Mr. Dutch Chapman, McLouth, Kansas.

Dear Dutch:

I went in to the Athletic Office to see Mr. Earl Falkenstien to make reservations for ten seats for you for the Oklahoma game. Mr. Falkenstien gave me a glassy stare and said, "Say, I couldn't get you ten to save my life, but I will try to get six and those will be in temporary seats."

Dutch, I believe he will be able to get six for you but it is going to strain him to get six good seats in temporary locations. But you can count on me to do everything I can in your behalf. If you will be satisfied with six I am sure that by hook or crock you will get them.

I am writing you this notation so that you will not build up your hopes too high and have you disappointed at the last minute in not being able to get tickets for your friends. Everybody is making reservations for seats for the Oklahoma game, and have been doing it for over a month.

We will see you next Monday, I hope.

With all good wishes, I am

Very sincerely yours,

Director of Physical Education, Varsity Basketball Coach.

FCASAH

Mr. J. J. Caldwell, R. R. #1, Kansas City, Kansas.

Dear Mr. Caldwell:

There was no enclosure in your enveloped addressed to me, except your self-addressed stamped envelope. I thought you might not know that your letter was not sent.

Sincerely yours,

Director of Physical Education, Varsity Basketball Coach.

FCA: AH

November 11, 1942. Mr. James B. Connor, Asst. Manager, Henry Hudson Hotel, 353 West 57th Street, New York. Dear Mr. Comor: I beg to acknowledge your two letters of October 26 and November 7, one of which was addressed to Mr. Gwinn Henry, Athletic Director at the University of Kansas. We have made arrangements for our basketball team to stay at one of the other hotels. However, I do appreciate the information you have cent us regarding the facilities of the Henry Hudson Hotel. Very sincerely yours, Director of Physical Education, / Varsity Basketball Coach. FCA:AH



Henry Hudson

353 WEST FIFTY-SEVENTH STREET NEW YORK

COLUMBUS 5-6100

EXECUTIVE OFFICE

November 7, 1942

Dr. Forrest C. Allen Director of Athletics University of Kansas Lawrence, Kansas

Dear Dr. Allen:

With the opening of the 1942-43 basketball season close at hand, and your game with Fordham University to be held at Madison Square Garden on December 28th, may I take the liberty of pointing out to you the advantages and excellent facilities offered by the Henry Hudson Hotel.

We are located on West 57th street - about a five-minute walk from the Garden which is at 50th Street. Subway and bus lines which make stops outside the door of the arena are available at the corner.

The Henry Hudson Hotel is a modern hostelry of twenty-seven stories with 1200 rooms, each equipped with private bath. It offers our patrons a choice of restaurants and a moderately priced cafeteria. In addition, we submit the following fine facilities which no other New York Hotel can offer: a fully-equipped gymnasium, an excellent marked-off basketball court, electric cabinets, rubbing and massage tables, showers, rest cots, etc. The appointments are superb, and while the equipment, including the spacious lounges are unexcelled and compare favorably with America's finest hotels, the atmosphere is akin to that found in the foremost clubs in the country.

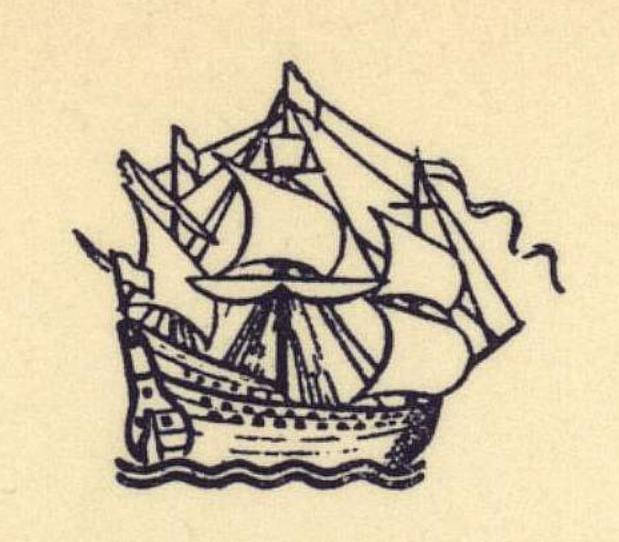
We shall be pleased to arrange for you special individual or group rates for members of the University of Kansas team, and those who may accompany them to New York for the Fordham game. We have been host to numerous college groups coming to New York for their athletic competition with local collegs, and have always handled such movements satisfactorily. If possible, we would like to have the name of the secretary of the New York alumni who might be interested in securing accommodations for a pre-game rally or dinner.

Kindly advise me if there is any further information you may desire regarding the Henry Hudson Hotel.

James B. Connor

Assistant Manager

JBC:MC



Henry Hudson

353 WEST FIFTY-SEVENTH STREET NEW YORK

COLUMBUS 5-6100

EXECUTIVE OFFICE

October 26, 1942

Mr. Gwinn Henry Athletic Director University of Kansas Lawrence, Kansas

Dear Mr. Henry:

With the opening of the 1942-43 basketball season close at hand, and your annual game with Fordham University to be held at Madison Square Garden on December 28th, may I take the liberty of pointing out to you the advantages and excellent facilities offered by the Henry Hudson Hotel.

We are located on West 57th street, near Columbus Circle or about a five-minute walk from the Garden which is at 50th street. Subway and bus lines, which make stops outside the door of the arena, are available at the corner.

The Henry Hudson Hotel is a modern hostelry of twenty-seven stories with 1200 rooms, each equipped with private bath. It offers our patrons a choice of restaurants and a moderately priced cafeteria. In addition, we submit the following fine facilities which no other New York hotel can offer: a fully-equipped gymnasium, an excellent marked-off basketball court and a 60 x 25 foot swimming pool. Also electric cabinets, rubbing and massage tables, showers, rest cots, etc. The appointments are superb, and while the equipment, including the spacious lounges are unexcelled and compare most favorably with America's finest hotel, the atmosphere is akin to that found in the foremost clubs in the country.

We shall be pleased to arrange for you special individual or group rates for members of the Kansas team, the student body or friends who may accompany them to New York for the game with Fordham. We have been host to numerous college groups coming to New York for their athletic competition with local colleges and universities and have always handled such movements satisfactorily. If possible, we would like to have the name of the secretary of the New York alumni who might be interested in securing accommodations for a pre-game rally or dinner.

Kindly advise me if there is any further information you may desire regarding the Henry Hudson Hotel.

Cordially yours,

Assistant Manager

JBD:MC

Lt. Edgar J. Collins, Co. O, 4th Battalion, 301st Ordnance Regiment, Camp McCoy, Wisconsin.

Dear Lieutenant Collins:

I was very happy to read your letter of December 19th, which I found on my desk after our return from Buffalo, Philadelphia, New York and St. Louis.

"Better Basketball", which I believe you would find very interesting and profitable. I shall be happy to hear from you if you desire a copy.

With best wishes, I em

Sincerely yours,

Director of Physical Education, Varsity Basketball Coach.

FCA:AH

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

Dear Sir:

A considerable amount of time has passed since I last wrote or talked to you. However I suppose you have started another of your usually successful ball seasons.

I read in the paper where Creighton was gunning for you this season and I sincerely hope that you put them in their proper place when you met in the past week. Brothers Hickey and Ware and myself darn near had a knock-down and drag-put when I was stationed in Omaha last winter. Incidently I took enough money from the World Herald staffoon the game last season to buy a \$100 Defense Bond. I also had a million dollars worth of enjoyment from the deflated egoes.

Doctor as usual I am requesting a favor from you. I am the coach, trainer, mother and father confessor of the 301st Ordnance Regimental basketball team. All I have ever had in the sport is high school and intramural competition and observation of your coaching methods.

I have quite a bit of good material and would like a little help if it is possible to get it. Do you have a pamphlet or publication of any sort with your system and a simple series of plays. I am not asking for a donation and am willing to pay if you have such a book for sale.

I know the fundementals fairly well and with your help will be able to do 0. K. Anything you can send will be sincerely appreciated.

Please give my regards to my old friend Nesmith if he is still about and not in the Army.

With thanks for anything you can offer and best of luck for the present season, I remain,

Sincerely

Lt. Edgar J. Collins, Co. O, 4th Battalion, 301st Ordnance Regiment, Camp McCoy, Wisconsin

Beat hell out of those apple core throwing Nebraskans.

Lt. Edgar J. Collins, Co. O, 4th Battalion, 301st Ordnance Regiment, Camp McCoy, Wisconsin.

Deer Lieutenant Collins:

Your letter of December 19th has been received during Dr. Allen's absence from the office. He left Tuesday noon, December 22nd, with the basketball team for their Eastern trip. They are playing in Buffalo, New York City, Philadelphia and St. Louis, and expect to return to the University on January 2nd.

I believe that you would be very much interested in Dr. Allen's text, "Better Basketball", which describes fully his technique. It is profusely illustrated with photographs and diagrams of plays. The book is published by McGraw-Hill and Company, and sells for \$4.00. I am sure that if you desire an autographed copy Dr. Allen will be glad to send it to you postpaid on receipt of your check or money order for \$4.

Dr. Allen will be happy to see your letter when he returns to the office.

Sincerely yours,

Secretary to Dr. Forrest C. Allen.

Mr. Lee Corder, Principal, Welda Rural High School, Welda, Kansas.

Dear Mr. Corders

It was very thoughtful of you to write congratulating us on the success of the basketball team. The boys had a wonderful trip through the east, and we are naturally happy at the outcome of the games. Thank you very much for your good wishes.

With kindest regards to you and yours, I

Very sincerely yours,

Director of Physical Education, Varsity Basketball Coach.

FCA:AH

am,

WELDA RURAL HIGH SCHOOL

CLASS A

Education for Citizenship
LEE CORDER, PRINCIPAL
WELDA, KANSAS

1-7-43

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

Dear Mr. Allen:

Congratulations on the fine showing of the splendid team you have this year. It looks like one of your grestest teams.

I sure hope you pour it on Oklahoma, here's hoping you the best of luck.

Sincerely yours,

Lee Corder.

ARCHING OF MOARD OF MACCINED

新型链拉种基本 有海洋海

THE BOARD APPROVED THE RECOMMENDATIONS OF THE BUDGET AND FINANCE COMMENTER COVERENCE THE PAYMENT OF SILLS TOTALING \$26.40 AND THE ALLOTHERS TO ACCUCY MEMBERS FOR FERRUARY AND MARON.

