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 School Price
4-oz. Bottle	$0.75
Pint Bottle	1.95
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 stock.

CAUTION—Use only as directed!

ATHLETIC RUBDOWN-LINIMENT—Oil Base

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

½-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 Compound. Intended to toughen the skin, help prevent "tape rash" and facilitate removal of tape. Dries faster than Benzoin Compound.

½-Pint Bottle	$0.90
Pint Bottle	1.65
Gallon Bottle	8.90

CAUTION—Use only as directed!

LIQUID BALL CLEANER

A liquid for cleaning and waxing the leather of footballs and basketballs. Mold resisting.

Pint Bottle	$0.60
Gallon Bottle	2.95

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

CAUTION—Use only as directed!

BALL CLEANER

An efficient low priced leather soap for cleaning all leather balls and shoes.

12-oz. jar	$0.45

STRINGENT

A pleasing, non-alcoholic gargle. Prepared from Chlorthymol, Glycerin, Boric Acid, Sodium Borate, Sodium Bicarbonate, Sodium Chloride and Oil of Cassia.

4-oz. Bottle	$0.30
Pint Bottle	.75
Quart Bottle	1.40
Gallon Bottle	2.85

CAUTION—Use only as directed!

LIQUID SOAP—With Oxyquinoline 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)

Especially prepared for athletic use.

7-oz. Can $0.25

The Grade Kit

$1.25

Contains ten first aid products in smaller sizes. Ideal for grade, ward or rural schools; also, for the 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 the exchange of ideas regarding the conditioning and training of athletes, the discussion of training room problems and the care and treatment of minor injuries in athletics.

January 1944

Volume XIII No. 1

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 may be used to cure as well as prevent Athlete's Foot, Jock Strap Itch, etc. We know definitely that the preparation has cured many of such cases, but we do not know that it will cure all of such cases for the simple reason that it has not been tried on all of such cases. It is quite probable that no preparation could be considered as adequate for treating all such cases. The same statements should be made concerning Cramer's Foot Ointment.

Cramer's Athletic Stringent will not check or prevent influenza, tonsilitis or like afflictions, and it 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 treatment of colds or sore throats. But they must be considered first aid at best.

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 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 which attracts blood to the surface". The same volume defines counterirritation as "superficial inflamation produced artificially, in order to exercise a good effect upon some deepseated morbid process".

Cramer's Analgesic Balm, Red Hot Ointment, and Inhalant all contain counterirritant ingredients and may be considered to produce counterirritant effects.

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

F-A

TIME OUT—Continued from Page 1, Col. 8.

lived on the rivers. They fought Indians. They were physically fit Americans—

"Just a minute, professor,"—comes from a kid in the back row, "Don't you think they could have scalped more injuns if they had had their vitamins?"

