Mr. John Bunn,
Dean of Men,
Stanford University,
California.

Dear John:

Thanks for your letter of the 20th instant. The article I read did not appear in the Kansas City Star, but was a United Press story in the Kansan which said that you had played here under me and also stated that I was a very strong foe of liquor.

My impression was that the story came from the West coast.

I hope that things are going along in fine shape with you.

Cordially yours,

FCA:AII

Director of Physical Education, Varsity Basketball Coach. OFFICE OF THE DEAN OF MEN

Stanford University, California October 20, 1938

Dr. F. C. Allen
Director of Physical Education
University of Kansas
Lawrence, Kansas

Dear "Doc:"

Thank you very much for your letter of October 17.

C. E. McBride gets the "San Francisco Chronicle." The information to which you refer evidently came from that source. Newspaper stories, particularly from the Coast, are highly exaggerated — thatold California habit, you know. We had a few disciplinary problems and you probably recall that I never run from a fight. It happens that in this case there has been some difficulty and considerable misunderstanding. The moves, however, have had the unanimous sanction of the administration so that I think that we may be on the right track even if the procedure is criticized.

With best wishes, I am

Very cordially yours,

Lekar Inochten

Mr. John W. Bunn,
Dean of Men,
Stanford University,
Palo Alto, California.

Dear Johnnies

I see that you have kicked up some sleeping dogs. But I know that whatever you undertake you are sincere in your endeavor, and I want you to know that I wish you the best of luck.

Doubtless there was plenty there to cause you to make the stand that you did. These young people seem to never stop unless some more mature hand calls a halt.

Doubtless the papers have exaggerated the matter, but if they have not I'll bet that you will stay in there and pitch. I told our family that when you made this rule you doubtless had the backing of a more durable people, and after all, that is what counts.

With all good wishes, I em

Very sincerely yours,

Director of Physical Education. Varsity Basketball Coach.

FCA:AH

Mr. Arthur E. Bagley, Director, Bureau of Physical Education, Metropolitum Life Insurance Co., New York City, N.Y.

Doer Mr. Dagloy:

At your suggestion I have written to Mr. W. Graham Cole, Director of your Safety Bureau, asking that he send me from time to time printed material from his bureau.

As I told you, I am tremendously interested in Safety Education, and shall greatly appreciating receiving this material. I should also like to be placed on your mailing list for publications from your department.

The other members of our department would, of course, be much interested in receiving your bulletins, but if there is the matter of economy of postage, I should be most grateful if the bulletins could be sent to this office anyhow. I am enclosing a list of our faculty members so that if you desire to put their names on your mailing list you may do so.

Again thanking you, and with best wishes, I am

Very sincerely yours,

Director of Physical Education, Varsity Basketball Coach.

Mr. W. Graham Cole, Director, Safety Bureau, Metropolitan Life Insurance Co., New York City, N.Y.

Dear Mr. Cole:

Mr. Anthur E. Bagley, Director of the Bureau of Physical Education of the Metropolitan Life Insurance Company, was in Lawrence, Kansas, speaking before various groups, and he advised me that you would be able to send me from time to time printed material from your Safety Bureau.

