

The question of food and nutrition should certainly accompany this text, although you would not go too deeply into the matter - just a broad statement of diet regarding protein, carbohydrates and fats, and some admonition on the daily training methods using an angle that Fritz Crisler used in his book, Practical Football, on the value of exercise and the type.

There are just exactly 100 pages in Part Four on Athletic Injuries and Emergencies. Another 100 pages would be ample.

Please understand, Mr. McGraw, I am not even anxious to do this thing at once. In fact, I want a little rest from this job of writing for a while, as I have been very heavily engrossed in administrative work in building up this new department, for which I have assumed full responsibility. And of course I am coaching basketball. The only reason that I mentioned this new book was because we had discussed it once previously.

I like your thought regarding the possibility of having an M. D. contribute the Foreword. This certainly would help, and I know a great many M.D.'s who would be very happy to do this for me. The younger physicians have altogether a different attitude toward the osteopaths than the old-timers had. Of course, there are efficient M.D.'s and poor M.D.'s, just as there are efficient osteopaths and poor osteopaths. I like your thought, and perhaps you will have other ones just as beneficial in aiding to break down the silly prejudice that some times exists between different professions. I do not believe that this prejudice, however, will result in any of the schools of physical education refusing to use this text for their physical education people. Most of the people over the country know that I am an osteopath, as I have been doing this special athletic work for over 25 years. I work on many M.D.'s and on many boys who are under M.D.'s in their athletic training.

This is a highly specialized field, and while I do not play up the osteopathic angle -- I never do, at the same time there is a certain type of work that the other fellow cannot do. I have in mind a very strong friend of mine who is an M.D. who told me that while I was correcting an injury on a boy a certain other M.D. cursed and raised the dickens, and the friend of mine said to the other M.D., "What the dickens are you kicking about? He is doing stuff that neither you nor I can do. Why, he fixed a sacro-iliac for me when I was lame for a long time. I can't do it, and you can't, either. Why not recognize those facts and quit beefing?" And the man to whom my friend was speaking was one of the most eminent surgeons in Kansas City. He is nationally known.

Suppose we just pass these ideas on from time to time, and let them jell. And then when both of us feel that there is a real need, and I do feel there is one now, but I don't want to work - we will both feel in the mood to hit the ball. I think you could print it with a minimum of expense and make some money.