

Half Mast

By RAY MAST
Emerald Sports Editor

A recent *Sports Illustrated* survey concerning 13 high school and college football deaths, attributed to heat prostration during the last five years, reveals all 13 could have been prevented.

According to the *SI* data, the football uniform is to blame. Although the uniform is well-designed to protect the player from outside "violence," the uniform can be a disastrous heat accumulator.

Heat exhaustion and heatstroke, *SI* said, can be brought about when sweat is prevented from evaporating properly. Instead of cooling as it should, the body temperature increases rapidly.

When the body temperature reaches 110 degrees, death is likely to occur. *SI* reports half the cases of heatstroke are fatal. But, even if the person's life is saved, there may be damage to the brain.

Padded Areas to Blame

Pinpointed as the areas that are most blameworthy for the damages are the padded sections and the helmet. *SI*'s investigations revealed that even though the uniform is removed and the individual curtails his activity, the individual's temperature continues to rise. Later, the temperature will slowly decrease.

SI reports the hazards of heat stress can be reduced by:

- Players removing their helmets during lulls in practice or timeouts during the game;
- Players should be allowed to drink water freely while playing, providing they take salt tablets, too.
- Various practice and game sessions should be adapted to weather conditions.

No Cases At UO

Oregon trainer, Bob Officer, said there has never been a case of heat prostration or a death due to prostration at the University during an athletic contest.

Officer said the players must be watched very closely during games when the temperatures are high—games against Michigan, Minnesota, Texas, and Rice were cited by Officer as instances when the temperature was high.

He said he felt it wasn't necessary for the players to remove their helmets, but did confirm that Oregon players are encouraged to drink water and take salt tablets. Officer cautioned the practice of drinking too much water, though, because the individual may develop stomach cramps.

117 Degrees at Coliseum

There may be some difficulty in acclimating the players to the various weather conditions they must face each week. For instance, in a game played in the Los Angeles Coliseum between Oklahoma and Southern Cal earlier this year, game temperatures were 117 degrees on the playing field. Had not the Sooners been in Los Angeles the week of the game, it might have been a bit difficult to reproduce such conditions in Norman, Oklahoma.

Officer also commented on the rash of knee injuries to Oregon players this season. He said knee injuries occur in cycles—some years are much worse than others.

The reason, Officer said, is "most of the time when the injuries occur, the player is not in football position. He's hit from the blind side, such as on trap plays." On a trap play, the defensive man is allowed to penetrate beyond the line of scrimmage and is blocked from the side by an offensive lineman.

Officer said as far as he knows there is no knee brace available that may be used as support. At the present time the Ducks, as do most college teams, use a foam rubber knee pad.

Murphy Chosen Player of Week

H. D. Murphy, University half-back, was named Oregon college player of the week Wednesday by Portland Linebackers.

Murphy caught a 29-yard pass from Bob Berry with 11 seconds remaining in the game to give the Webfoots a 28-22 victory over Indiana. Murphy also played well on defense, preventing an Indiana touchdown with a diving tackle late in the game.

Ron Jones, Dave Wilcox, and Berry received honorable mention, as did Vern Burke and Booker Washington of Oregon State. Oregon's Lu Bain won the award last week.

Oregon Judo Club To Drill With 'Y'

The University Judo Club will hold a practice with the YMCA Judo Club this Saturday at the YMCA on 20th and Patterson Streets, beginning at 9 a.m.

Between five and ten club members are expected to turn out for the practice. The group boasts one first degree black belt, Stan Yasumoto, club president, and one first degree brown belt, Jim Sindberg.

Plans are getting under way for the Northwest Judo tournament in Portland December 7. All members wishing to go are asked to notify Sindberg at 344-2388 before December 4.

Jim Shanley and Jack Morris, who played in the same backfield for three years, 1955-57, combined to gain 3,459 yards in three years rushing. Shanley gained 1,828, and Morris 1,631 yards.

Buck Corey holds the Oregon record for the longest field goal. Corey kicked a 38-yarder against Oregon State in 1962.

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