

Hoover-- Yes, and if you want the really strenuous indoor games, I should suggest basketball or handball.

Allen-- Yes, but no person could relax and go to sleep after a very strenuous game of basketball or handball. Great excitement is produced in a basketball game. Most of the varsity players find it very difficult to go to sleep under two or three hours after a strenuous basketball game. In fact, I know of some of my varsity players who, after an exciting game, cannot sleep until the wee, small hours of the morning. But I am thinking of those breadwinners, who, after a few years in the rough and tumble of business and professional life, have great difficulty in getting a good, sound night's sleep. They desire a retreat from the strain, cares and hypertension of this modern existence. They feel the need and the blessing of rest. To a tired soul seeking a surcease from worry these words of Matthew come as a benediction: "Come unto me, all ye that labor and are heavy laden, and I will give you rest."

Hoover-- Did not the Indian have an equivalent philosophy when he thought of his happy hunting ground? And the Chinese philosopher, touching on the metaphysical fantasies, when he said, "I sometimes wonder whether I am dreaming life or living a dream."

Allen-- You will recall that when MacBeth murdered sleep thru his fear, he so aptly said: "The innocent sleep, sleep that knits up the ravelled sleeve of care, the death of each day's life, sore labor's bath, balm of hurt mind, great nature's second course, chief nourisher in life's feast." These lines are pungent with the fear of sleeplessness. To push fear out of a life it is necessary to generate a confident thought in the place of a doubtful one. If a switchman desires to move a box car from a certain location he signals the switch engine so that he may replace that certain box car by pushing another one in its place. This is the basic psychology of overcoming fear and gaining confidence. Miss Hoover, what is your further prescription to repress fear?

Hoover-- Well, I should just re-emphasize the necessity of using your head less at certain times, and use your arms, legs and large fundamental group muscles of the body more; muscles that are used in running, jumping, leaping, vaulting and climbing.

Allen-- Certainly if healthy persons use these muscles more they would have a good digestion. And if one has a good digestion he has good assimilation. With good assimilation, strong vitality. And with strong vitality, strong muscular action.

Hoover-- Dr. Allen, some one was telling me about the slogans you have in the varsity dressing room. What is that slogan concerning the three B's that you have for your basketball team?

Allen-- Oh, those three B's are merely to aid the boys to train more intelligently. We have a new placard that we put up each day for health and morale suggestions for the varsity. I merely suggest that the three B's mean that the boys should eat broiled, boiled and baked foods. This eliminates the greasy foods. Of course, we advocate toast because bread is the staff of life and toast is sweetened bread. The heat breaks up the starch capsules and assists in turning the starches into sugar. The extra mastication necessary in eating toast also aids digestion. Slogans similar to this