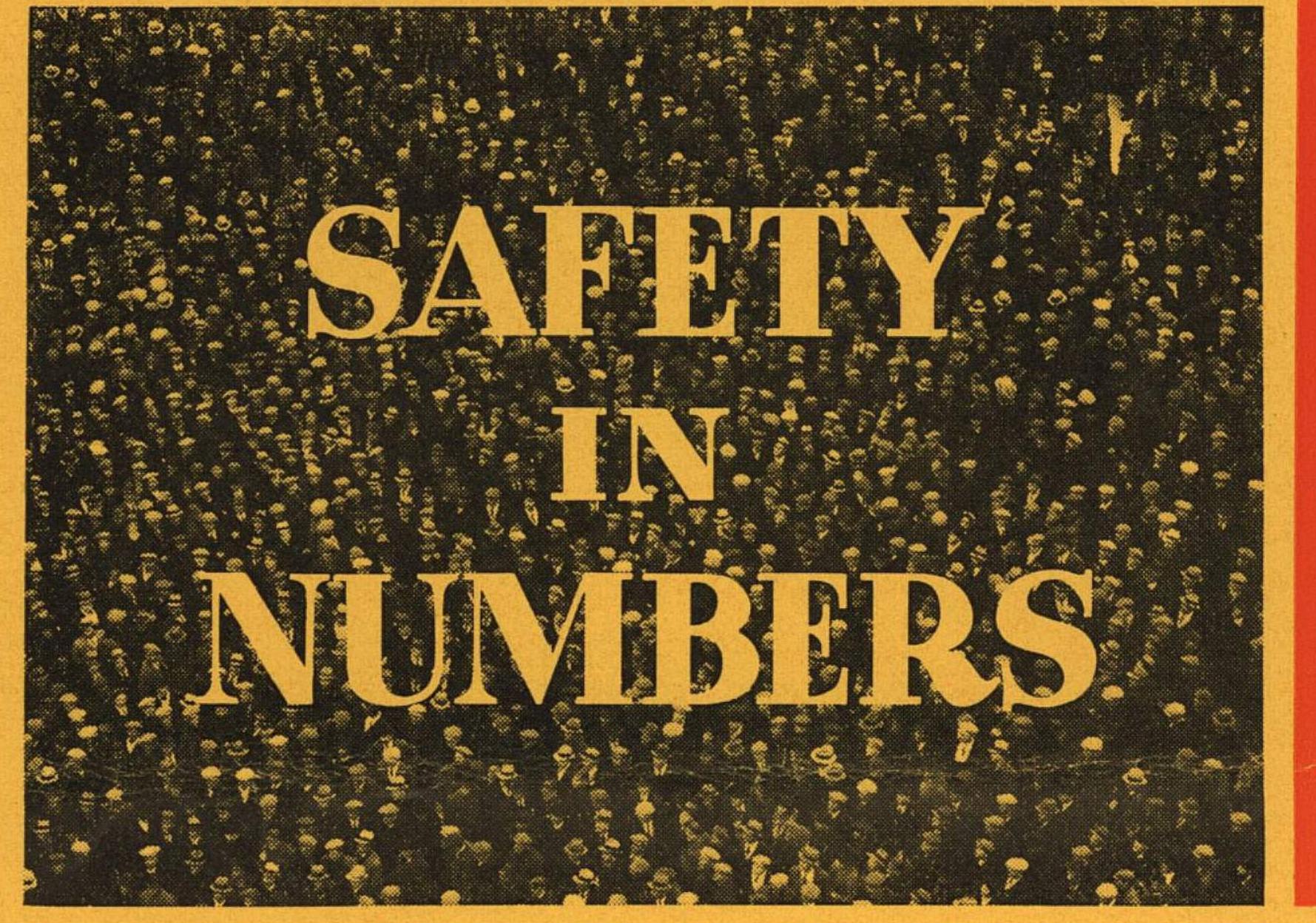
I am tremendously interested in receiving this material, and also the publications of your Bureau of Health. I should like to be put on your mailing list for your bulletins.

The other members of our department would, of course, be much interested in receiving your bulletins, but if there is the matter of economy of postage, I should be most grateful if the bulletins could be sent to this office anyhow. I am enclosing a list of our faculty members so that if you desire to put their names on your mailing list you may do so.

Your Mr. Ragley made a very fine impression here in Lawrence, and we are grateful for the opportunity of presenting him to our students and townspeople.

Very sincerely yours,

Director of Physical Education, Versity Basketball Coach, ANNOUNCING



Safety Brusen Mush 160

A 35-mm. Sound Film Strip

M. Graham Gele

SUBJECT—ORGANIZING FOR COMMUNITY SAFETY.

PURPOSE —To stimulate the interest of individuals and organization members in the development and support of local traffic safety programs.

SYNOPSIS —Through a series of pictures with accompanying voices, the film stresses the urgent need for all citizens of a community to organize in a united effort to "do something" about the tragedy of mounting motor vehicle deaths and disabilities. Bob Parker and his wife discuss the accident situation in their own town, and through their respective clubs help to start a community safety program. The film portrays various educational activities that may be undertaken in developing such a citizens' program; and the Mayor, in a radio address, tells of the engineering and enforcement work of city officials which was encouraged by the citizens' safety movement.

SUGGESTED USE —For meetings of safety councils; chambers of commerce; automobile clubs; service organizations; women's clubs; patriotic, fraternal, and other groups interested in promoting traffic safety. It may be used to supplement talks on safety, newspaper publicity, and other measures being taken by a local organization to secure the interest and backing of the community in a traffic safety program. The running time of the film is about 10 minutes.

ADDITIONAL AIDS IN DEVELOPING A SAFETY PROGRAM—Will You Help, a four-page leaflet based on the film strip and stressing the need of organizing for community safety, is available for distribution at the time of the film showing.

A booklet for local organization members, entitled *How to Promote Community Safety;* suggestions for obtaining local publicity; material for addresses; posters for local display; literature for local distribution; and a popular motion picture film in color and sound are provided for use in helping local organizations to plan and conduct their programs.

Information regarding this material may be obtained by addressing the

SAFETY BUREAU, WELFARE DIVISION

METROPOLITAN LIFE INSURANCE COMPANY

1 Madison Avenue, New York, N. Y.

or

600 Stockton Street, San Francisco, California or 180 Wellington Street, Ottawa, Ontario, Canada

USE THE ENCLOSED ORDER BLANK TO REQUEST BOOKINGS OF "SAFETY IN NUMBERS"



You and I cannot avert this tragedy singlehanded. But WE—friends, neighbors, club members—can unite and develop one organized plan for safety.

How to Promote Community Safety

is a booklet, for local organization members, which gives suggestions for planning a safety program and tells where to obtain safety materials for use in conducting it. For a copy of this booklet, write to:

Welfare Division

METROPOLITAN LIFE INSURANCE COMPANY

1 Madison Avenue, New York, N. Y.

or

600 Stockton Street, San Francisco, California

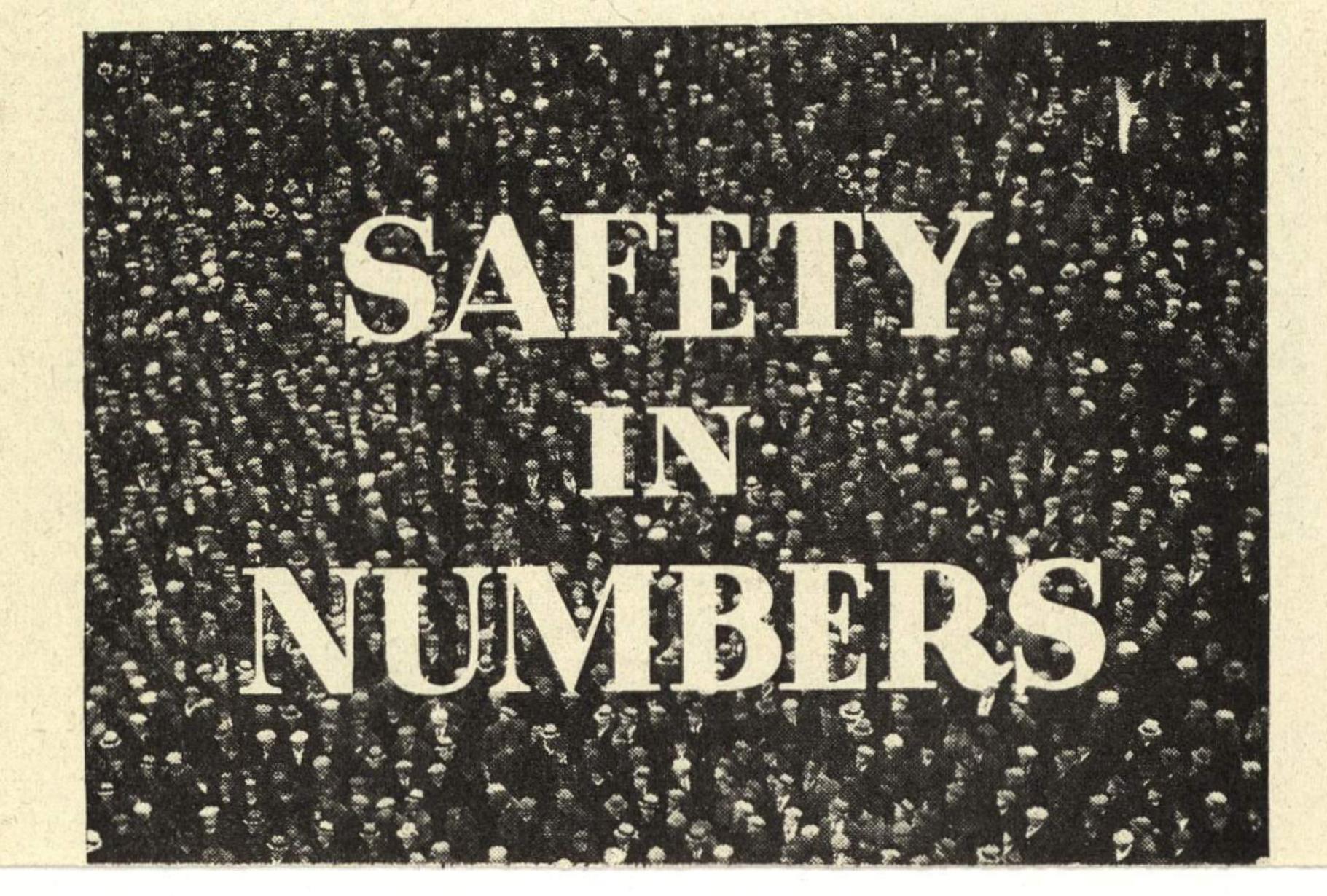
or

180 Wellington Street, Ottawa, Ontario, Canada

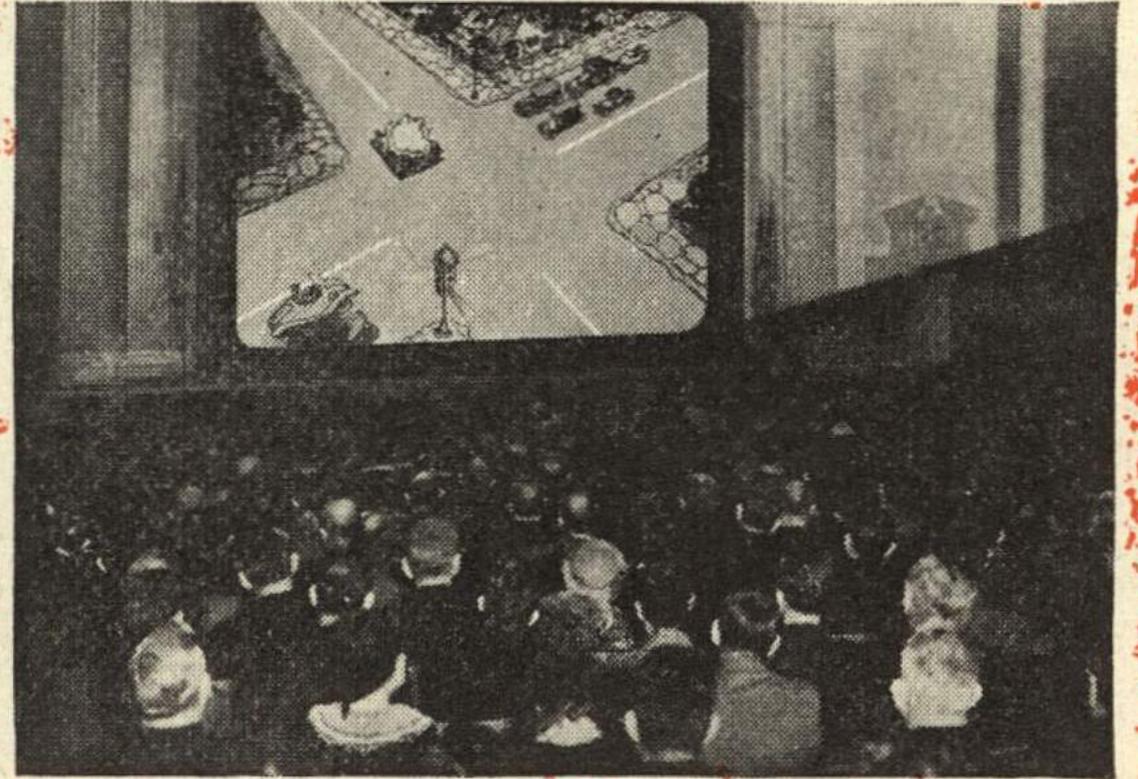


WILL YOU HELP

organize a Safety Program in your community now, or support existing safety activities and prove that there is ---



F COMMUNITY SPIRIT IN ACTION



Safety motion pictures are shown.



Safety posters are placed in conspicuous places.



The power of the local press is placed behind the safety movement.



accidents.



Men's organizations and women's clubs sponsor special safety activities.

