

But he was a chap who did his own thinking anyhow, and I always doubted whether it gave as much distress or whether he just didn't want to take them.

I have never insisted that any boys take any of this stuff that they did not want to take.

I also use the Savita yeast tablets. This is a Battle Creek product and sells at retail for 50¢ for 100 tablets. You can buy them through a wholesale grocer for about 37½¢ for the hundred. They contain a lot of vitamins and they are fine to give to a squad to prevent constipation. Some of the boys are very fond of them, and others won't take them, but someone lecturing to the squad can show the beneficial effects of them and most of the boys will want to take something that will help them keep in better physical condition.

I am giving you a little further description of the glycolixir and betulin. I trust this gives you the information that you desire.

"Accumulated evidence in the last few years would indicate that the giving of vitamin B compound, glycine, and destrose would aid in restoring cardiac reserve when it is lost through various types of disease and those who are under great physical strain."

"One capsule of betulin compound three times daily after meals.

"A tablespoon full of dexin in glass of lemonade ten minutes before game time and between halves.

"A tablespoon full of glycolixir by Squibb (glycine) three times daily."

With all good wishes, I am

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH