

A

March 10, 1944.

Mr. Henry Frnka, Athletic Director,
Tulsa University,
Tulsa, Oklahoma.

Dear Henry:

I enjoyed the visit in our home the other evening.

I promised to send you the information on Dexin, the lemon juice, glycolixir and betulin. Dexin is the trade name for a Burroughs and Welcome product, an English concern. Dextrin is the scientific name. We use about a tablespoon of dexin and half a lemon to each cup of the concoction. This is given to the boys just before they go out at the beginning of the game and another small cup is given to them between halves when they come in. If you made this a regular daily diet I would give it to them after they have had their shower bath just before they start home.

You remember I told you we used to give them a refrigerated orange. This not only quenches thirst but gives them a pick-up and enables them to differentiate between hunger and thirst. So many boys bolt their food after a hard practice, when as a matter of fact they are more thirsty than they are hungry. This takes the edge off their hunger and still the lemon juice will stimulate digestion.

The glycolixir is a Squibbs product. One tablespoonful measured in a jigger or small glass is sufficient once a day. I would also give that after practice if you use but one tablespoonful. However, if you want to build someone up you could give them a half pint bottle and direct that it be given one tablespoonful before each meal. The scientific name for Glycolixir is Glycine.

The Betalin is the trade name that Lilly gives to betulin. This is extract of liver and so forth. It is a B complex. These could be given one after each meal if you want to build them up. I queried the doctor as to why they should be given after the meal and he said it sometimes upsets the stomach and produces gas. I know that my son, who is now a senior in the medical school at the University of Pennsylvania, refused to take them at all. He said it caused him to belch and gave him an uncomfortable feeling so he would not take them.