

can get before breakfast and before going to bed at night. A lemon mixed in with the orange uice with a little sugar added is a helpful thing because the mineral salts from the lemon are much stronger than from the orange. Citrus fruits, which are lemons, oranges and grapefruit, put your blood in wonderful condition.

Do not eat between meals, and if you can masticate every bite forty times that is fine - but I am afraid a boy won't do that. Do not eat between meals because generally what you eat then is candy, and these sweets are carbohydrates which are energy producers, and then when meal time comes along instead of eating the proteins, the tissue-builders, you have filled up on energy producers; therefore you have no muscle builder. Meat, eggs, milk and peas are all high in protein. It is all right to eat the sweets that you want to eat at the end of the meal. If you want candy or plenty of sugar, that is fine, but do not take those things between meals. Chocolate is fine to eat but it is constipating, so you must balance that with a lot of fruit. Instead of eating or drinking a chocolate malted milk, eat an apple or an orange. But don't eat anything between meals if you can keep from it. If you get hungry chew some gum or drink a lot of water, and by the way, you should drink a gallon of water every day. You can do that by drinking a glass every hour if that is easier.

Now for your sleep. A growing boy should have nine hours of sleep, or at least eight, and above all, be regular in your habits, in your eating, sleeping and other health-giving habits. Take a lot of exercise, but never exercise on a full stomach. Exercise draws the blood away from the digestive apparatus and puts it in the muscles and it is bad for your digestion to exercise when you have just eaten a full meal. Always wait an hour before exercising. When you do exercise, eat very lightly. After your hard exercise do not fill your stomach with a lot of food, but eat lightly, - liquids, hot soup and crackers, and so forth. Remember, when you are tired the muscles of the stomach are just as tired as the skeletal muscles.

And lastly, have a great ambition to be the best basketball player in the United States. Don't think just because you played at Hickory School and Shawnee Mission that you can't be the finest basketball player in the world. Other boys have been, and you can be if you will pay the price. Constantly read that book on individual offense, individual defense, team offense and team defense. Lie in your bed and dream of being a fine student and a great athlete. The other successes will come to you as you grow. I am for you, Charles, and I hope that you have a world of fun in your life and that you are as successful a man as your father and mother desire you to be. I know how they feel because I know how I feel toward Milton and Bob.

With all good wishes to you and your good family, I am

Sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball Coach.