

After football practice the boys will sit down and bolt a lot of food and water. For most of them it is thirst rather than hunger that they feel. I always tell the boys that the muscles of the legs are not more tired than the digestive muscles of the stomach and the intestines. After a hard game I never feed the boys meat. I let them have fruit, head lettuce, celery, and so forth, to eat before I ever let them have the heavier food. And if I can get the boys to wait an hour or an hour and a half after the game before they eat the meal I find they do not want the heavy food. After all of our basketball games we never go in for any meat diet. We give them all the fruit and fruit juices they want, with the exception of raw apples, all the liquids, such as soups, or any kind of milk - buttermilk, sweet milk or even malted milk; sandwiches, eggs, bacon, or any of those things are fine, but no heavy meat.

Before the game, this is our menu - sometimes a half a grapefruit, but generally three pieces of celery, two pieces of toast with butter and a small cup of honey, and a drink, generally tea. I tell the boys that it is the glycogen stored up in their liver that has been there for several weeks that really gives them the "win, vigor and vitality".

By constantly talking to the fellows and telling them to eat baked, boiled and broiled foods and to masticate their food well, and to eat much celery and head lettuce, I find the boys arrive at an appreciation of healthful living that they like very much. Many times instead of getting a coke I tell them to get an orange juice. Of course, the coke is a nickel drink and the orange juice is a dime, and then I say, "Well, buy an orange and eat it". Eat fruit and vegetables. Many times the boys will come to me and say, "Coach, what's good for me?" And then of course we explain the three necessary foods - proteins, carbohydrates and fats. As I said, I will not make this a routine lecture, but I get into it lots of times when I have a blackboard drill on some plays or some strategy talk after the team petered out during the latter part of the game, or maybe someone failed in a pinch due to physical condition. Then I bring these points home and show the boys why the proper food is required.

It is those few whose numbers are augmented considerably by following such suggestions as the coach gives that I believe is worthy of our effort. I have just sent out a five-page letter to our boys on diet suggestions, exercise and morale. I tell the boys this time of year that tomatoes are extremely cheap and they are fine. Most any fellow can get a bag of tomatoes very cheaply, and I encourage them to eat all they can. There is always some fruit in season that can be had cheaply.