February 3, 1938.

Miss Ruth Forsythe,
Federal Reserve Bank,
Kansas City, Missouri.

Dear Miss Forsythe:

We are very, very grateful to you and your group for the splendid table tennis exhibition you gave us at the basketball game last night. Our audience enjoyed it immensely.

Will you please express to Mrs. McFadden, Dr. Mercer and Mr. Howle our deep appreciation?

With best wishes, and thanking you, I am

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

Mrs. Brooks, Cochin
Billy Hutson - