

KANSAS STATE COLLEGE  
OF AGRICULTURE AND APPLIED SCIENCE

DEPARTMENT OF  
PHYSICAL EDUCATION AND ATHLETICS  
MANHATTAN, KANSAS

July 29, 1938

Dr. Forrest C. Allen  
Director of Physical Education  
University of Kansas  
Lawrence, Kansas

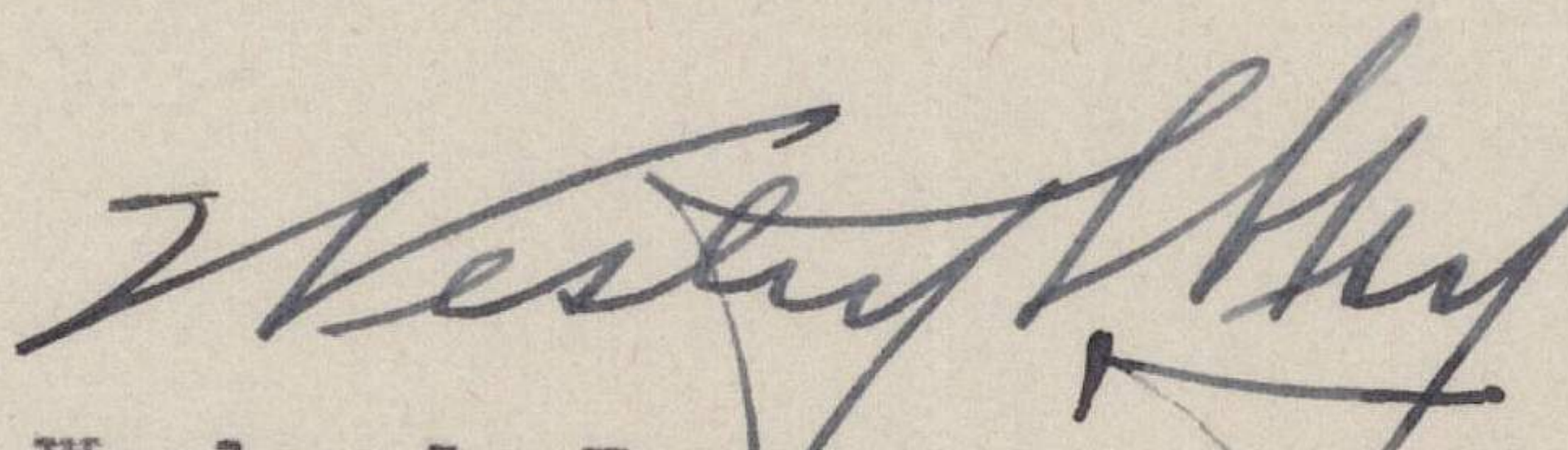
Dear Dr. Allen:

Thank you most kindly for your fine letter of July 27, relative to diet for athletes. I had not intended for you to take the trouble of a lengthy letter; it was my thought, as I stated in my first letter, that you might have some printed material on hand. I am getting out a couple of letters to the football squad during the month of August, and want in each instance to bring in many of the things you suggested concerning the proper use of food and liquids. It is surprising how little many of our athletes know about these things, and probably more surprising to realize how little attention many coaches pay to that important factor. Wouldn't it be fine if our athletes could get around a well planned training table, especially during the competitive season of their sport?

Thanks again, Doctor, it was very fine of you to do this for me and it will be of real value to me in my recommendations to my boys.

With kindest personal regards, and every good wish,  
I am

Sincerely yours ,

  
Wesley L. Fry  
Coach of Football

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