

December 11, 1941.

Mr. Tony James,  
56 East Mulberry St.,  
Athens, Ohio.

Dear Tony:

I was mighty happy to have your letter of December 3, and to know that you are doing o.k. at Ohio U. Yes, indeed, I do remember Ohio's team and I know the coaches there. Give them my regards.

Of course, we would like to have you back here, Tony, but since you are there dig in and make the best of it.

Regarding your getting in shape, I would do the heel and toe exercises morning and night, fifty times on the toes and fifty back on the heels. Then I would do the full squat twenty-five times and then bend to the floor touching the fingers for twenty-five times. Then I would do the push-up lying on the floor and pushing up with the arms keeping the body parallel to the floor twelve times. I would do that in my room. I would also punch the bag for at least twenty or thirty minutes a day and I would play handball for an hour, at least, every day.

I would watch my diet. Remember, when you overeat it is like throwing extra fuel in the furnace. The furnace makes heat and your body will store up fat. Then I would get a basketball and I would chase from one basket to the other for at least twenty minutes a day. Eat a lot of oranges and citrus fruits, and instead of eating tissue-building foods cut down on that and eat grapefruit, oranges, lemons, apples, not much potatoes and bread - just enough to get along with, - and I am sure that you will not only cut down your weight but you will toughen yourself.

Let me know how you get along. I will be happy to hear from you from time to time.

Yes, we should have a better basketball team, but all the other outfits in the Big Six think likewise.

It is always a pleasure to hear from you, Tony, and I am pulling for you one hundred per cent. With all good wishes, I am

Sincerely yours,

FCA:AH

Director of Physical Education and Recreation,  
Varsity Basketball and Baseball Coach.