

to the doctor's office for advice. The doctor told him that all he needed was to drink a gallon of water a day - a glass every hour, and so forth. He started out and said, "Much obliged, doctor." The doctor called him back and said, "Haven't you forgotten something?" He looked all around, found that he had his hat in his hand and none of his belongings were missing, and said, "No, I think not." The doctor said, "Well, you forgot to pay me. You came in here and wanted some advice about your health and I gave it to you." "Yes," ~~but~~ the chiseling, escaping patient replied, "but I'm not going to take it."

Many of you will expect to do this push-up, but on the first day of practice I am going to ask each one of you fellows how many have done the push-up morning and night, and to all that have I will give a double-rich, creamy, luscious malted milk. This offer starts from the time you receive this letter until I ask you this question on your first day of practice. You may think this exercise a little tough, but a fellow who ~~won't~~ <sup>won't</sup> to do this much to improve his wrists and fingers, as well as his whole body physically, will never be <sup>the</sup> valuable member of a varsity team that he should be. You know the purpose of this -- to strengthen the tissues of the wrists and fingers so that you do not sprain your thumbs and fingers during the basketball season. A sprained thumb is a "dead horse" in basketball. And snappy *fingers* execute unerring shots with more power and poise than do "dish-rag" fingers which constantly slip over the ball.

I can hear you say that you certainly want to win the championship in the Big Six this year and maybe a national championship. Well, let's see you begin now, and when the first day of basketball practice rolls around you should report in tip-top physical condition.

Now, you want to know when we are going to start. Well, it will be before the first of October, and the first day of school is on September 21. So you can see how many days we are going to loaf before we start,====