped cedar logs and pivots, added to the continual hamfinished with a double Old English | mering up and down the court-

> the outer pair with the shoes. This theory is at least partially trueproviding the shoes are properly from cold winter winds. fitted to each individual pair of

order to exercise a good effect upon habit - and with the habit, curva- metal of the can may destroy a the national athletic program after Basketball's speed and variety of mover, Firm-Grip, Liquid Ball blisters. (1) The ordinary friction ketball!

blister. (2) "The pinch" or "blood blister" so often found on the sides of the heels where they touch the inner heel of the shoe. (See Treatment of Blood Blisters on

the Heel, "A Training Room Manual"-page 43). The powder will reduce the friction, and we believe it deserves your serious consideration in attempting to reduce one of the greatest hazards of basket-

Playing Pointers

The tired player is one the most fikely to get hurt.

. . . . Wrinkled socks help to cause

. . . . Keeping the feet DRY and CAUTION-Use only as directed!

Damp, sweaty uniforms—used without proper drying and clean-Most coaches recommend two ing-will cause galled skin. pairs of socks. They feel that the

* * * *

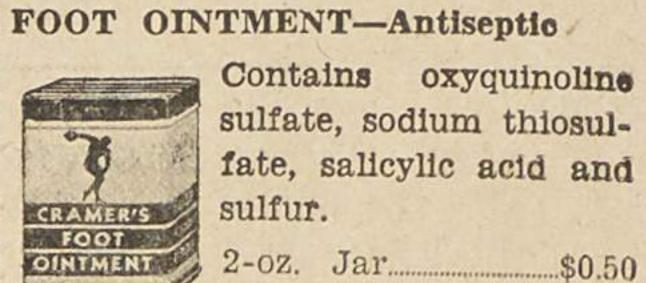
Protect the neck of the basketeer More blunders occur in training

----- F-A -----Tuf-Skin or Benzoin, Tape Re-

To be used as a protective dressing over superficial cuts, boils, blisters, strawberries, etc.

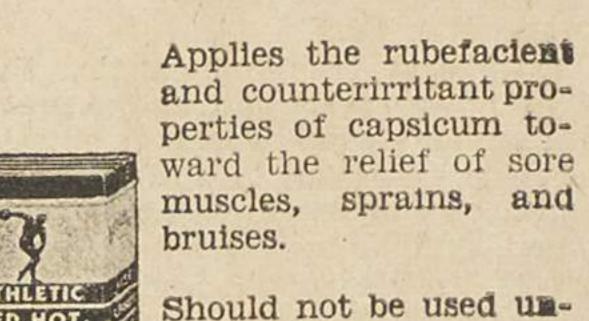
Pound Jar 1.85 CAUTION-Use only as directed!

ATHLETIC OINTMENT—Antiseptic



Pound Jar 2.25 CAUTION-Use only as directed!

RED HOT OINTMENT



der a bandage. 2-oz. Jar\$0.50 Pound Jar 1.90 CAUTION-Use only as directed!

ANALGESIC BALM



2-oz. Jar . 4-oz. Jar.____ 1.00 Pound Jar 2.50 CAUTION-Use only as directed!

An excellent, non-slip paste, cuts fumbling to a minimum.

1 Pound Jar..... 1.75 SMELLING SALTS

A simple respiratory stimulant developed especially for Athletic use. Does not spill out when used with athlete in

prone position. 1-oz. Bottle_____\$0.55

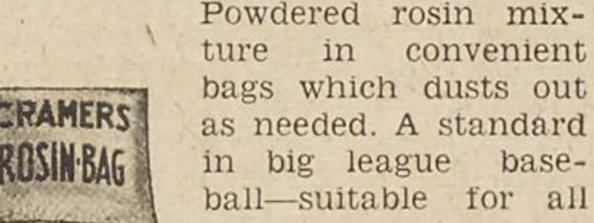
TAPE REMOVER Quickly removes adhe-

sive tape resdiue-noninflammable.

1 Gallon Bottle..... 6.00

1 Pint Bottle......\$0.90

ROSIN BAGS



ture in convenient bags which dusts out as needed. A standard in big league baseball—suitable for all

1 Dozen in Box.....\$1.95

SPORTS IN THE ATTACK

In the midst of the most thorough and effective job of war-making this nation ever has done sports are having a boom. The greater part of the participation is at Army and Navy establishments but sports for the warworking civilian populace also have been unexpectedly active this year.

The reason for this is plain and sound. Sport competition is founded in the spirit of attack. A nation that is conditioned to be on the offensive and to withstand the set-backs of the opposition's attacks is a nation with solid morale for war.

A wartime increase of interest and activity in sports is as logical as a wartime increase in the munitions business.

JOHN L. GRIFFITH, President, The Athletic Institute, Inc.

The First Aider is made possible by your purchases of Cramer's First Aids and Trainer's Supplies. In no other way can we underwrite its cost

Return in Five Days to THE FIRST AIDER Published by THE CRAMER CHEMICAL CO.



OR PRINCIPAL HIGH SCHOOL

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January, 1944

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