

December 11, 1941

Mr. Samuel P. Hyatt
Athletic Advisor
Cherokee Indian School
Cherokee, North Carolina

Dear Mr. Hyatt,

I beg to acknowledge receipt of your favor of the 8th instant.

I have written a basketball text entitled, Better Basketball, which contains the information that you desire regarding diet for athletes. The book does not contain a number of menus, but rather it gives a broader list of foods which the athlete in training should have.

I have found through my years of coaching experience that cut and dried menus are not very practical to follow in the training of basketball and football players. Rather, I use a broad list of foods as my guide. Proteins, carbohydrates, and fats in correct proportions can be used no matter what form they happen to take etc.

In Better Basketball I outline a correct diet for athletes. This book also contains a number of plays which we use here at the University with our Varsity team which are thoroughly illustrated by 163 photographs and 86 diagrams. In addition, the book contains information on training and conditioning, treatment of athletic injuries, bandaging, emergencies, etc.

Also in this book are "Tales of Yesteryear" which are experiences of our Varsity when they met opponents who were expected to win the game, but with a stroke of good fortune and a bit of strategy we turned the tables and won the game. I have written these stories so as to stimulate youth to greater and finer endeavor. The cost of Better Basketball is \$4.00.

If you will mail me a check for \$4.00 I will be glad to autograph and mail you a copy post paid. If you would like any special thing said in your autograph I will be glad if you will indicate it. It will be a pleasure for me to send it. By sending this book C.O.D. it would cost you 25 or 30¢ more than under this method. I am desirous of saving you that much money.

I am enclosing some material which will help you to see exactly