THE ELECTION OF OFFICERS AND CALLED FOR ROUNDATIONS FOR CONTRACTORS FOR CONTRA

CALLED FOR TOOL OF THE CALLED FOR TOOL OF THE CALLED FOR TOOL OF THE CALLED FOR T

THE NOTION BY THE TRAVER SECONDED BY THE TOPPS TO THE TRAVER

ON MOTION BY MESS CARPENTER SECONDED BY Ma. May Mr. COY

THE CIRL SCOUTS USING SOME OF THEIR ALLOTHERT TO PAY FOR A SATISFACTORY MEETING PLACE OR MEADQUARTERS. ON MOTION BY STATE CAMPENT TO USE PART OF THE MONEY ALLOTTED THE GIRL SCOUTS TO USE PART OF THE MONEY ALLOTTED THE CHEST

品程数科区学典数学》

THIS IS TO CERTIFY THAT I HAVE EXAMINED THE FINANCIAL RECORDS OF THE LAWRENCE COMMUNITY CHEST FOR THE FISCAL YEAR BEGINNING NOVEMBER 1, 1941 AND ENDING OCTOBER 31, 1942, WITH THE FOLLOWING RESULTS.

BALANCE FROM LAST YEAR

RECEIP TO AS LISTED

THESE RECEIPTS AGREE WITH THE BANK DEPOSITS

CASH DISBURSEMENTS AS LISTED

1818-99
12156-50
13,975-49
11,279-01

BALANCE ON HAND

2,696.48

DISTRIBUTED AS FOLLOWS

CHR*	TN	A	8		† U	開	D			*		*	*	*	*	*	数	*			*	*	*	*	*	*	*		*	•		-		2	0	0.	.0	0
OY																																						
自我L																																						
*																																		121		SECOND PROPERTY.	.0	275
I my	* *		*	* *	-	*	*	*	樂	*	*	幸	*		*	*	-		*	*	*		*	*	檢	*			*		*					8.	7	5
ALV	71	0	Ni		網	疆	¥		*			春	*	聯	*	*	*	聯	*		*	梅	*		*	*	4	•		*			2			2		7
001/	L	*	監算	美利		0	E		L	蘇	A	G	¥	益			*					*	*	*					*	*	*			0	3	7	0	Ò.
H CI	UB		-	A		R		-		*	*	*	*	4			-				-	*			*	-								10		7	\$2	稳
	C	*	1				*		春	*		*			卷	*	婚	*		*	*	*	*	幸	*	*	*			*	*			91	51) .	0	Ō
. 5. (* *	+ *	*		*	*	*	*	要	*	*		*	*	秦	*	*	*	春		*	*	*									8		2	9	L
心脏																																						

11,279.01

THE BANK BALANCE WHEN RECONCILED SHOWS A BALANCE OF 2,696.48 WHICH AGREES WITH THE ABOVE BALANCE.

THERE ARE CHECKS OUTSTANDING AS FOLLOWS:

#170	*	*		*	*	*		•	*		*	梅	*	*	*	*		*	*	*	*			2		5	
# 96			*	*			*		秦		*	*	*	*	秦	*	*	*	*					*	5)	
# 110							ALC:								*	1	- 200	1230		1980	100			92	2)	
***											1	17.5	179	1977		1277	100			-	1000		2	11000		200	
**145	*	*	*	*		*						*		*	*	*	*	*		*			2			and the same of th	
**119		-				23930					5.025		275	1000		20			TOTAL PARTY		Case.						
#179		*	*	*	*	*		*	*	*	*	*		*		•	*	*		*		All STATES	1	*		-	
																							8		3.)	

SUBMITTED OF

MYRON KEYS

AUDITOR.

(COPY)

COLLEGE PHYSICAL EDUCATION ASSOCIATION Bulletin No. 2. February 16, 1943

Regional Meetings

The regional meeting for the Eastern area is scheduled for February 20, at Houston Hall, University of Pennsylvania, Philadelphia. Dr. Lloyd M. Jones of the Pennsylvania State College is in charge of the organization and conduct of this meeting. He has a program arranged a synopsis of which is given here. Morning:

The Proposed Physical Fitness Program in Colleges.

Dr. Jackson Sharman of the U. S. Office of Education.

Training of Leaders in the Colleges for the Secondary School Physical Fitness Program. Dr. J. Wynn Fredericks, Chief, Division of Health and Physical Education, State of Pennsylvania.

Dr. N. P. Neilson, Executive Secretary, American Association for Health, Physical Education and Recreation.

A panel discussion of these subjects will follow the presentations by the speakers. Afternoon:

Physical Fitness in the Armed Services. Dr. Joseph Raycroft, Princeton University Lieut. Commander Frank Wickhorst, U.S.N. Col. Theodore Bank, U.S. Army. Mr. James Pixlee, U.S. Army Air Forces.

The Intercollegiate and Intramural Athletic Programs and the War.

Dean LeRoy Mercer, University of Pennsylvania.

Dean Carl P. Schott, The Pennsylvania State College.

Mr. O. E. Bilheimer, Gettysburg College.

A panel discussion of these subjects will follow the presentations by the speakers. Dinner

Address: The Obligation of the College to Prepare Men for War. Dr. William Mather Lewis, President, Lafayette College.

All of the details of the program are not included but those persons residing in the Eastern area will receive a full announcement of the program.

The Midwestern area meeting will be held sometime this spring, perhaps in conjunction with the national convention of the A.A.H.P.E.R. In any event, Dr. Floyd Eastwood, who is chairman for this meeting is working on the arrangements now and has not announced final plans because he is awaiting certain developments in the new Army and Navy college program. These developments, he feels, will be worthy of consideration at the midwestern meeting.

Physical Education for College Men in Military Service

The plans of the Army and Navy for returning a certain number of the enlisted reserve men to the colleges for further training are being announced gradually. It is apparent that the full plans have not yet been completed.

It seems most probable that physical education will be a part of the program of these men. The college physical education faculties may be used for the conduct of this program where those faculties are large enough for doing the job.

Physical Education and Intercollegiate Athletics

In some recent newspaper articles there have appeared statements by representatives of intercollegiate athletics purporting to show that physical education people are opposed to intercollegiate sports at this time.

It is unfortunate that such statements have been made. On the other hand the persons making them have not done so without reason. The unfortunate part is that all of those working specifically in physical education are classed together. This is a serious error on the part of the intercollegiate athletic group. It indicates a lack of familiarity with the professional work of physical educationists.

The College Physical Education Association membership does not contrast physical education and intercollegiate athletics. It is hoped that our members will continue to strive for a fuller understanding of the complete program of physical education and that they will discourage any attempts to divide the offerts of the professional groups at this time.

Persons who have read the original and the supplement of the report of the Committee on the Contributions of College Physical Education to National Preparedness must be aware of the stand taken by the leaders in our college field.

* See bottom of page 3. Current Issues for Schools and Colleges

1. Shall the physical education programs of schools and colleges be composed entirely of calisthenics and gymnastics?

2. Shall the physical education programs of schools and colleges be limited to

varsity competitive sports for the skilled minority?

3. Shall the physical education programs of schools and colleges adhere to a program of sports for all (selected in the light of individual differences) with no warming up, conditioning, or other drill exercises whatsoever?

4. Shall the physical education programs of schools and colleges be composed of a

mixture of competitive sports and calisthenics?

4.1 If yes - in what proportions?

5. Shall the physical education programs of schools and colleges be composed of sport and game activities preceded by short periods of informal warming up exercises?

6. Should varsity athletics in civilian institutions be continued during the war?
7. Is there any organized attempt among physical educators to discredit or abolish

the varsity programs in civilian institutions?

8. Are calisthenics and gymnastics worth applying to all for conditioning purposes?

9. Are civilian school and college programs obligated to imitate the physical education programs of the Army and Navy?

10. Shall school and college physical education programs be composed of activities which will prepare every boy and girl for military service?

10.1 Shall all programs include conditioning exercises?

10.2 Shall all programs include simulated military activities (obstacle course,

military combative activities, etc.)?

10.3 Shall civilian institutions serve both ways in preparing those likely to see military service in a program geared to their needs, while maintaining at the same time a program of physical education geared to civilian life (i.e., a natural program of sports)?

11. Is a natural program of games, sports and athletics of a competitive nature better for all current purposes than a program of calisthenics and conditioning

exercises?

12. Under what circumstances and in what amounts do the following serve a useful purpose in civilian physical education programs?

12.1 Marching

12.2 Free-hand calisthenics

12.3 Gymnastics

12.4 Conditioning exercises

12.5 Simulated military stunts

12.6 Warm-up drills

12.7 Sports and games

Personal Interest

Mr. Ralph Piper has sent in a copy of the program for a "Physical Fitness School for Minneapolis High School Leaders" held on December 28-31, 1942. The purpose of this school was to discuss the needs and means for fitness and to demonstrate quite a variety of physical activities which could be used for physical fitness programs.

Mr. Thomas McDonough of Emory University has sent an outline of the Emory University Physical Fitness Program. This program includes the physical examination, follow-up work, testing program and various activities to be used during the physical education periods.

A description of the physical education program at Syracuse University has been sent in by Mr. John Shaw. For a number of years the Department of Physical Education and Athletics at Syracuse has emphasized the physical fitness objective. Their present program is re-emphasis of the type of program conducted there for several years and a revision of the program content to meet certain requirements asked of colleges by the United States Naval Training Division, Bureau of Aeronautics, and the United States Army.

DePauw University has had an increased physical education requirement in effect since the opening of the academic year in September, 1942. All freshmen and sophomores have been required to enroll in physical education and all juniors and seniors (at that time) in the age range of selective service. It is probable that now all students are enrolled in the physical education course.

Mr. Randolph W. Webster has been made Acting Director of the School of Physical Education and Athletics at West Virginia University.

Lieut. Walter E. McCloud, U.S.N.R., is stationed at the U.S. Navy Pre-Flight School, St. Mary's College, California. Lieutenant McCloud was on the faculty of Trinity College prior to his entrance into the Navy.

