

All these setting-up exercises should be slowly stretched through, quite after the manner of a contented cat before a fire. Plenty of stretching keeps the spine supple and the body youthful.

If nothing else could be said to players about eating this should suffice: Eat slowly at mealtimes and eat nothing between meals. How rapidly a player eats is just as important as what he eats.

The three B's - Boiled, Broiled, and Baked Foods. Boiled, broiled, and baked meats should constitute good dietetic fundamentals for a training menu; there should be no fried foods. The players should have their interests in body metabolism and the relative values of fats, proteins, and carbohydrates whetted to the point that they will thoroughly understand about tissue-building foods. If meats are eaten before games, the meal should be served three hours previously.

Oranges. This fruit is a pet hobby of the author for the training diet of all athletes. Through his long years of coaching, so important has the writer considered the use of oranges for conditioning players that he has never ceased to suggest a team orange fund to every "pep" organization with which he has come into contact. The sum-total results of this athletic orange-eating hobby have been without exception an orange a day for each and every athlete on the football and basketball squads throughout his coaching and administrative years.

In addition to the orange after practice, he has urged every athlete to eat another orange for breakfast and still another before going to bed -- three oranges a day and more if possible. Oranges stimulate appetites and at the same time satisfy both thirst and hunger - thus preventing overeating.

The best way to eat an orange is to break up the cells and let the juice of 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,