

January Diet for the Athlete

WERE you to talk with Forrest C. Allen, the experienced and successful basketball coach at the University of Kansas, you would learn a lot about the question of what is best to eat and drink when training during the winter. In his fine book, "My Basketball Bible," published by Smith-Grievess Co., Kansas City, Mo., the author speaks of the advantages to be gained by a free drinking of water. He says the athlete should drink a glass of water every hour during the day, as it helps greatly to eliminate constipation and to stimulate the gastric flow. He advises, however, that on game days the amount should be reduced to four glasses.

What a fine interior cleanser water is! It also has other benefits. Some boys seem always to be hungry. The athlete who finds himself in this condition cannot too freely indulge his appetite without slowing himself both mentally and physically. Mr. Allen advises such a player to drink a glass of water every time he feels hungry between meals.

The more one studies the matter of diet the more one finds that
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