SEND IT IN

If you have any information concerning your own activities or those of your institution relative to meeting the demands and solving some of the problems of the present situation you are urged to send it to the Secretary. Personal notes are most welcome. Some of the information, with your permission, may be used for future bulletins.

Current Issues for Schools and Colleges

Following the statements appearing recently in the public press that physical educationists are not interested now in intercollegiate athletics and even may be opposed to them the following questions have been submitted by Dr. D. Oberteuffer of The Ohio State University. They are included here for the thoughtful interest of our members. (This should precede the list of issues appearing on page 2)

The Christian Science Monitor, Boston, Mass.

Dear Sire:

I am very desirous of obtaining a copy of the Christian Science Monitor for Saturday, January 23, 1943, particularly the sport section carrying the article about Pro Basketball.

Someone sent me a tear sheet showing the caricature of Ray Evans, our star basketball player, and on this page was part of the article on Pro Basketball. The page was torn down the center of this column, so I am unable to give you the full title. It is this article in which I am interested.

We secured a copy of The Monitor from the University Library for the same date, January 23, but it was evidently a different issue because I am unable to find anywhere in this paper the article on Pro Basketball. I would greatly appreciate it if you could send me a copy of the paper.

Sincerely yours,

Director of Physical Education, Varsity Basketball Coach.

FCA:AH

Mr. J. Caldwell, Route #1, Kansas City, Kansas.

Dear Mr. Caldwell:

I understood from the press that Jack Lovelock, an Australian, is back in his native country and doing war work. I am not sure whether he is a soldier or what, but he is serving his country.

Yes, he was a friend of Glenn Cunningham, and a fine opponent. He broke the world's record in the mile at Princeton University some five or six years ago.

I would suggest that if you want further information you write the sport desk of the Kansas City Star. They have all available records there which they will be glad to furnish you.

Sincerely yours,

Director of Physical Education, Varsity Basketball Coach.

FCA :AH

Kansas City Kan, Kan 31-1943 Frof. Forest Q. allen Tuvrence Kan Dear Mr. allew; Envelope fact. Tou for sending my for a Doldier in S.W. Pacific, He has asked me to get information about one Jack Lovelock who was a friend of Glenn Omingkam, I suppose he Iwould like to know if he was an athlete, if sowhat was Tus records? where it his home? where ie he now? Very Truly, J. Daldwell, Poule#1

Mr. C. E. Chalfant, First National Bank Bldg., Mutchinson, Kansas.

Dear Chuck:

· 一个

I was very happy to receive your letter of March first, and I want you to know that I very deeply appreciate the fine things you had to say.

With best wishes to you, I am

Cordially yours,

TOTA -AN

Director of Physical Education, Varsity Basketball Coach. 6 LAW OFFICES JONES, BRANINE, CHALFANT & HUNTER SUITE 508 FIRST NATIONAL BANK BLDG. HUTCHINSON, KANSAS WALTER F. JONES HAROLD R. BRANINE March 1, 1943 CLAUDE E. CHALFANT J. RICHARDS HUNTER Dr. Forrest C. Allen University of Kansas Lawrence, Kansas My dear Phog: Congratulations again on your fine basketball team. My regret is that I did not get to see your '43 team in action. I had tentatively planned to be in Kansas City about the time of the tournament the last of March, and of course was disappointed that the team will have to be disbanded before then. With the best to you always, I am Sincerely,

Mr. George R. Crissman, 50 East 53rd Street, Kansas City, No.

Doar Friend George R.:

Ges, you are a regular old peppy patriarch! A fellow who is as many years young as you are stimulates me to the nth degree when I have such a cheery note from you. It was mighty good to hear from you and I assure you I deeply appreciate your sincere wishes.

We had a lovely letter from Catherine, and we also wish to be remembered most sincerely to Mrs. Crissman.

With all good wishes, I am

Sincerely yours,

Director of Physical Education, Varsity Basketball Coach.

FCA:AH

GEORGE R. CRISSMAN

APARTMENTS AND OTHER REAL PROPERTY

50 EAST 53RD STREET

TELEPHONE JA. 8215

Kansas CITY, Mo. March 5, 1943.

Dear Phog:

We read in Sunday's Star of your distinguished honors with real delight. Needless to say we are very proud of you and believe that these honors are all due you.

Glad to report that we are in Al health, active in life and enjoying it, with ample competence. Mrs. Crissman and Catherine (Mrs. Col. Ray E. Lawrence) join me in love to you and Mrs. A.

Yours for auld lang syne,

Herbbrissman

P. S. Crofts, & Co., Publishers, New York City.

Dear Sirs:

Will you kindly send one copy of "Analysis of Ruman Motion", a textbook on kinesiclogy, by M. Gladys Scott? I shall send payment immediately upon receipt of your statement.

Sincerely yours,

FCA:AH

Director of Physical Education, Varsity Basketball Coach. Mr. Frank H. Kaufman, Director, The Samuel Higby Camp Institute, Empire State Building, New York City.

Dear Mr. Kaufman:

In reply to your letter of March 24th, we will be very happy to receive a supply of the new booklet, "Blue Prints for Body Balance", which you are offering us without charge. If you would send us 25 booklets and two posters for use in our department, we would be very grateful.

Thanking you for your offer, I am

Very sincerely yours,

Director of Physical Education, Varsity Basketball Coach.

THE SAMUEL HIGBY CAMP INSTITUTE

For Better Posture

EMPIRE STATE BUILDING . NEW YORK

March 24, 1943

Mr. Forrest C. Allen, Dir. Phy. Ed. and Recreation Univ. of Kans. Lawrence, Kans.

Dear Mr. Allen:

Enclosed please find copy of the new booklet which we have just published and which we are offering to you as heretofore, without charge, as our contribution to public health education.

Developed in collaboration with eminent authorities in the fields of orthopedics and physical training, this booklet will prove timely for use during and after National Posture Week, which will be observed this year by schools, colleges and health groups throughout the nation the week of May 3rd to 8th.

We feel that the fifth annual observance of National Posture Week will prove more significant than ever to wartime America. Today, more emphasis than ever is being placed upon good posture as an essential factor in our Nation's well being. That is why National Posture Week becomes more far-reaching and significant than at any time since its inception -- why this year it should be of more than usual interest to you in augmenting your own physical fitness program and in promoting and maintaining public health.

In addition to the enclosed booklet, we have created a series of attractive full color posters which will be issued to educational, medical, industrial and other groups. The one available for educators has been approved by government and educational authorities and will be sent to educators who request the booklets. The poster is dramatic and inspiring. Size 18" x 24½", it is reproduced in four colors and is captioned - "Good Posture for Health and Country -- FITNESS FOR VICTORY!"

In view of conditions, we must ask that request for your supply of booklets and posters be sent by return mail.

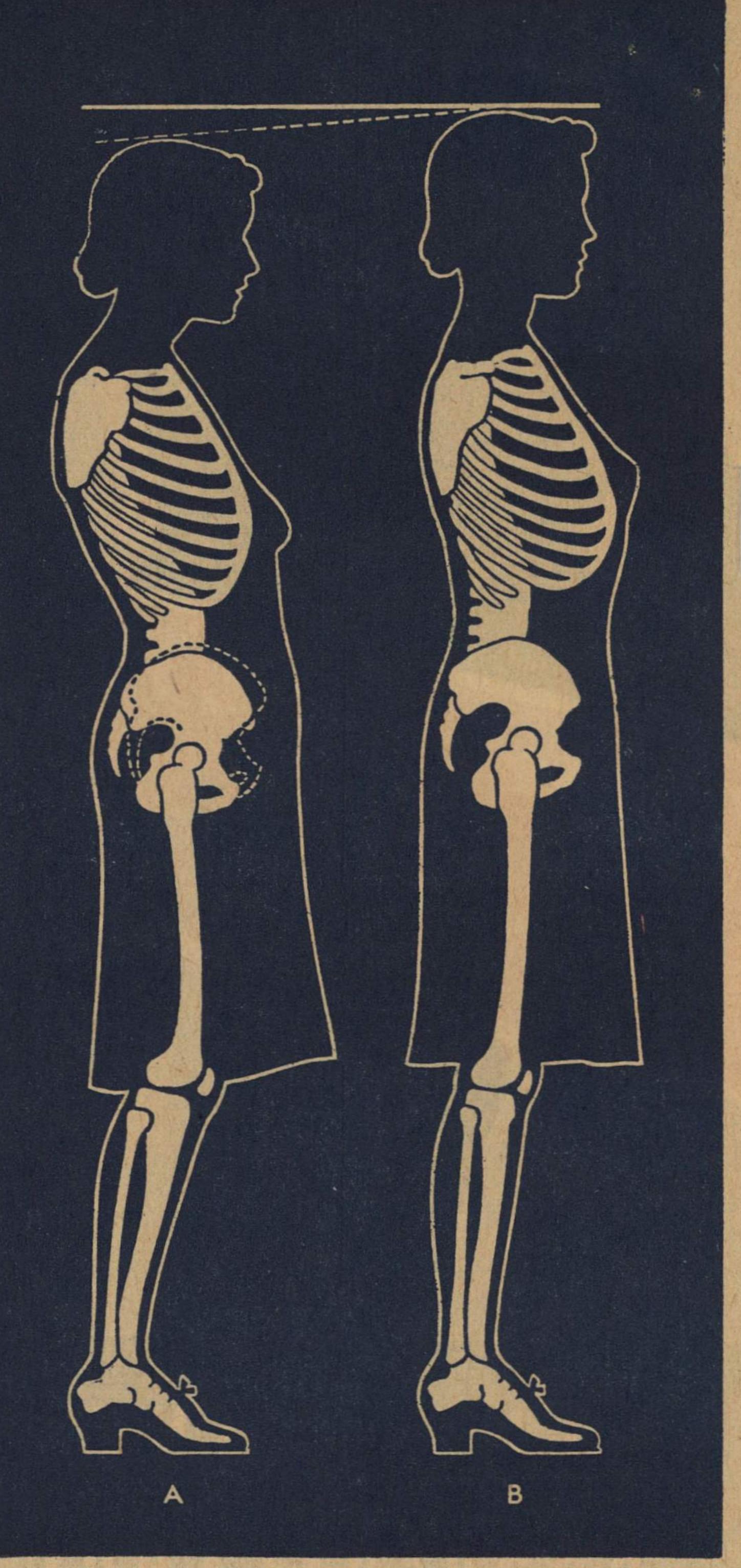
Respectfully yours

Director

FHK/eh encl.



