

July 27, 1938.

Mr. Wesley L. Fry,  
Football Coach,  
Kansas State College,  
Manhattan, Kansas.

Dear Wes:

I am sorry that I have delayed my reply to you for so long. Eight days is a long time for a coach to wait for a reply. I have been in and out of the office much, but I have just failed to acknowledge your letter sooner. I trust this information will do you some good for the future, if not for this season.

Here is what I write my boys - eat boiled, baked and broiled food, especially in the summer. In the winter you can handle more fats. I insist that they have a lot of fruit juices for the summer, and meat not over once a day, unless of course your husky men are doing hard work on the road and they need tissue-building foods. But too many of them eat too much meat.

I try to educate the chaps throughout the season and tell them that many times when they work so hard and are very hungry, they think, that often they confuse hunger with thirst. When a fellow is extremely warm I tell him to go easy on eating or drinking to an excess cool drinks. For instance, when the boys practice either football or basketball, when I was coaching both sports I would insist that they not drink nor eat anything until after their bath. My habit was to furnish them with a cool refrigerated orange after practice, but they never got the orange until after they had taken their shower bath. Then the orange was given them and could eat that as they got into their clothes or on their way home to their meals.

I have found that if they could eat an orange or something with a tart to it that the mineral salts and the tart juices generally allayed their thirst, and that was, after all, the main difficulty. I always let them drink as much water as they desire after they take their shower bath.

The heat regulating apparatus resides in the intestines, and when a fellow puts a large supply of chilly drink or gorges himself with food when the intestinal thermometer has not balanced properly, then there is trouble.