

I am mentioning these things to show you that in these concentrated vitamins you have all that you need to take into the body and yet you do not have bad after-effects which are produced by over-eating heavily laden nitrogenous foods which are largely contained in meats. I do not mean, of course, by this that a person should not eat meat, but we have a tendency in our sedentary life to overemphasize meat eating.

The individual who tears down much tissue in activity naturally needs tissue-building food, and because of that activity we naturally consume more and varied types of food which build up the vitamin balance. But in our inactivity we are very apt to choose the food only that appeals to our gustatory senses and not to our bodily needs.

I trust that this added letter may clear up any lack of information that my first letter failed to contain. I want to assure you that if you would care to consult me on any of these points it would be a very great pleasure to discuss these matters with you further.

It was a great delight to be in your hospitable home. I always feel much better after having been there.

Sincerely yours,

Director of Physical Education and Recreation  
Varsity Basketball and Baseball Coach

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