Safety booklets are given

DINNER PROGRAM

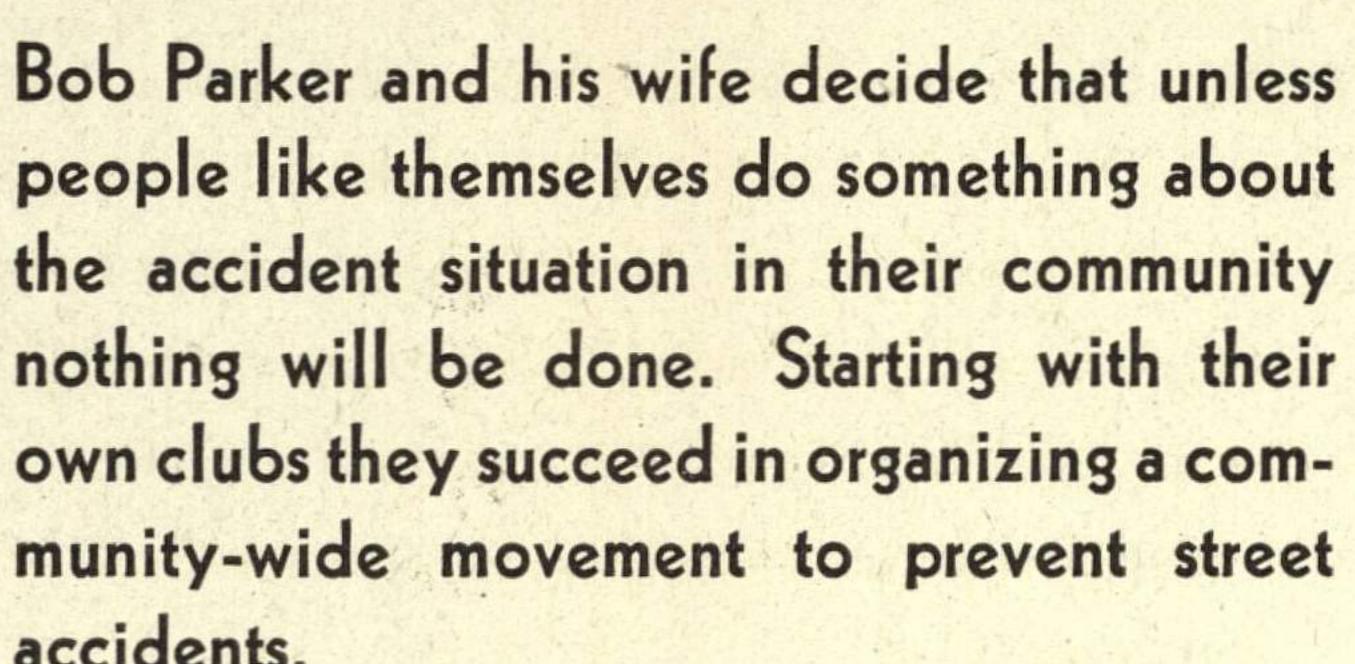
BUSINESS MEN'S

LEAGUE

Speaker ROBERT L PARKER

DRIVING

VOLUNTEER





Representatives of local organizations meet to make plans for the community safety program.

Photographs by "Vocafilm".

Mr. Arthur E. Bagley.
Director, Bureau of Physical Education.
Metropolitan Life Insurance Co.,
New York City, N.Y.

Dear Mr. Bagley:

I want you to know how very much we appreciated having you with us yesterday, both for the 6 o'clock broadcast and for the Sasnak dinner meeting.

I have heard many favorable comments on your visit here, and we are very happy that our students in physical education had this opportunity of hearing you. I assure you it was a pleasure for me to introduce you to our radio audience and to the Sasnak Club.

With best wishes for your continued success, I am

Very sincerely yours,

Director of Physical Education, Varsity Basketball Coach.

THE SPEAKER THIS EVENING:

Arthur E. Bagley Director Bureau of Physical Education
Metropolitan Life Insurance Company, N. Y. C.
A Director of Physical Education for 23 years in

Ansonia, Conn. - Taunton, Mass. Lawrence, Mass. - Newark, N. J.

Director of Playgrounds and Recreation

Lawrence, Mass. - 1914 - 1915 - 1916 Malden, Mass. - 1913

Director of Recreation in two Army Camps 1917 - 1918

Radio Health Broadcaster for the Metropolitan Life Insurance Company for over ten years through WEAF and a network of stations daily 6:45 to 8:00 A.M.

Member of Physical Department Committee 23rd St. YMCA Member of Physical Education Committee National Council YMCA

A.P.E.A. — Mat A550. A.A.U.

Member of NYC Advertising Club Member of NYC Kiwanis Club and a dozen groups of lesser importance.

His topic --

"Physical Activity for Health"

Physical Education Out Front

Mr. Marion Barlow, 835 Michigan St., Lawrence, Mansas.

Dear Berlows

I want to thank you for arranging for Mr. Bagley to speak to our Physical Education students this week. We were very happy to have him broadcast in our "Physical Education for Health" series last evening at 6 o'clock.

The Sasnak Club enjoyed him very much when he spoke at their dinner meeting in the Union Cafeteria Thursday evening. I wish to express appreciation of the Sasnak Club, as well as my own gratitude to you for the opportunity of having Mr. Bagley with us.

Very sincerely yours,

Director of Physical Education, Varsity Basketball Coach The Specker - Arthur - Dagley

Director, Dureau of Physical Education,

Estropolitant Life Ins. Go. New York, N. Y.

Codo to a localitar of malth exercises from the locality of th

Holding the world's record of the longest period of deily broadcasting - 1924 to 1935 deily

For 23 years a physical director is several sections of the country

Formerly a nomepaper men

Member of New York Advertising Club Member of New York Kiwania Club

Agymmant of repute - an athletic trainer - as organizer of community

Mie Topie "Keeping Fit Through Play and Exercise"

Radio

METROPOLITAN LIFE INSURANCE COMPANY

TOPEKA DISTRICT

TOPEKA, KANS.

DETACHED SECTION

LAWRENCE, KANS.