BLUE PRINTS
BODY BALANCE



COPYRIGHT, 1942, BY SAMUEL HIGBY CAMP INSTITUTE FOR BETTER POSTURE, NEW YORK CITY

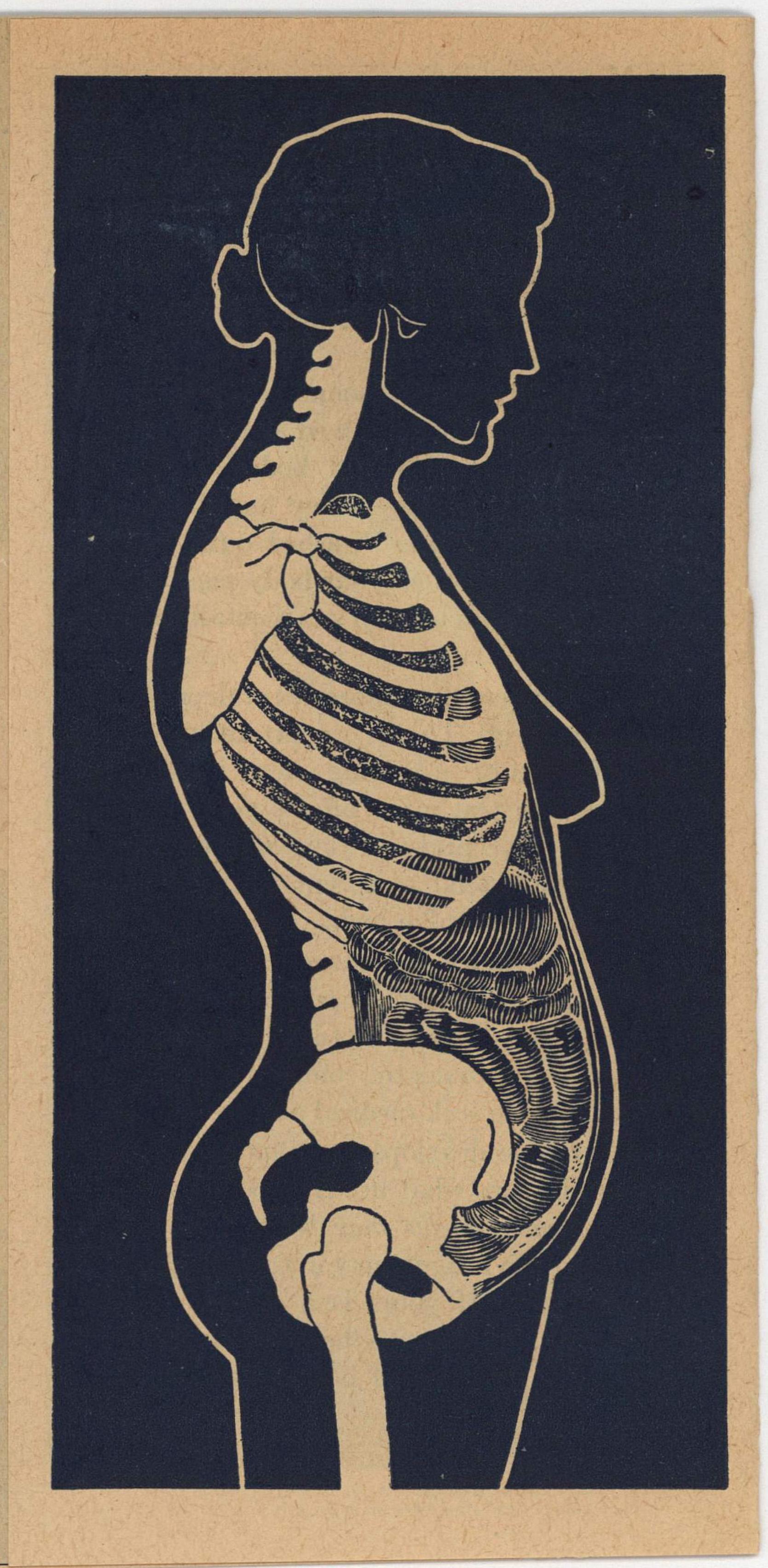
our capacity for happy and effective living is fundamentally tied up with body balance. Socially, mentally and physically, your poise, attractiveness, vigor and stamina have much to do with your success. And they are influenced, to an extent few people realize, by the way you use or abuse your body.

"A sound mind in a sound body" is a motto whose wisdom has been proved anew by modern science. Mental health and bodily health are closely related. Just as sorrow and discouragement leave you feeling "washed out," so your spirits tend to sag when your body sags. So, too, physical vigor helps to keep you mentally cheerful and alert.

Your appearance impresses or depresses the people you meet. This is important not only in making friends or in getting ahead in your job; the impression you make affects your own self-confidence. Take pride in your appearance. Remember, people tend to accept you at "posture value." Keep this value high.

Serious faults in posture may lead to definite physical ailments, as well as many vague internal or muscular symptoms. Backache and foot trouble are among the commonest complaints for which people seek medical advice.

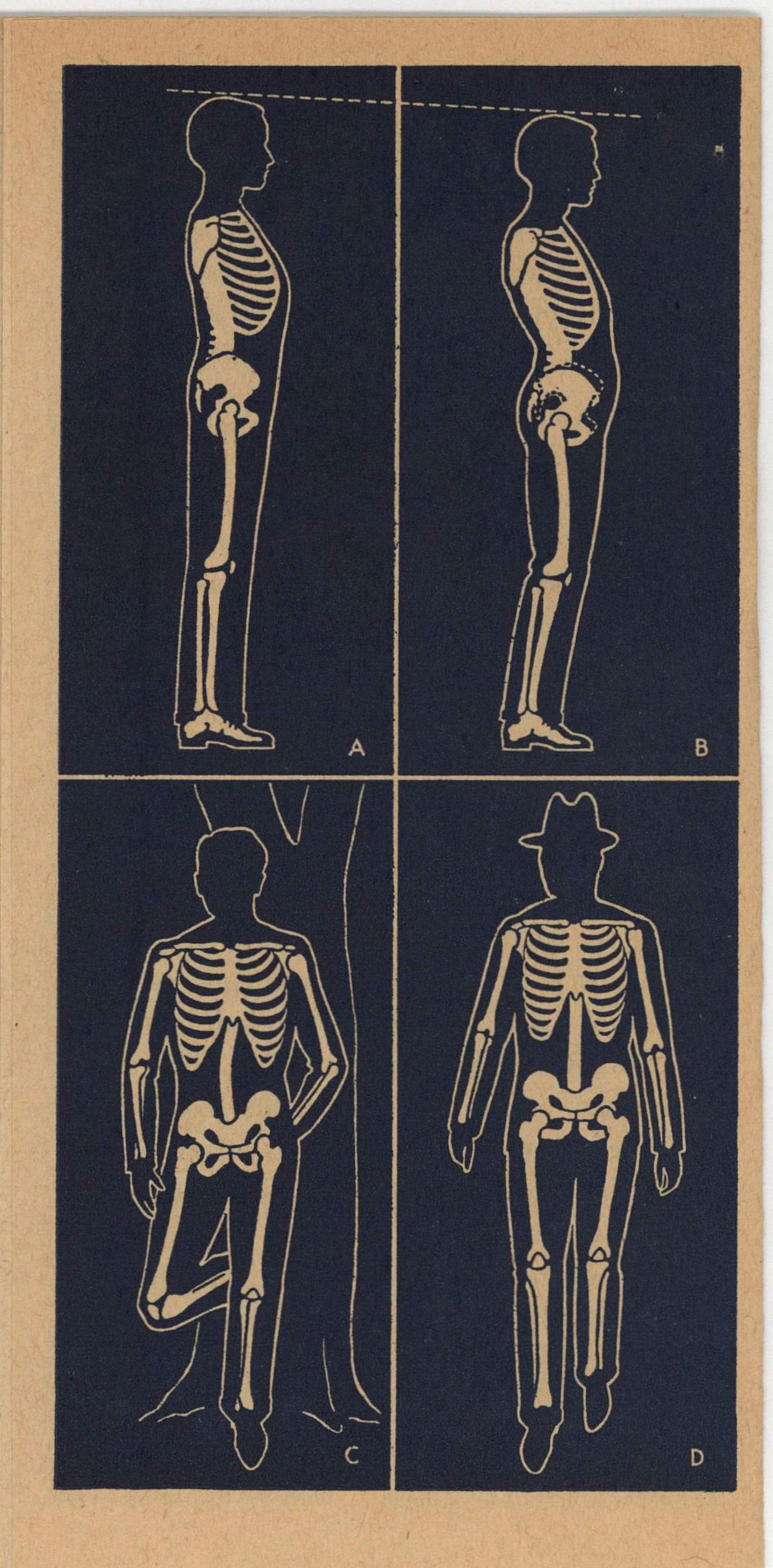
If trouble develops, see your physician. He alone can be sure what needs to be done. Underlying physical ailments may be the real cause of fatigue, and the fatigue may in turn be the cause of poor posture. If yours is a case of "simple" postural faults, you can help to avoid trouble by following the rules of body balance as given in this booklet.



he effect of poor posture on appearance is obvious to anyone who will look about him on the street. Not so obvious are the ways in which it may cause fatigue, aches and pains and improper functioning of internal organs. This is why we use "X-Ray" drawings as our illustrations.

Turn back to the drawings on page 2. See how (in B) the spine and leg bones are straight enough to support the body weight with the least possible muscular effort. When poor posture (A) throws these bones out of line, the muscles must work harder to hold the body up, and an extra strain is thrown on the joints and ligaments. This is why we speak of "body balance"; good posture is achieved when the weight is well balanced on the bony structure. Correct posture, once it becomes a habit, is the easiest posture to maintain.

Now look at the drawing on the opposite page to see what happens to the internal organs. The pelvis is tilted forward (compare its position in A, page 2, with the dotted line) and the abdominal muscles sag outward. The chest is flattened, crowding the lungs and heart. The diaphragm, the dome-shaped muscle which separates the chest and abdomen, is forced down, pushing the stomach and other organs out of place. This crowding may interfere with breathing, circulation, digestion, or other functions, causing many of the vague complaints which distress otherwise healthy men, women and children.



