

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.