TO HOME OFFICE (DIVISION OR SECTION)

FROM (NAME AND TITLE OF WRITER)

Mov 2-1838

DEBIT POLICY NUMBER IN RE (DATE OF H.O. LETTER AND INITIALS OF WRITER) **ADDRESS** Kansas University. Lauvence, Cans. Dear Sir: Today, dreeswed notice of Mh a. E. Bagleys final schedule. He will address the Topeka Rotary Club at moon Thursday Nov 17. He will come to Law. rence for a 15 minute radio broadeast that evening (6:00 to 6:15) and to speak to the Sasnak Club at their dinner followvig (about 6;30 PM). Nenelose some information about him which you can use in the introduction. I thank you for your courtesies and feel sure Mh Bagley will not disappoint any of his listeners Lencerely Yours

METROPOLITAN LIFE INSURANCE COMPANY

TOPEKA DISTRICT

TOPEKA, KANS.

DETACHED SECTION

LAWRENCE, KANS.

TO HOME OFFICE (DIVISION OR SECTION) FROM (NAME AND TITLE OF WRITER) IN RE (DATE OF H.O. LETTER AND INITIALS OF WRITER) DEBIT POLICY NUMBER ADDRESS Dear Sir: Your litter received. I have forwarded it to Mh Bagley to see what plans he can make. As soon as al hear I will see you about more definite plans for the meetings. Thoulang
you for your counteries dam
you tuly yours truly MABarlow. 835 Miehigan, L'auvence Hans

m. mariou Barlow Thans 935 much.

Mr. Marion Barlow, 835 Michigan St., Laurence, Kansas.

Dear Mr. Barlows

Confirming our conversation this morning, we shall be very happy to have Mr. A. E. Bagley speak to our Physical Education students here at the University.

Since talking with you, two things have occurred to me which might be of interest in planning his program. I think it would be splendid if Mr. Bagley could speak to the Sasnak Club, composed of majors in the Department of Physical Education. There are about 90 of these students, and at a dinner meeting we can count on more than 60 attending. In this way Mr. Bagley could reach many more of the students than he could by speaking in one or two of the classes. The regular monthly meeting of Sasnak Club occurs the last Thursday of the month, and if Mr. Bagley could be here on November 17th I believe we could have a very fine meeting.

Hach Thursday evening throughout the school year the Department of Physical Education sponsors a radio program over KFKU from 6 to 6:15 p.m., in a series which we call "Physical Education for Health". The various members of the department collaborate in giving these broadcasts. If Mr. Bagley is to be here on Thursday evening, November 17, we should be delighted to use him in this program.

We shall be very happy to have Mr. Bagley with us, and if you will let me know when he plans to be here we will advertise his coming and I am sure he will have fine groups to speak to.

Very sincerely yours,

Mimeo. 250d. (Single House)

"PHYSICAL EDUCATION FOR HEALTH" November 17, 1938

(Dr. Forrest C. Allen and Mr. A. E. Bagley)

Dr. Alten: Very Reppy to

WE NOW PRESENT ARTHUR E. BAGLEY, DIRECTOR OF THE BUREAU OF PHYSICAL EDUCATION OF THE METROPOLITAN LIFE INSURANCE COMPANY OF NEW YORK WHOSE SUBJECT IS:

"COMMON SENSE IN EXERCISE"

MR. BAGLEY FOR THE PAST TEN YEARS CONDUCTED THE DAILY
HEALTH BROADCAST HOUR FROM THE METROPOLITAN TOWER IN
MADISON SQUARE, NEW YORK CITY, THROUGH A NETWORK OF EASTERN
STATIONS IN THE UNITED STATES AND CANADA.

HE HAS BEEN IN PHYSICAL EDUCATION WORK FOR THE PAST 33 YEARS.

HE HAS BEEN IN PHYSICAL EDUCATION WORK FOR THE PAST 33 YEARS.

WE PRESENT ARTHUR F. BACTEY

75 Mm. Daily 6 Days a mack 10 455

Canada +
Gus.5.

Put at the CLOSING:

YOU HAVE BEEN LISTENING TO ARTHUR E. BAGLEY - DIRECTOR OF THE
BUREAU OF PHYSICAL EDUCATION OF THE METROPOLITAN LIFE INSURANCE
COMPANY OF NEW YORK. HIS SUBJECT WAS "COMMON SENSE IN EXERCISE"
- A TALK OF A PERSONAL NATURE TO EVERY LISTENER,

Mr. Byley, min you, 40- Dr. allery,

- Cood Distance.

Before I present my talk on "Common Sense in Smercise" - for myself as well as

for our friends out there, I went to say "Thank you" to the management of KEKU

for this privilege of speaking through the microphone of this

friendly station.

Whenever Mark Twain was asked what he thought of human nature, he would reply that he didn't think such of it, but anyhow, he was sure of one thing, and that is, that human nature is scaething essentially cussed. Nost of us may not agree with Twain, but we will agree, I am sure, that there is something cussed in the way we run to extremes.