Standing — There is more to good body balance than simply standing up straight. Follow the rules given below, and compare yourself with Figure A. When you have the correct position, walk around, bend over and come back to it, thus learning the "feel" of good posture; make it a habit.

1 Head high, chin in.

2 Shoulders back, shoulder blades flat.

3 Chest up and forward.

4 Abdomen drawn up and in.

5 Lower back flattened.

6 Hips tilted down in back.

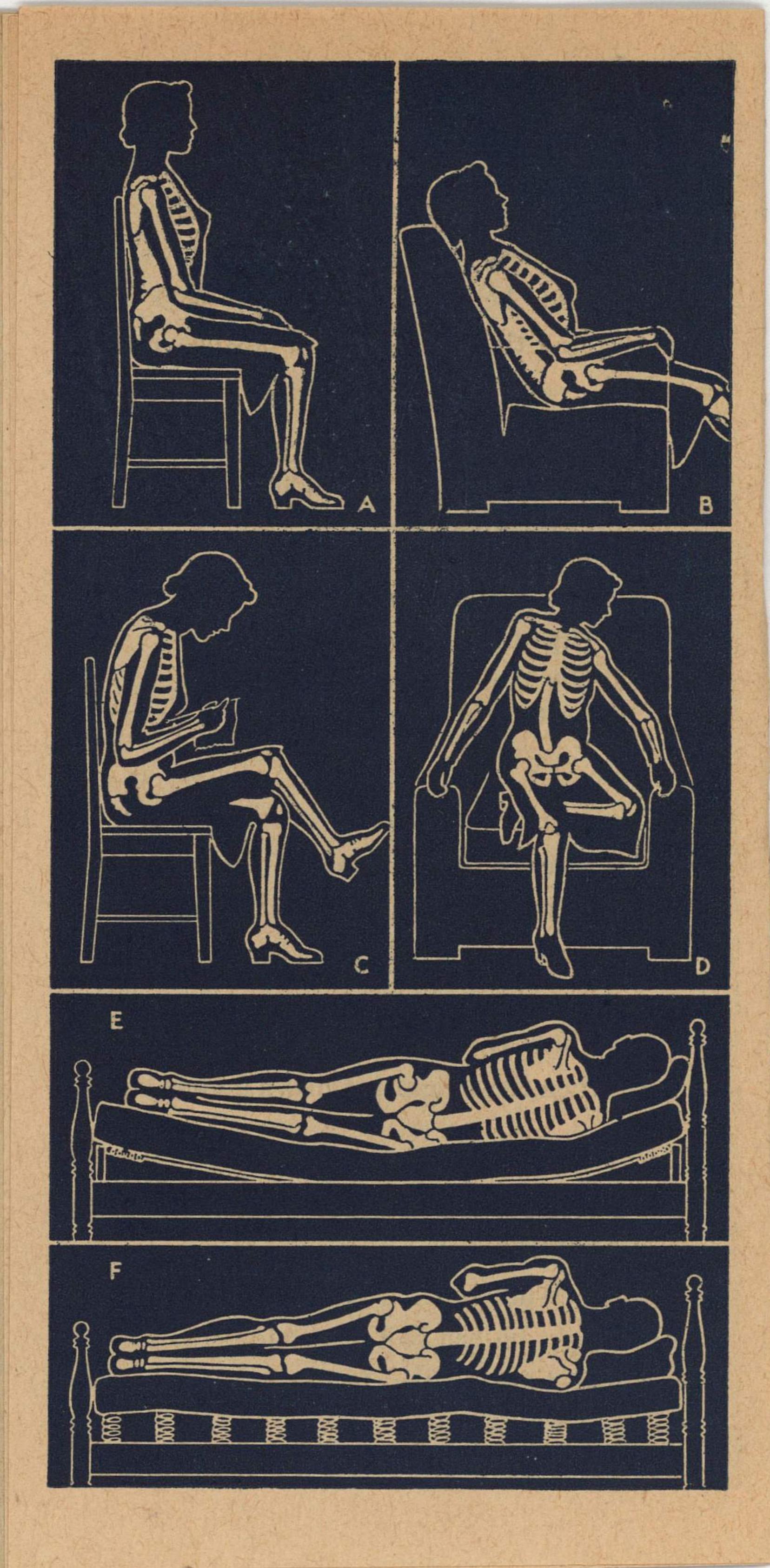
7 Knees straight but not stiff.

8 Feet parallel, weight evenly balanced.

Do not exaggerate. Good posture is easy posture, without stiffness or strain.

Figure B shows some of the commonest faults: head drooping, shoulders rounded, chest flat, back swayed in, abdomen sagging, hips tilted forward, weight swaying forward on legs. Figure C shows how the pelvis is tilted and the spine curved when the weight is thrown on one leg.

Walking — Keep the body erect as in standing. Walk with a springy step, throwing more weight on the ball of the foot than on the heel, and keeping the feet parallel and close together, Figure D.

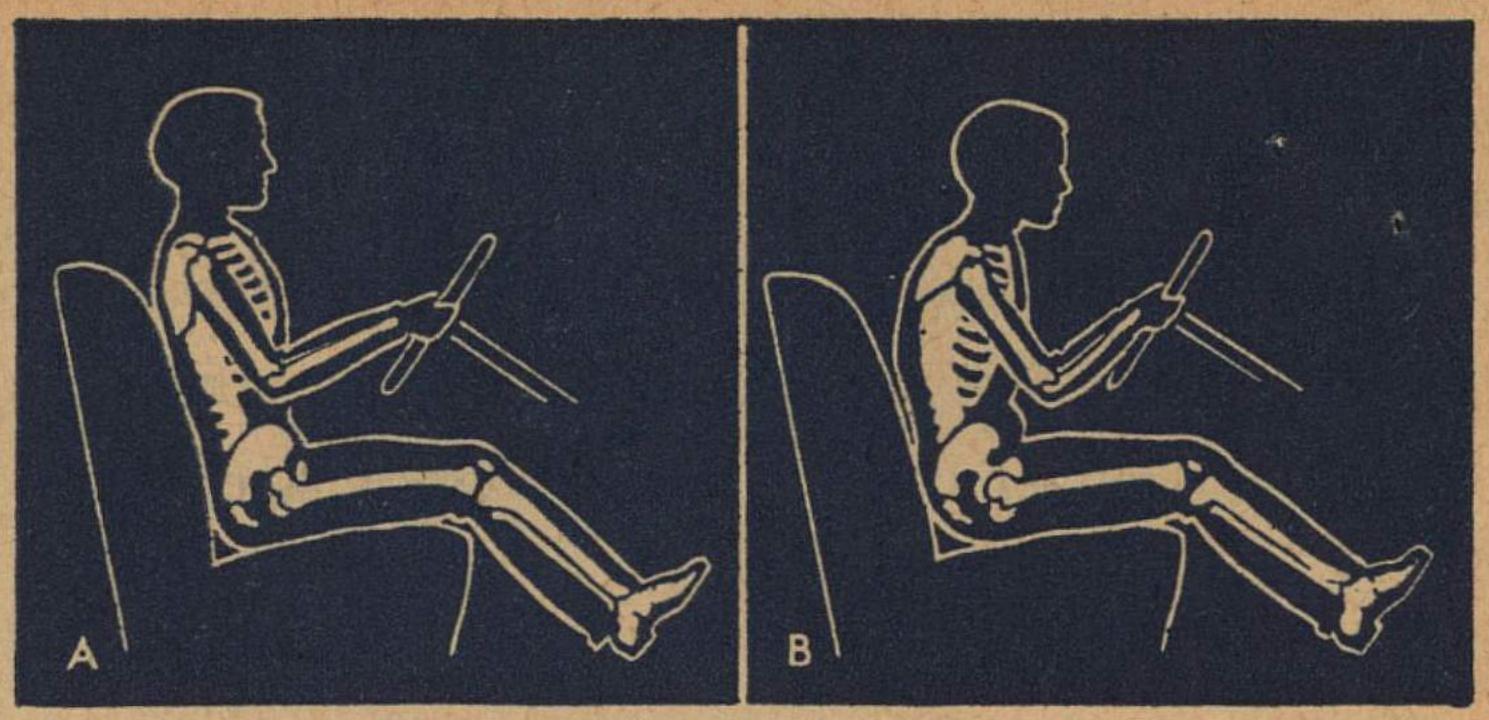


lower back is comfortably supported by the back of the chair. Sit with the spine erect, and the head and upper body in good balance; keep both feet on the floor, Figure A.

