

Now for the dextrin. We give a small cup to each boy prior to going on the floor for the game and a small cup between halves. During the practice days we give the dextrin and lemon juice after the shower bath before the boy starts home for his evening meal.

Now, let me make this clear. A tablespoonful of glycolixer before each meal and one before bedtime. We take a small jelly glass and mark on the glass a level tablespoonful of liquid. Then we pour it in the glass rather than have the boys take it from a spoon. That is more like medicine.

The capsule of betulin, which is extract of liver and so forth, is taken after the meal, but it is not necessary to take one at bedtime if it seems to cause any flatulency or gas. Some boys are enthusiastic about it and then others do not care as much for the capsule as they do for the glycolixer, - the liquid.

Now for the drink - the dextrin is a Burroughs and Wellcome product, an English concern. Any druggist will get it. It is a highly electrolyzed sugar broken up into the finest particles so that invalids and babes easily digest it. We take on an average of half a lemon to two small paper cups of water, then we add about half a teaspoon of sugar to this amount and about a tablespoonful of dextrin. In other words, we mix up a large batch, so a dozen lemons to a gallon of water, and we add enough sugar to make the liquid tasty and tart. The dextrin is not very sweet so we add sugar, and about eight or ten tablespoons of dextrin. We make it just like a fellow would make lemonade, so it is tart, palatable and yet not sweet. This releases the energy in the tissues in ten or fifteen minutes just at the fag end of a game when a boy is tiring. Then this takes effect, and the lemon juice keeps the individual from being thirsty besides supplying the vitamin C that is needed.

I tell the boys - What ethyl gas is to cheap gas, dextrin is to the athletes.

I trust this gives you the information, although I again humbly apologize for its belatedness.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.