Take for example the matter of exercise. There is one chap who swears exercise is the one and only sure cure for every ill, ache and failure in human life. Exercise will grow hail on a bald head, remove warts, cure bunions, and do enything but revive the deed. Then there is the other —— the chap who is sure exercise is all bunk and who scorns the golf playing men, or, as he puts it, the chap who runs after a little dollar pill he has just knocked on the head with a fifteen-dollar club. And when you hear one chap and then the other, or both together, you certainly are tempted to agree with TWAIN —— that human nature is something essentially cussed.

But there is a common somme view to exercise, and to get it we've get to appreciate a few simple facts.

Collect among those is the fact that men and women are not first and last, business

men, clores, stemographors, teachers, doctors, and so on, but that first and foremost, they are living beings, machines made up of bone and muscle, of blood and merves, and lote of other little ingredients.

Starting with this fact it just naturally follows that the human machine, has its rules and regulations for proper operation, and that the Maker's promise of three-score years and ten of useful service doesn't hold, if the rules aren't followed.

One of these rules hold that in order to grow to its fullest, and remain at its best, the body must be used, brain and brawn together, and that inactivity leads to westing and weakening. Now this isn't guesswork, nor is it merely opinion. These facts have been demonstrated over and over again. LAMARCE, the great French Scientist, made this the basis of his great theory. WILLIAM JAMES, the psychologist, used it as a first principle in his teachings.

There is little joy or fulness of life in a flabby body, but the tendency of our civilized life is in the direction away from robustness. Machines are doing the big muscle jobs for us. Most work to-day is in the nature of pushing a button, turning a switch, or feeding something to a revenous machine. Perhaps in some thousand of years we will have physically adjusted ourselves to this conditions for the present, however, those of us who want to live well and long will have to make up for this tendency in civilization by exercises.

For so long and varied a group as the radio audience, there isn't such one can say on how much or what kind of exercise you individually ought to take. But here are a few facts which you can interpret and apply to yourself, as directastances allow.

There are two principle types of exercises—the light and the heavy, the calisthenics end the gymnestics. The first are commonly what we call setting—up exercises. They are designed to put an edge on you and to give you that readiness "to go at it," which the pitcher gets by his "warming up." These exercises you get in your Club Cymnesium or the privacy of your own home. The only common sense you have to exercise about these is not to miss them and not to carry on after you are tired.

The second is the beavy exercises, or the gymnastics, and about these I want to talk more in detail.

Iou appreciate, I'm sure, that it doesn't make such difference whether you are a lawyer, a doctor, a clerk, a stenographer, a bank president, or a comporation head: there is a certain minimum of physical development you must have. Thus, you should be able to stand up straight and keep your internal organs from sagging. Your back and leg suscles should be strong enough to give you ease and grace of novement, and to enable you to walk, run and jump.

Your erm and shoulder masoles should be strong enough to enable you to swing a golf club, an ame, or a requet, to throw a ball, to row a boat, to paddle a cance, to pull a rope, to control a horse, and to swim.

All of these you should be able to do without fetigue and with positive pleasure.

But that's the minimum, the lowest safety line. If you are wise you'll not be satisfied with the minimum, but will seek to develop a wide margin of safety.

In taking your heavy exercise, choose those that are most natural. Take them in the open, if you can, and let it be recreation rather than exercise. Walking, running, jumping, lifting, throwing, striking, hanging and climbing, made can the muscular animal he is today, and they'll recreate you, if you practice than long enough.

Heavy work-out with daily exercise drills, you will have enough to assure you the single exercise the body mode.

Shether heavy or light, don't exercise till it burts. The idea that exercise to be worth enything must leave you sore and stiff is about as logical as the idea that medicine to be effective must taste or smell badly. Exercise till you are tired, but not to exhaustion. Start your exercising gradually, increase as you go along, but don't overdo it.

If you want to know whether you are profitting by your exercises, see if they produce in you a faster pulse, a deeper and more rapid breathing, and perspiration.

If you get these effects, then you can be sure that blood circulation is increased, that more food is being brought to your tissues, and more waste carried away from thems that your kidneys, lungs, intestince, and skin are helping to clear out waste products; and, what perhaps is most important, that your vital organs are profiting by your exercises.

Most people think of exercise in terms of muscle building. While this is inportant, more important are the vital organs, the heart, the large, the intestince,
the kidneys and the liver; those need and profit nest by regular exercises.

Now all of what I've said thus for is pretty general. Exercises should, however, be adapted to the particular age and sex of the individual. The youngster, if he is normal, and healthy, should be given lots of free space and he will get all the

exercise he needs. If he isn't active, he needs medical attention. The young boy and girl should not be allowed to shirk school athletics, but should be encouraged in every form of outdoor-play-ball, tennis, all running games, bicycling, swimming, consting and skating. The young adult should use his big muscles, those of the back, chest, shoulders, hips and thighs.

