

and loose while his trainer massages him all over, stroking, rubbing, punching and slapping every muscle and sinew in the body, so as to keep them soft and loose.

He should then be well rubbed down with a spirit embrocation, standing up for this operation. He can assist in this himself, as the extra exertion will encourage the circulation. Put on plenty of warm clothing, including a fairly thick sweater, and walk briskly home.

GUARD AGAINST CHILLS

This, by the way, is an unnecessary risk, which many athletes foolishly incur, particularly during intervals between training runs, between heats at a meeting, or while watching other events. A man seems to think that as long as he dons a sweater or a thick flannel jacket, and so protects the upper part of his body, that he will be impervious to cold, quite oblivious of the fact that his success will be mainly achieved by his leg muscles, and that these are (on this account if for no more) every whit as important as his heart action.

The warmer muscles are the more easily they move. The blood flows to them and courses round them more freely, conveying the needed nutriment far more readily and freely when its action is not rendered sluggish and thereby impended by cold. You must all be aware that supposing you have fallen and hurt yourself, or have been kicked at football or otherwise contused, that you can stave off the consequent bruise and stiffness by keeping the motion. Bruises and stiffness are the result of congealed blood, and if the flow can be kept constant and rapid they cannot manifest themselves.

So whether you have just run, jumped, thrown a hammer, or put a weight, or are about to perform any of these feats, you should avoid standing still, and should pay equal