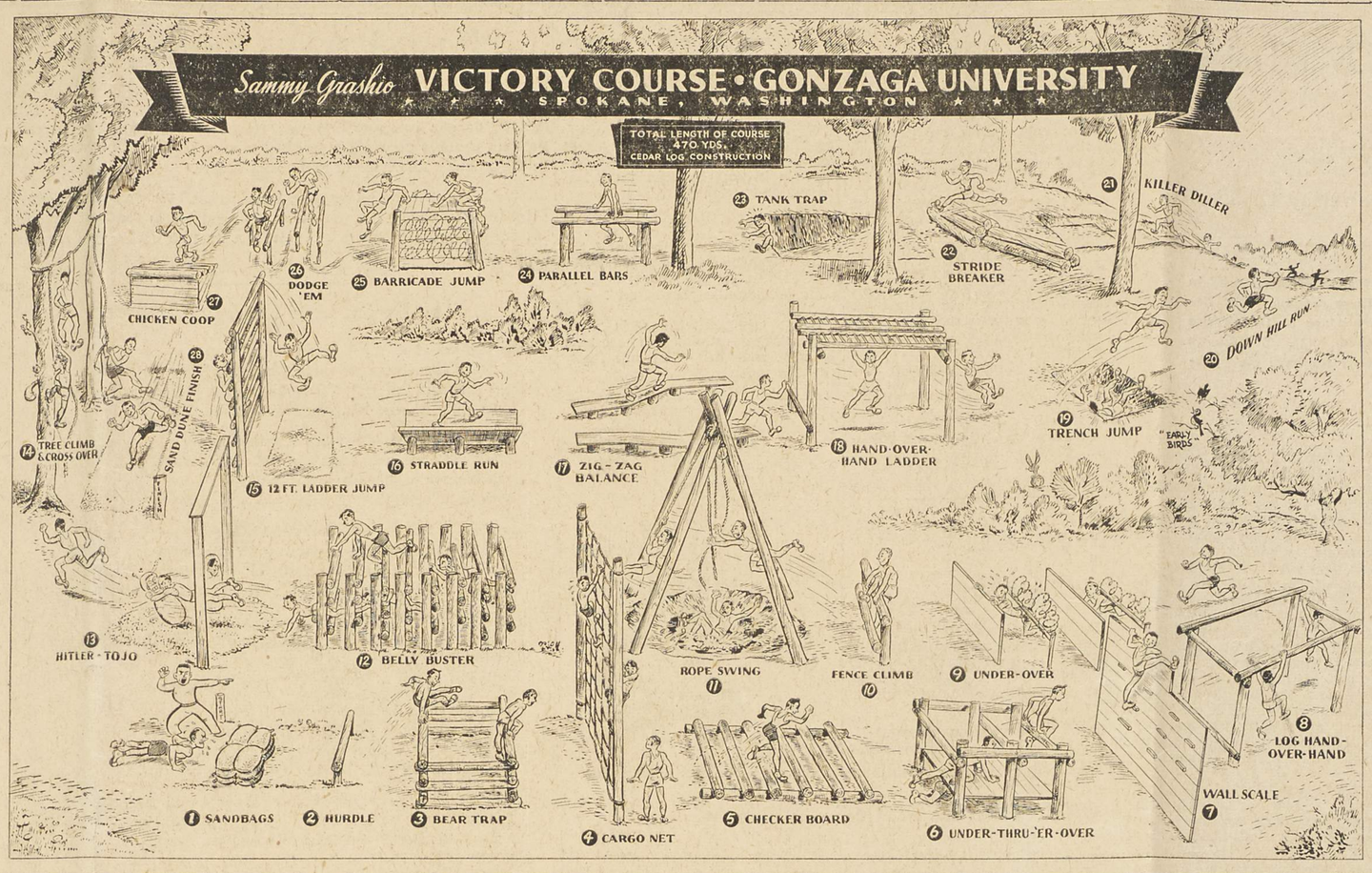
Maybe the youngster has something there, and thinking it over again, maybe he doesn't.

Today, if we break a leg, we are told to eat a vitamin. If we are constipated—take a vitamin. If we want to be patriotic—take a vitamin.

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 are either on a reducing diet or we're too skinny. A little horse sense could be used at this time, and it might be wise to start using it today.



Good Posture

It seems that this is a good time to emphasize the necessity for good posture. The military recognized this problem years ago and spent many hours in teaching the correct way to stand and walk.

There is nothing difficult about acquiring good posture. "Standing tall" - squarely on both feet, will correct a great part of the difficulty.

Many people, when standing - carry the weight on one foot, while turning the other leg and foot out and to the side. This becomes a habit - and with the habit, curvature of the spine may develop.

Our Maker gave us two feet to stand on and walk with. We should use them equally. He gave us abdominal muscles with which to hold in our stomach. If he had intended that we use a belt for this purpose he would have furnished it as a part of nature's "G. I" equipment.

Let's put a little consideration on posture—it's a step in the right direction.

F-A

Take Care Of Your Scissors

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 adhesive they will not cut. This will tend to spring the set screw.

Take care of what you have - they may have to take care of you - for the duration.

Columbia, one of our most famous schools, didn't win a game during the recent football season.

We don't think it fitting that this record be placed in the annals of sport without comment—so we are expressing our opinion.

Our hats are off—to Columbia. All losses—no alibis—not even a whimper! We call them red, white and blue Americans. They grade in our ledger at 100% on effort, courage, sportsmanship and war effort.

We also take off our hats to all of the other Columbias across the nation, both high school and college,—who didn't surrender before the first shot was fired!

Keep Benzoin and Tuf-Skin In Glass

The chemical make-up of Tr. Benzoin Compound and Tuf-Skin is such that if these products are dispensed in metal containers a black discoloration or precipitation may form. This happens because of the tannin and other incompatibles in the gums of Benzoin and by the addition of Tannic Acid in Tuf-Skin.

It has been the habit of some coaches to pour some of these liquids into a tin can for convenience in painting ankles. We suggest a glass jar be used as the metal of the can may destroy a part of the active principles of the liquid. An empty pound ointment jar makes an ideal container. The method is thoroughly discussed on page 5—The Training Room Manual.

F-A

Smelling Salts For The Basketball Players

Smelling Salts should be your most used first aid product.

