

of all ages, and (2) as a lead-up game to basketball, I have attempted to keep the official rules as simple as possible, and at the same time to provide for every playing condition likely to be encountered in the regular game of basketball.

"In the event of an unusual occurrence not provided for in the rules, it is suggested that the Official Rules for playing basketball be followed, or I shall be glad to issue a ruling upon receipt of an inquiry directed to me, Care of the University of Kansas, Lawrence, Kansas.

"In closing I am prompted to quote from my basketball book 'Better Basketball', in the hope that some young American reading these remarks will profit by the following simple rules of diet for the up and coming athlete—

'Remember the three B's—Boiled, Broiled and Baked foods are best for athletes; pass up the fried food.

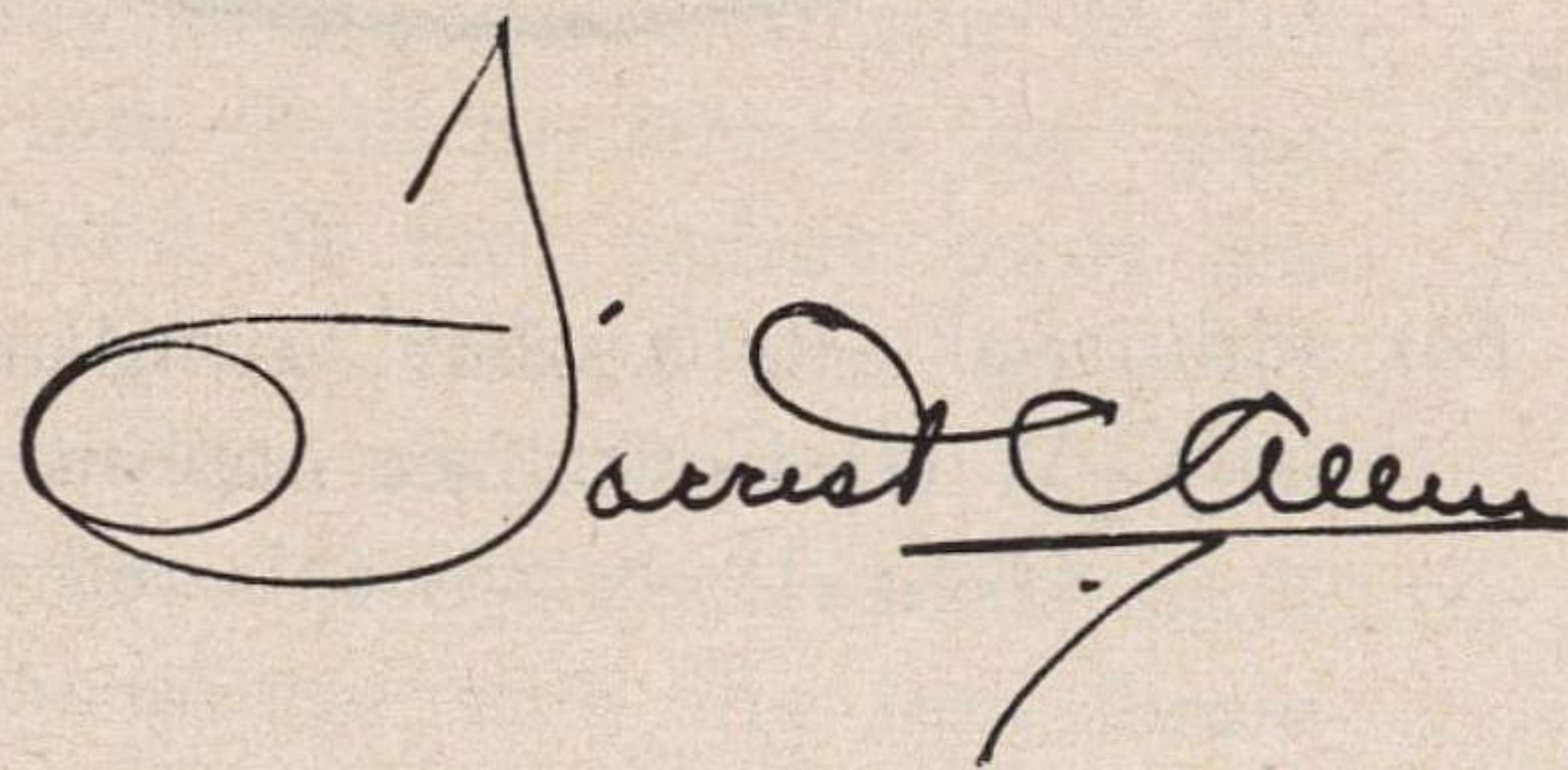
Eat slowly at mealtimes and eat nothing between meals.

Eat plenty of vegetables, cereals, fruits (especially oranges), milk, cocoa, and, last but not least, drink plenty of water—at least one glass of water every hour.

Candy, when eaten immediately after meals and with discrimination, is an energy producer and has a definite place in the athlete's diet.

Avoid drinking coffee and tea. Eat only toasted bread.'

" 'You dig your grave with your teeth', someone has said, but all of us know that we must eat much wholesome food if we are to have the energy necessary to become a successful athlete. Remember the simple rules laid down above, and if you would be a really good othlete, remember also, plenty of sleep—at least 8 hours—for every growing boy and girl."

A handwritten signature in cursive script that reads "Doris Allen". The signature is written in dark ink and is positioned at the bottom center of the page.