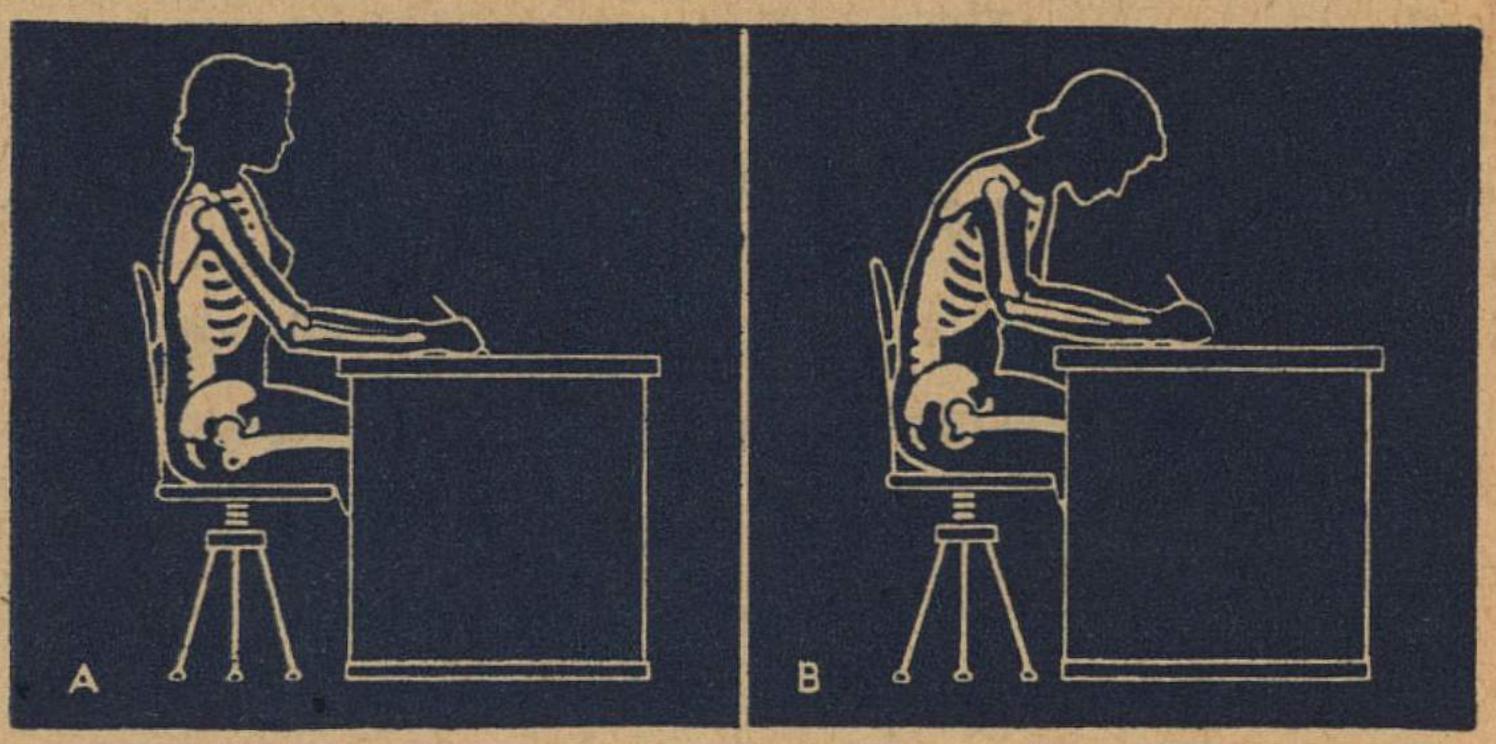
In an overstuffed chair, avoid slumping on the end of the spine, with the lower back sagging, as in Figure B. When leaning forward, bend from the hips, keeping the back straight; do not bend the back as in Figure C. And avoid the too common contortions in Figure D, which throw the weight-bearing system badly out of line.

Correct sitting posture may be impossible in a poorly designed chair. Office workers and those who spend long hours sitting down should make sure that their chairs give proper support where it is needed, particularly to the lower back and thighs. A good chair will pay for itself in comfort and efficiency.

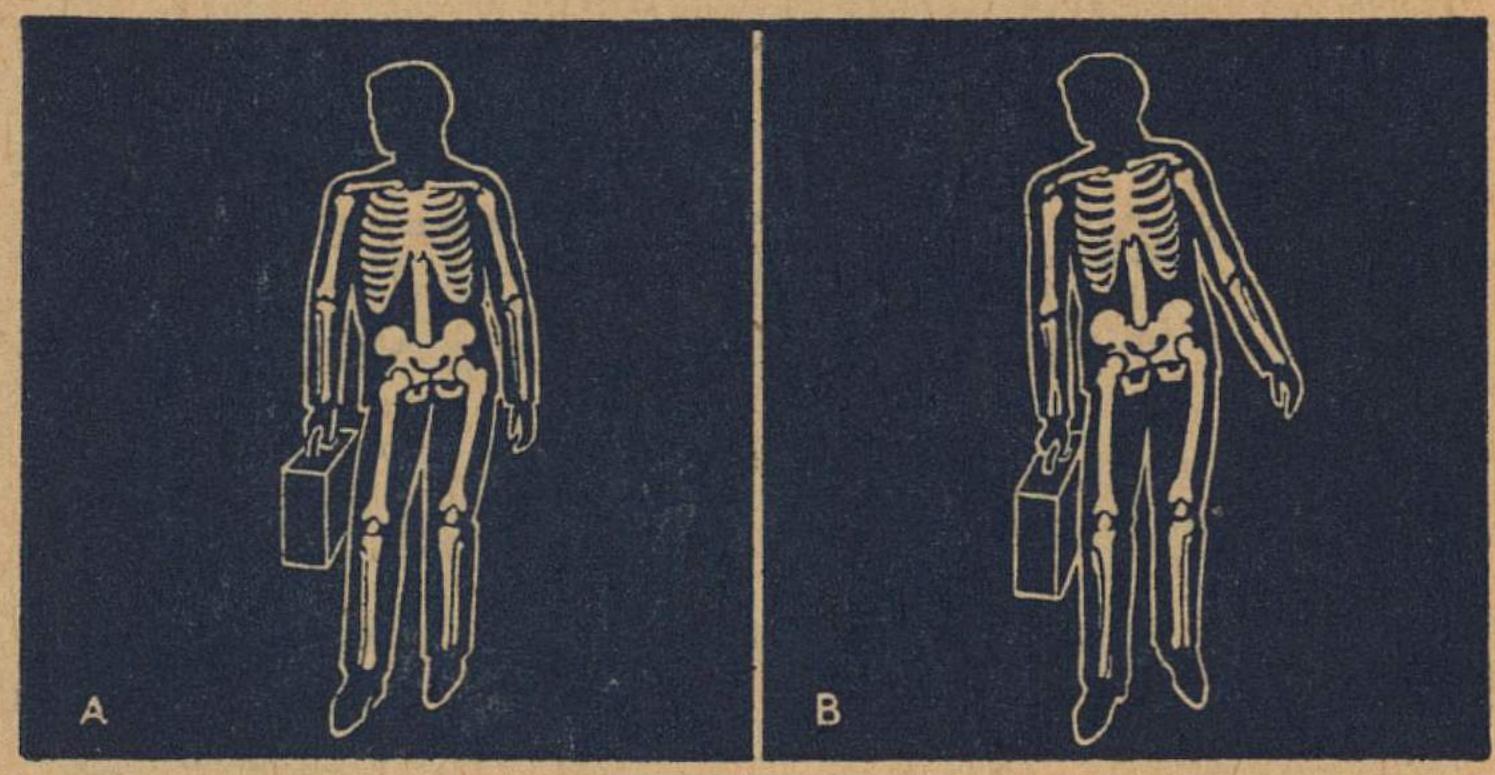
Sleeping — Approximately one-third of your life is spent in bed. Sagging springs, like those in Figure E, can cause serious trouble; many cases of back pain have been cured simply by putting a board under the springs! The best type of bed is one with box springs or an innerspring mattress, giving equal support to all parts of the body, as in Figure F.



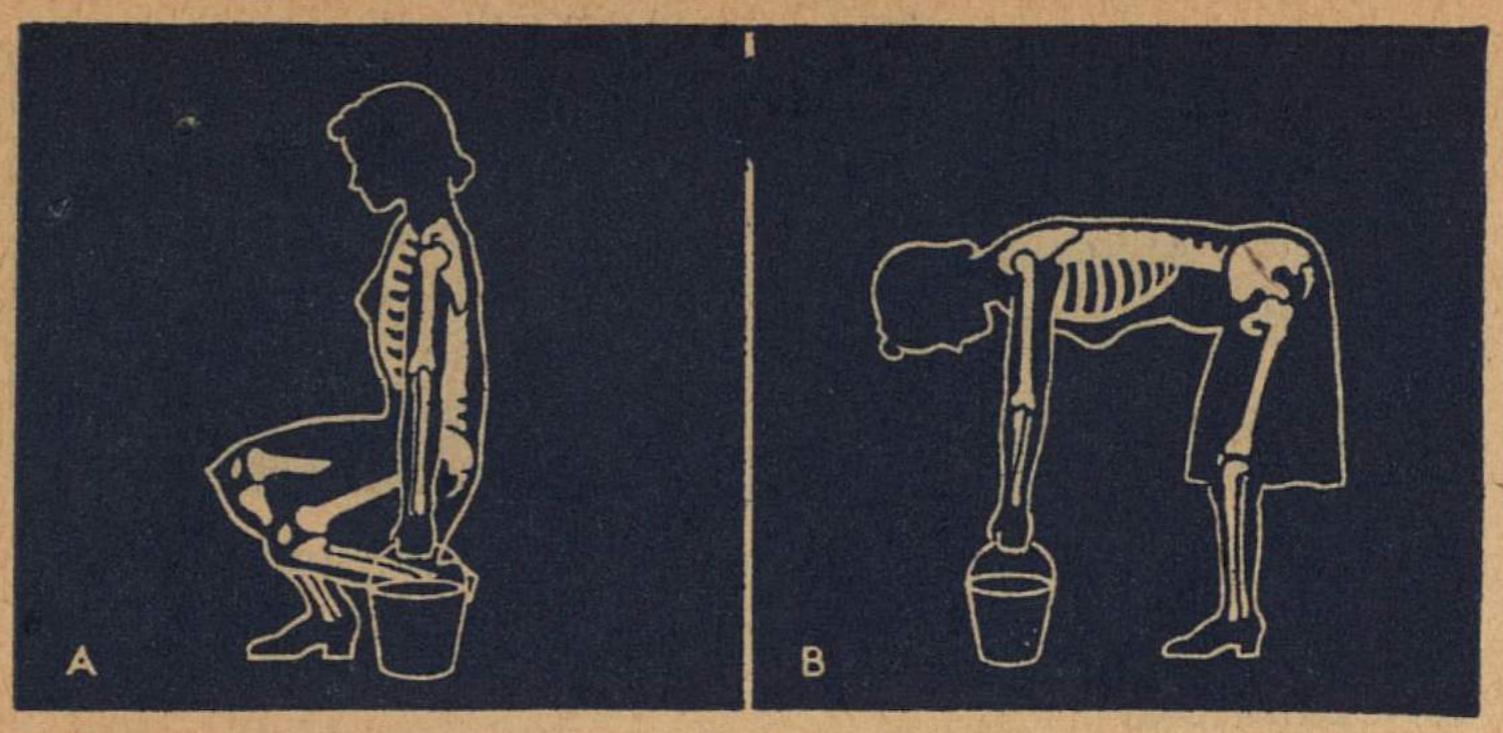
Driving — The jolting and swaying of a car add to the strain of poor posture. You will save yourself much fatigue by sitting erect and well back (A).



