

PHYSICAL FITNESS - MENTAL HEALTH - THE FIGHTING HEART

" AN ATTITUDE AND A REALITY - 

By physical fitness we mean the capacity for efficient performances in the fundamental activities of man, which are, running, jumping, leaping, vaulting and climbing. These should endure under sustained effort in a variety of situations. Quick and efficient control of the body in an emergency situation may save the life of one individual or many. Speed and endurance in the fundamental locomotion efforts are first essentials.

Physical fitness is composed of skills plus power plus endurance. A high level combination of skills, power and endurance is practically synonymous with Dynamic Health - meaning capacity for power and endurance in vigorous forms of physical activity with relatively little fatigue developing to restrict, to mar the form of the movements, or to lower the threshold of resistance to infection and disease.

Sports and other types of physical work which require power and endurance involve relatively long periods of conditioning (Graduated effort). Some sports require much more power and endurance than others.



Some are predominantly useful in developing general body control and power; others develop organic endurance, persistent and aggressive attitudes, and team work; others are more useful as media through which sociability and relaxation in leisure time are cultivated.

The following sports, such as tumbling, pyramid building, circus stunts, apparatus exercises, etc., are useful in developing general body control and power.

Defensive and combative types of sports such as football, basketball, boxing, wrestling, etc., are used for developing organic endurance, persistent and aggressive attitudes and team work.

Aquatics such as swimming, diving, life saving, water polo, boating and canoeing, the environmental and specialized types of conditioning sports are used for master of the water.

The recreative types such as tennis, golf, dancing, archery, bait and fly casting, bowling, badminton, horsemanship, squash, camping, pingpong, quits, etc., have their place in their fields.

Calisthenics cannot be used to develop all types of physical fitness. Our view of physical fitness must be broader. Calisthenics may provide something of a general quality to physical fitness, but routine



calisthenic exercises must be supplemented by specific types of endurance feats in special areas, such as running, jumping, throwing, climbing, swimming, vaulting and specific sports. Military tactics should be included at this time. Calisthenics require mental concentration, plays and games emphasize mental recreation. Calisthenics of themselves have been called by our Dean, George Baxter Smith, Hay Foot, Straw Foot exercises.

Endurance is our greatest need to the individual. Athletic authorities have rated endurance most important over balance, flexibility, agility, strength and power.

Endurance. The most important way to develop endurance is through hard work repeated or constantly performed to the limits of one's ability. More time is needed than is generally available or is commonly recognized. Short one-hour programs two or three times a week generally fail to make a significant contribution to endurance.

In time of war the need for rugged youth and citizenry is paramount. Physical activity programs need to be increased to include more of the following type.



1. Pioneering, long hard work in construction, agriculture, hunting, chasing, woodcutting, and sawing, lumbering, hiking, canoeing, camping, etc.

2. Competitive Games and Activities - baseball, football, basketball, track and field, etc.

3. Body Mechanics and Conditioning Activities - *by Commando* Kansas Toughener - *Ranger tactics Victory Corps physical fitness program.* to stress the fundamental qualities of stamina.

4. Health Supervision - medical examinations, elimination of remedial defects, vaccine treatments, etc. (DeGroot, page 12)



AIR BATH (Victor G. Heiser, M.D.)

"A rosy, satiny, elastic skin is pretty good evidence of good health in general. When we systematically allow the gentle zephyrs to blow lightly thru our clothing or brush our naked bodies, our susceptibility to colds is apparently lessened, metabolism improves, jitters abate, and even other benefits follow.

Two comparisons may make it plainer why this is so. For one thing, the body is, in effect, a heat machine, always busily trying to radiate its excess of temperature into the surrounding atmosphere. The skin is your personal thermostat which blocks or facilitates the escape of heat according to your needs from hour to hour. But nearly all men, and most women, by dressing too heavily, discourage the skin as a heat regulator. It then becomes lazy, waxen, and only a halfhearted performer, making the wearer feel chilly in the slightest draft.