After thirty, speed and hard endurance trials aren't quite so desirable, but cauping, hising, golf, swimming and skating are still good.

In middle age, exercise is most valuable in bolding off deterioration, and those activities which are moderate and not over-straining, may be included in with profit and safety.

in the games or activities of the boy and girl. After this age there is and should be a separation in type and form. The best authorities agree that competitive athletic games between adolescent boys and girls are inadvisable. Especially advised against for girls are broad jump, high jump, pole vaulting, weight throwing, and running in competition of more than 100 yards. Nost other games are safe.

And now one final thought. If you are going in for a reacreation of your body, make a call on your doctor and sak him to examine you. He will be able to advise you have far you can go, and what you can do with safety. Then, go ahead and do it. But remember this: exercise with a common same.

In one of the best gramasis in the city, there is posted a big sign, printed in large letters and placed so that sheever comes in must see it. And on this Exercise your back-muscles.

Exercise your chest-muscles.

Exercise your legs and your arms, your neck and abdomen.

But above all, exercise your common sense!

And before I close I would like to refer to the splendid advantages you all have presented to you, to keep mentally, spiritually and physically fit.

Pirst, the species outdoors with its design and sink and from all who enjoy it.

Next - to rest was a second of overyone - such as rolls. Tanks - second of overyone - such as rolls. Tanks - second of overyone - such as rolls.

First in Kings within the result of every man, someth, by and participation in these enjoyable and health giving activities - but make it a require daily habit - to enjoy them for your health's sake.

Dr. allen; m. Bryley. (all closing)



CARPENTER Taper Company

Nov. 4, 1938

Dr. F. C. Allen, University of Kansas, Lawrence, Kansas.

My Dear Dr. Allen:

It was good to hear from you again and you may rest assured that I have the facilities for your basket ball practice in hand and we will be all set for you in December on your trip back from Texas. Central Highschool's Gym will be the best and that is where we will have the boys work out.

I hope to be on hand for your Stillwater dates.

The football situation of our beloved University is quite a shock to me this Fall as I had understood that we were going places.

I understand that Glenn Cunningham is to speak in Oklahoma City on November 17th and as this is the day for our weekly meeting with the Downtown Quarterback Club, we would like to have him as our luncheon guest. I would also like to have the pleasure of personally entertaining him while he is in the city. I wonder if you would contact him and see if he would care to put himself in my hands on that occasion.

Trusting this information is satisfactory and hoping to hear from you and Cunningham about the November 17th date, I am

As Ever Your Devoted Friend,

Hr. C. O. Durnoldo, Corpontor Paper Company, Oklahema City, Okla.

Dogr Cobs

Since I got your letter I have gotten in contact with Mr. Guy Keeler. Doubtless you remember him. He is H. G. Inghan's assistant and has charge of all of Glenn's dates. Guy said that he would be very happy to suggest to Glenn that he accept your wonderful invitation, but Guy added, "You know Glenn is not long on doing too much outside activity as he is rather a quiet fellow, and he made me promise that he could have his own time to himself at his hotel aside from his speaking dates."

Then I personally went to Glenn Cumningham and told him what a swell fellow you are and that you know how to make a fellow feel at home. And Glenn said, "Yos, of course, I will be glad to accept his fine invitation, but you know I leave these things to Guy Keeler."

So I have been to both of them and I am very sure that he will be happy indeed to accept your gracious invitation. I am writing Glenn and Guy both a letter and am sending you a copy so that you will know what I have had to say to them and how much I appreciate your fine deeds.

It was good of you to arrange for the Central High School gym. We haven't definitely decided on our itinerary, but it looks bost to me at the present for us to stop there. On our way back from Texas we want to stop at Hornan and work out on the good old University of Oklahoma basketball court. That will be just prior to Christmas and doubtless all the Oklahoma boys will be gone. I will write Bruce Brake about the natter as soon as I decide on the itinerary. Balph Miller's knee is in bad shape and I doubt if he will be able to play much basketball in the early part of the year, but we will have a ball game at Stillmater, anyhow. We are not working too heavy yet, but this next week should see us start out in real carnest. You have already mentioned the football situation, so it is not necessary for me to elaborate on that. You know as much as I do about it.

math all good madros. I om

Sincerely yours.

P. S.

Confidentially, I might say that Glenn Cunningham will be in Oklahoma City two days, the 17th and the 18th. He is now at the University of Oklahoma, in care of F. J. Miller, Norman, Oklahoma.

· Company of the contract of t

F.C.A.