

the orange cover the entire area of the tongue - thereby stimulating the gastric and biliary flow. These juices will aid digestion and will assist in eliminating constipation.

Water. Athletes should drink an average of one glass of water every hour, except on game days, when they should cut down to four glasses a day. After the games players should drink as much cool water, never ice-cold water, as is consistent with comfort.

The nervous and hungry type of athlete who never gets enough to eat and wants to eat between meals should try drinking a glass of water every time he craves food between meals. Water will appease this false hunger.

Sweets. In days now gone, athletes were absolutely forbidden the use of sweets. Now the trend is toward discretion rather than abstinence. Candy, when eaten discriminately after meals, is an energy producer and should have a definite place in a player's diet.

A Pregame Menu. The following meal should be eaten at least two and one-half hours before the game:

Sliced oranges, sprinkled with sugar, and accompanied with celery hearts. Two slices hot dry toast, butter, and a small cup of honey. One cup of weak tea with sugar and lemon or cream.

In very exceptional cases, if the team has been subjected to unusual hardships of travel, a small piece of broiled T-bone steak (2 in. square) may be added to this menu.

Contentment. Bear ever in mind the values of contentment. A mind at peace with itself does not get stale. A squad talented in singing and playing rarely suffers from staleness. Group singing is a great harmonizer and a developer of the finer qualities of comradeship.

It is a splendid plan for a team to eat the last meal before a game where they can hear good music. This meal does not strengthen the players much physically. Its best feature is in the contentment it might bring.

NOTE: Dr. Allen, Head Basketball Ball Coach at Kansas University, has had an unusually successful record as a coach. He is the author of several books, such as, "My Basketball Bible", "Better Basketball", and "Physical Education and Athletics" in Higher Education in America.

NEWS NOTES

NATIONAL ORGANIZATION PASSES RESOLUTION

The American Association for Health, Physical Education, and Recreation has adopted the following resolution. The facts presented in this resolution should cause a lot of thought:

"Inasmuch as the junior high pupils are in the midst of the period of most rapid growth, with the consequent bodily weaknesses and maladjustments, partial ossification of bones, mental and emotional stresses, physiological readjustments and the like,

BE IT THEREFORE RESOLVED: That leaders in the field of physical education should do all in their power to discourage interscholastic competition at this age level because of its strenuous nature.

BE IT FURTHER RESOLVED: That where school systems continue to foster a program of interscholastic sports competition for junior high schools, they be urged to limit it to pupils who are physiologically mature as measured by X-ray pictures of the degree of carpal bone ossification, advanced chronological age plus beard growth, or some other such indication of physiological maturity."

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Miss Viola Waugh is teaching physical education at the Atchison High School, succeeding Miss Sherod who taught there last year.

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A total of 106 persons paid membership dues to the K.H. & P.E.A. at the eight Health and Physical Education Round Table meetings of the K.S.T.A. This is an increase of six over last year. Eighteen people paid national dues at the same time. The Wichita meeting led in memberships, sending in 35 State and 8 National, with Topeka in second place, providing 30 State and 5 national memberships.