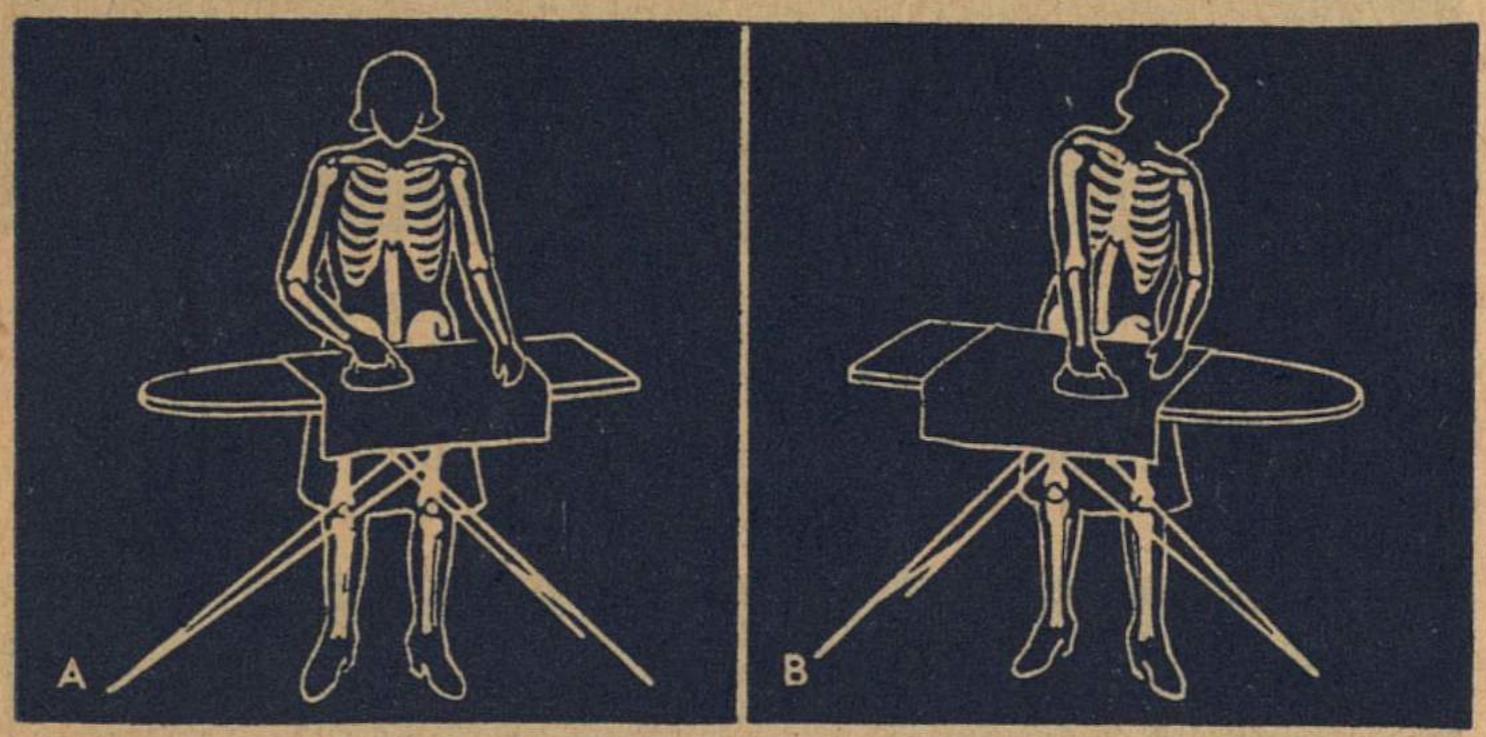
Desk Work—Good posture conserves energy, pays dividends in efficiency. Sit erect, with lower back supported (A); do not hunch (B); lean forward from hips.



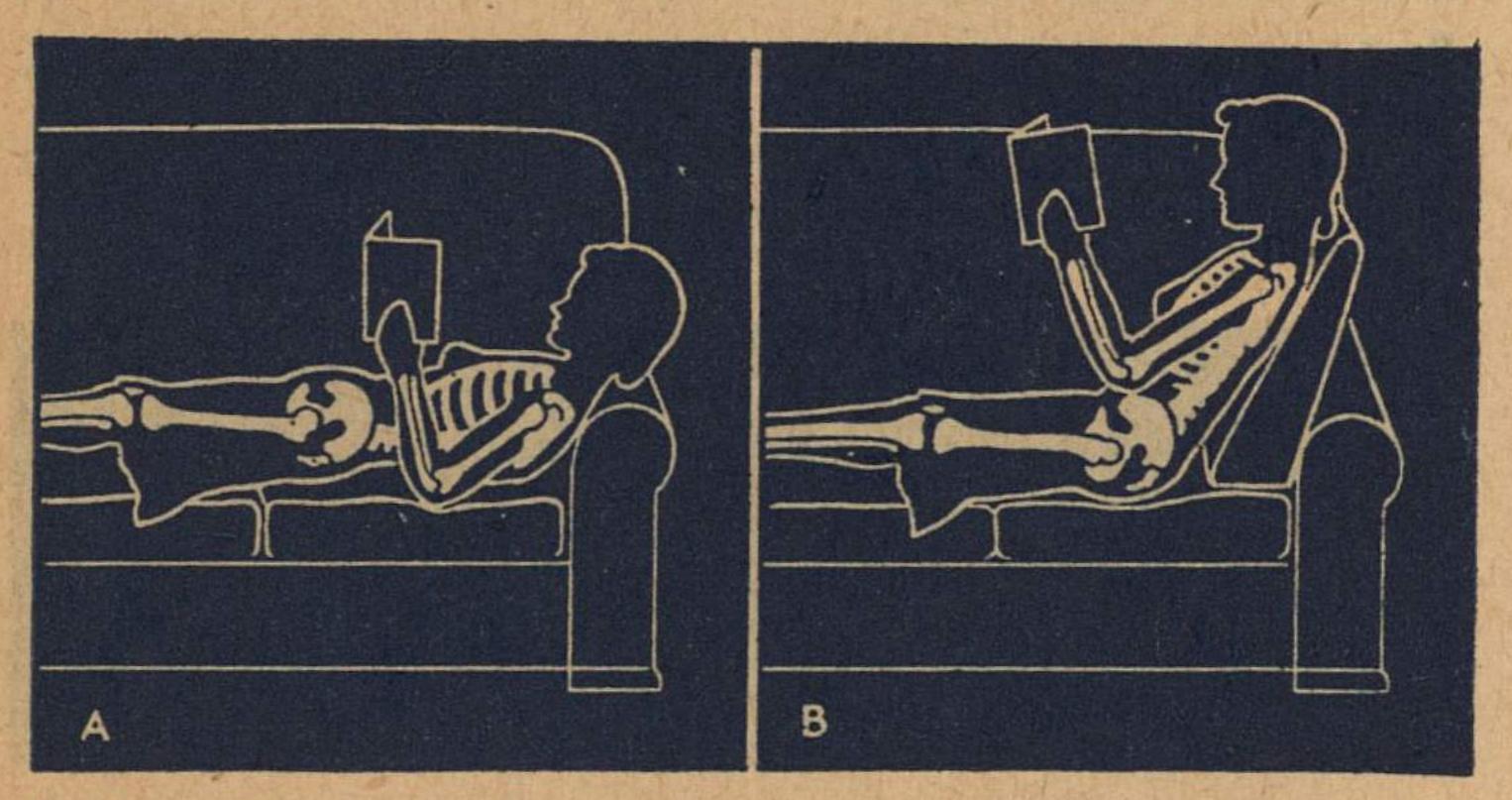
Carrying — When carrying a heavy suit case, keep as erect as possible (A). Slumping (B) adds to the strain by destroying body balance.



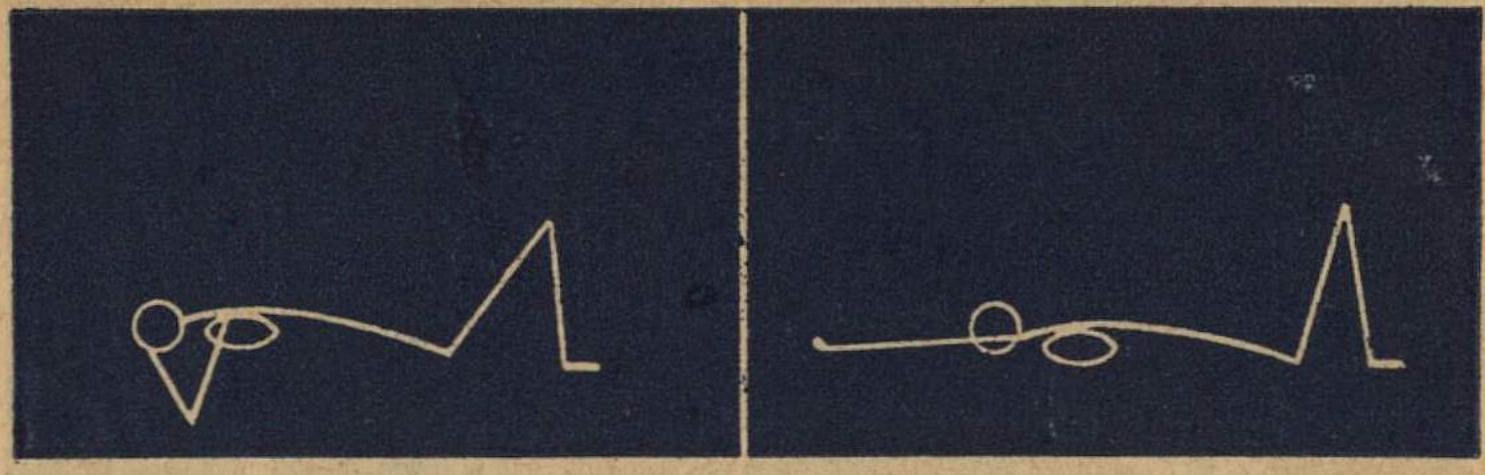
Lifting—To lift a heavy object, bend the knees, keeping the upper body straight (A). Bending as in (B) may strain back muscles.