Fortunately, there's a simple remedy. It consists of indulging in a secret kind of nudism--air-bathing in the privacy of your bedroom or anywhere else in the house where you're away from spying eyes.

For a long time I gave more or less cheerful academic support to this belief, but it wasn't until I had spent 60 years of reasonably careful living that I put that belief into daily practice. Now I understand and share



Air-Baths - cont. p. 2.

the enthusiasm of my fellow air-bathers. Since I began to take two 15-minute air baths every day, I find that they have hardened and toughened my skin and that I seem to have a greater immunity to colds as well as still greater zest for life.

In Europe, where the effects of air and light on the exposed skin have been studied much more than here in the United States, we find English, French, and especially the Swiss physicians highly enthusiastic about the benefits of ventilating the skin liberally. One Swinn doctor even goes so far as to declare, "Air, light, and sun baths will constitute the principal remedies of the twentieth century." Air-bathing has been found especially helpful to nervous people and insomniacs. The rate of basal metabolism, which is raised only slightly by exposure to the sun, is increased markedly when the naked body is exposed to moving air. The air-bath's direct action on the vasomotor system and its stimulation of the capillaries has been compared to massage. The well-aired skin, declares one of England's prominent medical authorities, becomes velvety, supple, and free of pimples and acne. It stays warmer on cold days. Even the muscles are said to have better tone. Here, surely, is a starting point for special research into the histology and physiology of the skin.

Practice Discreet Nudism. As usual, Benjamin Franklin seems to



Air-Baths - cont. p. 3.

have discovered this first. Over 150 years ago he wrote a letter to a friend in France commending a daily habit which gave him delightful refreshment. Every morning Ben sat naked from half an hour to an hour in his favorite chair, reading or writing, and airing the entire surface of his body. To an unknown young lady he wrote another letter on skin ventilation, advising her, when wakeful in the night, to rise, throw back the covers, and walk naked about her bedchamber to cool and refresh her body and improve her slumber during the second half of the night.

Over 50 years ago, Dr. John Harvey Kellogg, founder of the Battle Creek Sanitarium and today the liveliest 90-year old physician I know, declared in one of his books, "A man who has a perfectly healthy skin is almost certain to be healthy in other respects." In 1889 he was advocating daily air baths-- three or four brief exposures of the entire body surface to cool, fresh air.

Rikli, sometimes called the father of the atmospheric bath, even thinks that walking barefoot, by subjecting the feet to variations of temperature, has a profound effect for good on the entire body and is a certain cure for some kinds of headaches.

Your Skin Must Breathe. Dr. Paul Carton, a French physician, calls



Air-Baths - cont. p. 4.

man "a creature of light and air" and waxes peetic about air-bathing because the "skin is created to breathe, absorb, exhale, and brown in the open air."

Studies in ventilation, made primarily to learn what percent of carbon dioxide renders air unfit for breathing, have thrown new light on this interesting subject. Over 35 years ago German investigators decided to find out why some people easily get headachy, depressed, and nauseated in crowded places. These determined researchers placed human guinea pigs in small closed cabinets to breathe the same air over and over for as long as four hours, after which the carbon dioxide content was more than ten times as great as any which we ordinarily find in the home. They got a surprise. As long as the air was kept cool and dry, no discomfort resulted. Their conclusion was that the discomfort we suffer in crowds is due not so much to breathing vitiated air as to the body's inability to radiate its surplus heat when hemmed in by the crowd. This is also indicated by the fact that when only a comparatively small part of the skin is burned beyond repair death follows.

More recently Dr. Thomas R. Crowder of Chicago has published some provocative findings which come from his studies of ventilation. He says, "The



Air-Baths - cont. p. 5.

hygienic value of ventilation for the purpose of supplying chemically pure air is much less than has been generally supposed." Ventilation, he believes, is necessary so the skin can let out body heat, a finding which points again to the value of air-bathing.



**HEALTH - "State of being whole, sound or whole in body, mind or soul.**

**Well-being - state of being free from physical disease or**

**pain."**



Physical Education Equipment Laboratory.

