

September 24, 1945

Mr. Samuel Spigel  
Roanoke, Virginia

Dear Mr. Spigel:

I am answering your communication of August 24, to say that I knew that it was your weak arches that were involved when I wrote you concerning the Foot Arch Normalizer. This normalizer is not for a rheumatic condition.

The normalizer is on the order of a glorified rolling pin set in gears so that the weight of the individual is put on the roller in such a way that it develops the muscles of the arch, ankle, leg, and thigh in such a way that there is progressive improvement. The advocates of this normalizer say that you "roll away your foot trouble". I came upon this device at Atlanta, Georgia, when I was teaching in the summer school at Georgia Tech. I've used it for 10 years and would not take anything for mine if I could not procure another. For tired, aching feet, for falling arches, for cramped foot and leg muscles, I know of nothing better. It strikes at the root of the trouble. Do not think I am trying to sell you one. I'm endeavoring to tell you about something that helped me, and I feel that you would make a mistake if you did not try it.

Sincerely yours,

Forrest C. Allen  
Director of Physical  
Education

FCams