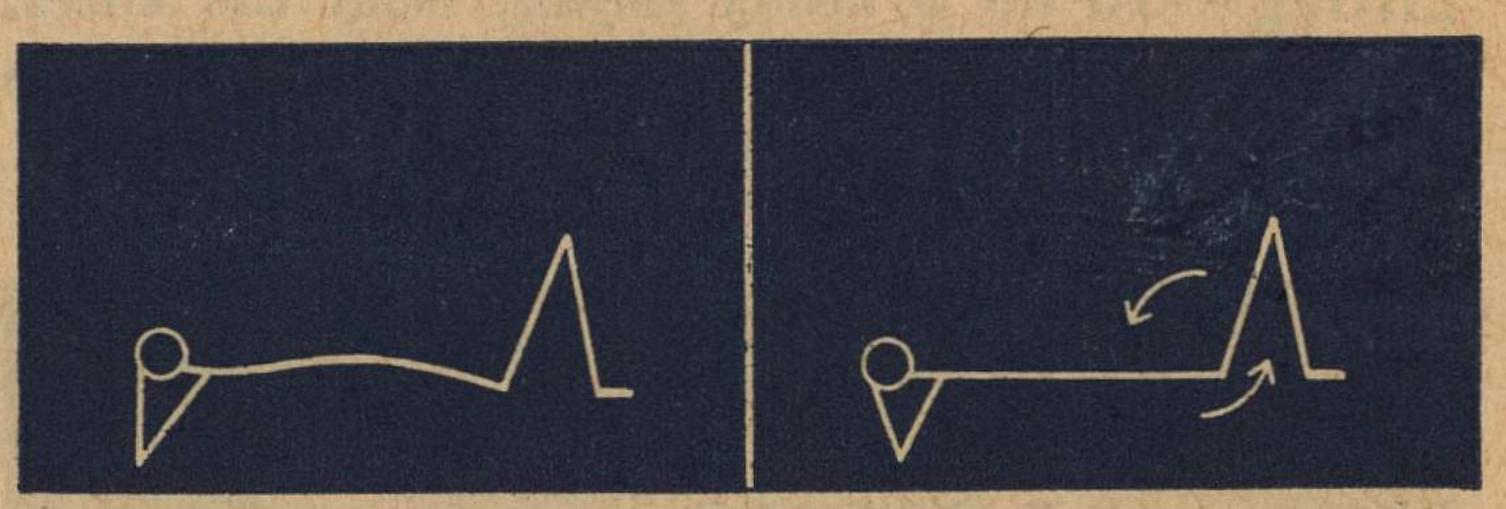
Housework — In ironing, cooking or dishwashing, stand erect, with weight on both feet (A). Poor body balance (B) makes chores much harder.



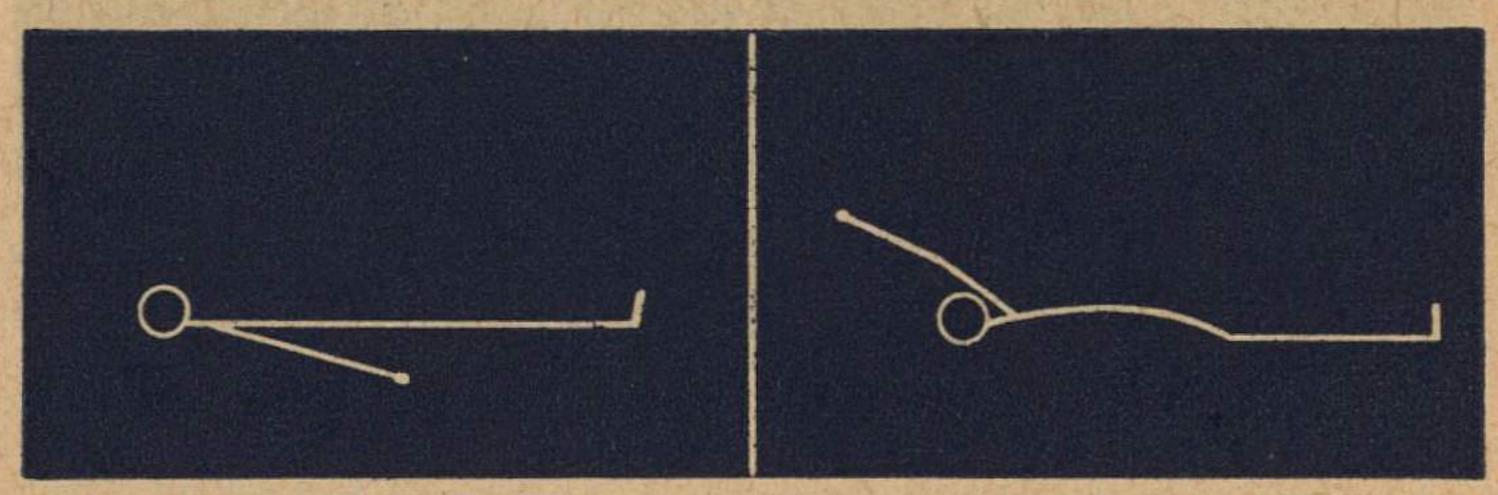
Lying Down — When reading on a sofa or in bed, make sure that the back is properly supported (B); a sagging spine (A) leads to a sore back.



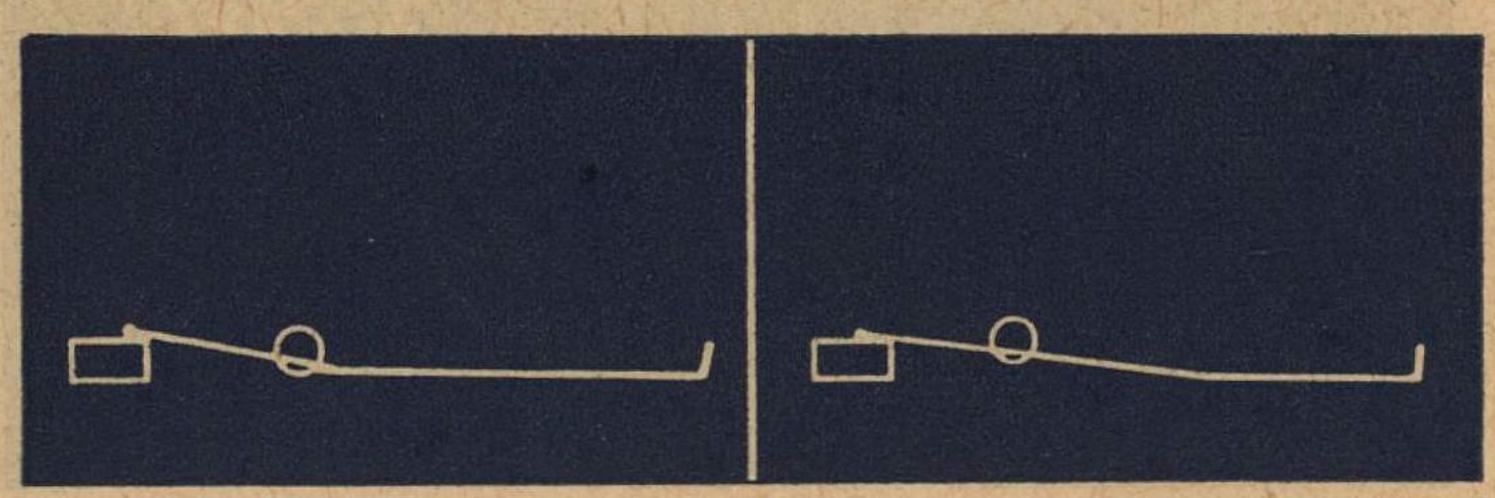
1 Lie on back, small pillow under shoulder blades, knees bent. Extend arms back of head; hold position five minutes.



2 Lie on back, hands under head, knees bent. Rotate hips with arrows, flattening lower back, and pulling abdomen in and up. Relax and repeat.



3 Lie flat on back, arms at sides. Raise trunk by pressing head down and arching back from head to hips, swinging arms over head; return arms and repeat.



4 Lie flat on back, arms over head, wrists resting on books or other support. Press down with hands, lifting head and trunk as far as possible. Relax and repeat.

Exercise — Of course, the best advice about posture is useless if you are run down by some underlying illness and lack the vitality to hold yourself erect. The simple rules of health—good nutrition, enough rest and sleep, some outdoor play and exercise — are of first importance.

Any exercise which improves muscle tone, whether it be an active sport or simply a brisk walk, will be an aid to good posture. Sports are especially valuable, because the process works both ways. The exercise tones up the body and aids posture; and good posture, or good body balance, is a part of the physical skill necessary for the game. And sports are fun, so we don't have to force ourselves to take the exercise.

For developing the particular groups of muscles needed for good posture, many physicians and physical educators recommend the exercises on the opposite page. No. 1 stretches the ribs and draws the abdominal muscles in. No. 2 strengthens the muscles which flatten the lower back and hold in the abdomen. No. 3 tones up all the muscles which hold the back upright. No. 4 is especially good for the upper back and shoulders.

As in all exercises, these should be done in moderation, with regard to your age and physical condition. Do not overstrain. And remember that a few minutes of exercise will do little unless you develop the habit of good body balance.



are the key to success. Practice good posture and keep at it until it becomes second nature to you. When this happens, standing properly will no longer be an effort, but will seem easier than standing poorly.

Check yourself now and then against a door or wall. Your head, shoulders, buttocks, calves and heels should all touch it; the hollow of your back should be only deep enough to slide your fingers in. When you face the door, your chest should touch first.

Check your clothing, too. Outer clothing, undergarments and shoes should all be properly designed. Nowadays, fortunately, they can be sensible and still stylish.

Be honest with yourself. Catch yourself off guard in a mirror or in a store window. How do you look? Can you be proud of your appearance? Knowing how won't help much unless you make it a habit, any more than "company manners" on occasion make a gentleman.

Good posture can be achieved by almost anyone. It will take work, and the habit will not be formed in a day or a week; but the benefits in vigor and personal pride are well worth the effort.

his booklet has been prepared to aid those who have moderate degrees of poor posture. If your postural faults are severe, or if you suffer from backache, muscular pains or other symptoms, see your physician. A thorough examination now may save you pain, disability and expense later on.



The famous Camp Transparent Woman, an object lesson in good posture, which has been seen by more than twelve million persons, is now on permanent exhibition at the Museum of Science and Industry in Chicago.

Prepared in collaboration with leading authorities in the field of orthopedics by

THE SAMUEL HIGBY CAMP INSTITUTE FOR BETTER POSTURE

Empire State Building New York City Founded by S. H. Camp & Company, Jackson, Michigan