Gym equipment for all students.



Kansas Toughener in High Schools -



One Minute Test - Pressure on Abdomen.

Air Baths

Diet - Nutrition

Two Merons - Two Horses

Five Essentials of Diet -

It doesn't matter so much what you eat at a meal as long as

these five essentials are in the daily fare:

Whole wheat or enriched bread

Eggs or meat

Milk

Yellow and leafy vegetables

Citrus fruit

- - - - -

Grass Yields a Degree

Cerephyl - Dr. C. F. Schnabel



"Materially we shall live less well, physically we shall  
work harder, emotionally we shall be under the cross fire of disappointments  
and alarms, mentally we shall be wrestling with new ideas and new facts.  
We shall need to be tough - physically, emotionally, mentally."



"I have a profound conviction that for the individual the deepest source of satisfaction is the knowledge that one is really putting first things first. That is the basic priority in human affairs. Let us so conduct ourselves that we shall at least have these satisfactions to compensate us for what we face."



April 3, 1943.

Rev. R. K. Sutton,  
First Methodist Church,  
Ottawa, Kansas.

Dear Reverend Sutton:

Thank you for your kind letter of March 30th.  
I spoke to Henry Shenk, and he will be delighted to accompany  
me.

I am enclosing a mat, as you requested.

Looking forward to greeting you on April 19th,

I am

Sincerely yours,

Director of Physical Education,  
Varsity Basketball Coach.

FCA:AH  
Enc.



FIRST METHODIST CHURCH

REESE KESTER SUTTON  
MINISTER

OTTAWA, KANSAS

March, 30, 1943.

Dr Forrest C Allen,

Lawrence Kansas,

Dear Mr Allen:---

Your letter received and we are delighted to learn that you can be with us for April 19th at 6:30 to address our men. We are We have a large group of men in our methodist Men's club and this time we are giving as many men as desire to invite a boy to come with him.

The messages that the men have given in the last two years have been on the inspirational type, with the emphasis on the part the church may have in the present day set-up. The time for the message is about 45 minutes, but you use all you want. We have the dinner and some singing and a little business and then an message.

Am happy to have you here with us, have not had the opportunity of meeting up with you. I understand that Shenk from Junction City is associated with you there in K.U. Would be happy to have him come, as I knew him so well and always enjoyed him.

We will be looking forward to your coming, and hope you will have a fine time with us. If you have an extra Mat would like to have it for the paper here the week before.

Sincerely.

R. K. Sutton



April 2, 1943.

Mr. Harley A. Prichard, Supt.,  
Williamsburg Schools,  
Williamsburg, Kansas.

Dear Mr. Prichard:

I appreciate very much the compliment you pay me in asking that I serve as your commencement speaker on the evening of May 20th.

I have been serving as vice president of Lawrence Rotary for the past year. It may not be presumptuous to assume that I may succeed to the presidency, unless the directors see otherwise. Rotary International meets at St. Louis, Missouri, from May 17 to 20, inclusive. Therefore, I am very sure that it will be impossible for me to serve you in the manner that you ask.

However, I do want to thank you sincerely for the compliment. Please convey my best wishes and kindest regards to your senior class and your faculty in asking me.

I am glad to know you enjoyed seeing the Oklahoma game.

Very sincerely yours,

Director of Physical Education,  
Varsity Basketball Coach.

P.S. I am not suggesting that you change the date of your commencement, but I will be back from St. Louis on the 21st, and would be available on that date.

FCA



DISTRICT NO. 51  
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L. T. PATTIE, CLERK

RURAL DISTRICT NO. 6  
HARRY TUCKER, PRES.  
G. L. HETTICK, TREAS.  
GEO. W. TURRELL, CLERK

**WILLIAMSBURG SCHOOLS**  
HARLEY A. PRICHARD, SUPERINTENDENT  
WILLIAMSBURG, KANSAS

*April 1-1943.*

*Mr Forest C. Allen,  
Lawrence, Kans.*

*Dear Mr. Allen:*

*We would like to have you give  
our Commencement address the night  
of May 20. Please let me know if  
you are available and what fee you  
would expect.*

*I have had a nice year here and  
still remember the Summers I spent  
at K. U. and the Soft ball games. I  
was up to the Oklahoma game and  
enjoyed it very much.*

*Sincerely Yours,*

*Harley A. Prichard.*



March 31, 1943.