When properly used, it is considered a safe respiratory stimulant. Breathing a little of the fumes at each time-out will help hasten a return to normal breathing.

Time-out is arranged in the rules to allow a period of rest— make the most of it!

Take full advantage of this period. Get out on the floor—use cold towels on the face and back of the neck—give just enough water to freshen the mouth—and use Smelling Salts to help revive each player.

The rule book and rule makers have set up this time-out schedule for the protection of the players, and don't forget that the paying public likes to see the boys taken care of.

CRAMER'S TAPE REMOVER

WILL NOT BURN OR EXPLODE

A Victory Course

Here's a bird's eye view of Gonzaga University's famous obstacle 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 Philippines.

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. Compact, complete, interesting, it affords vigorous exercise and a definite challenge to any young man.

Its 470 yards embraces 28 obstacles (several set in concrete) and is designed to test the individual's every muscle as well as his stamina, strength, agility and muscular coordination. All construction was done with stripped cedar logs and finished with a double Old English oil application. Four minutes is a good time for the course.

The course was designed by Gonzaga's Athletic Director, Arthur Dussault, S. J. He also supervised construction.

Here is "fitness and fun" combined to make pleasure out of the attaining of physical fitness. Show this picture to your principal, discuss the possibilities with him. This type of exercise is a definite aid to the war effort and will undoubtedly become a permanent part of the national athletic program after 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 daily by many boys.

F-A

Cuts On The Lip---In The Mouth---Are Frequent Basketball Injuries

In cases where an athlete is kicked or bumped in the face and superficial cuts occur on the inside of the mouth, saturate a piece of cotton with Nitrotan—place it on the inside against the injury and pack additional cotton over the 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.

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 dentist.

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	$0.25
10 Lbs. Bulk	$3.00
25 Lbs. Bulk	$6.25

F. O. B. GARDNER, KANSAS

Order from Your Sporting Goods Dealer

Foot Blisters— In Basketball

The feet take the brunt of the punishment handed out in basketball. Sudden starts, stops and pivots, added to the continual hammering up and down the court—make the feet sting and ache.

Most coaches recommend two pairs of socks. They feel that the inner pair moves with the feet—the outer pair with the shoes. This theory is at least partially true—providing the shoes are properly fitted to each individual pair of feet.

We think that the "powder footbath" used before practice and game, and after the shower, will do much to increase foot comfort and playability.

Basketball's speed and variety of movement develops two types of blisters. (1) The ordinary friction 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 basketball.

F-A

Playing Pointers

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

* * * *

Wrinkled socks help to cause blisters.

* * * *

Keeping the feet DRY and WARM will help prevent many colds.

* * * *

Damp, sweaty uniforms—used without proper drying and cleaning—will cause galled skin.

* * * *

Protect the neck of the basketeer from cold winter winds.

* * * *

More blunders occur in training basketball teams than in coaching them.

F-A

Tuf-Skin or Benzoin, Tape Remover, Firm-Grip, Liquid Ball Cleaner—these are "musts" in basketball!

ATHLETIC OINTMENT—Antiseptic

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

2-oz. jar	$0.45
4-oz. jar	.75
Pound Jar	1.85

CAUTION—Use only as directed!

FOOT OINTMENT—Antiseptic

Contains oxyquinoline sulfate, sodium thiosulfate, salicylic acid and sulfur.

2-oz. Jar	$0.50
1 Pound Jar	2.25

CAUTION—Use only as directed!

RED HOT OINTMENT

Applies the rubefacient and counterirritant properties of capsicum toward the relief of sore muscles, sprains, and bruises.

Should not be used under a bandage.

2-oz. Jar	$0.50
4-oz. Jar	.75
Pound Jar	1.90

CAUTION—Use only as directed!

ANALGESIC BALM

Milder in effect than Red Hot Ointment. May be applied as an "analgesic pack" or used under a heat lamp. Contains Methyl Salicylate and Menthol.

2-oz. Jar	$0.60
4-oz. Jar	1.00
Pound Jar	2.50

CAUTION—Use only as directed!

FIRM GRIP

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

4-oz. Jar	$0.50
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

CAUTION—Use only as directed!

TAPE REMOVER

Quickly removes adhesive tape resdiue—non-inflammable.

1 Pint Bottle	$0.90
1 Gallon Bottle	6.00

ROSIN BAGS

Powdered rosin mixture in convenient bags which dusts out as needed. A standard in big league baseball—suitable for all sports.

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 war-working 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

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