Mr. Walter H. Burden, Principal,  
Hamlin Rural High School,  
Hamlin, Kansas.

Dear Mr. Burden:

I really feel very apologetic about not being able to keep my engagement with you for May 20th.

Rotary International changed dates twice, and the date has been set earlier than in the past. It is generally in June. But this is something over which I had no control.

Wishing you and your senior class the best that this old world in its turmoil can offer, I am

Sincerely yours,

FGA:AH

Director of Physical Education,  
Varsity Basketball Coach.



# HAMLIN RURAL HIGH SCHOOL

DISTRICT NO. 6

WALTER H. BURDEN, PRINCIPAL

HAMLIN, KANSAS

3-29-43

Mr. Forrest C. Allen  
University of Kansas  
Lawrence, Kansas.

Dear Mr. Allen:

I have your letter stating that you are to attend the Rotary International at St. Louis from May 17 to 20. I am sorry it will be impossible for us to change the date now of our graduation as our invitations are already printed and the Company no doubt has the printing on our diploma's already completed for May 20.

It may be I can call on you some other time. Under the conditions you may cancel the date and we will endeavor to secure another speaker. Sorry we couldn't have had you.

Very truly yours,

*Walter H. Burden*

Walter H. Burden, Prin.  
Hamlin Rural High School  
Hamlin, Kansas.

WHB:CB



March 24, 1943.

Mr. Walter H. Burden, Principal,  
Hamlin High School,  
Hamlin, Kansas.

Dear Mr. Burden:

I have just had information that Rotary International will meet at St. Louis from May 17 to 20. This date has been changed a couple of times and I am sure now that it is pretty definitely decided upon.

I have been serving as vice president of Lawrence Rotary for the past year, and it may not be presumptuous to assume that I may succeed to the presidency, unless the directors see otherwise. I do not see how I can be released from my obligation to Rotary, yet I feel very apologetic to you at this late date in writing this letter of explanation.

I presume that the 21st would be too late for your commencement, would it not? If not, I would be very happy to endeavor to make arrangements. I will appreciate a reply at your convenience.

Regretting this situation, I am

Very cordially yours,

FCA:AH

Director of Physical Education,  
Varsity Basketball Coach.



Cancel because of conflict with Rotary Convention??

May 20-24



1941

JUNE

1941

Thursday

12

853.90

.90

Friday

13

Saturday

14

Sunday

15



January 20, 1943.

Mr. Walter H. Burden, Principal,  
Hamlin High School,  
Hamlin, Kansas.

Dear Mr. Burden:

Thank you very much for your letter of the 13th instant asking me to speak at your commencement on Thursday, May 20th, 1943. I shall be very happy to accept.

Sincerely yours,

Director of Physical Education,  
Varsity Basketball Coach.

FGA:AH



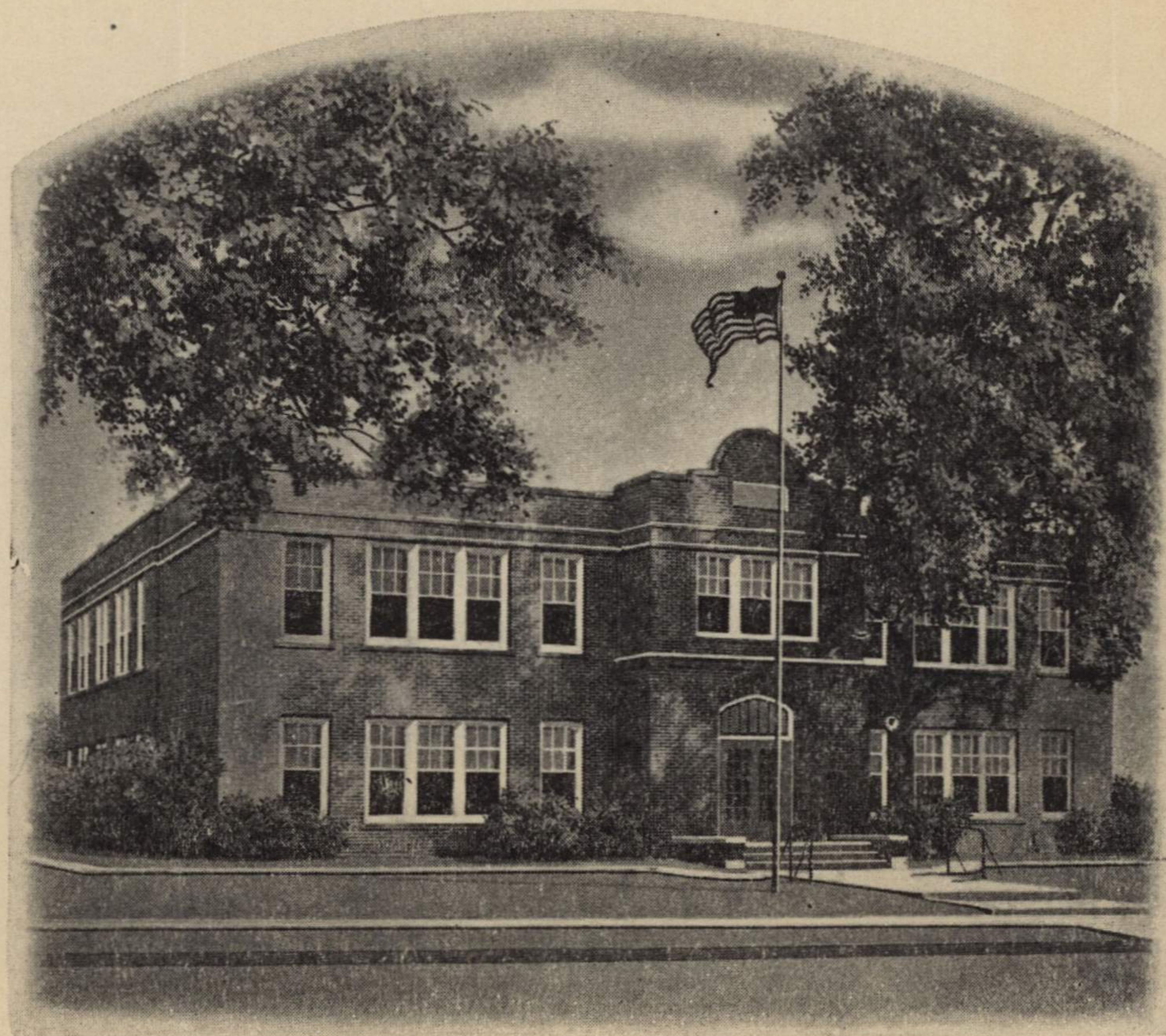
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# HAMLIN RURAL HIGH SCHOOL

DISTRICT NO. 6

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CEOLA BAURLE, H. S. SECRETARY

HAMLIN, KANSAS

1-13-43

Dr. Forrest C. Allen  
Athletic Dept.  
University of Kans.  
Lawrence, Kansas.

Dear Mr. Allen:

My Senior class of thirteen members, seven boys and six girls, would like to extend you an invitation to deliver our Commencement address Thursday, 8 P.M. May 20, 1943.

We are in Brown County, just seventy-four miles due north of Topeka. We cannot pay over twenty-five dollars and you pay your own expenses. I hope you can accomodate us as we were pleased with your address to my class at Severance two years ago.

Thanking you for an early reply, I am

Very truly yours,

*Walter H. Burden*

Walter H. Burden, Prin.  
Hamlin High School.

WHB:cb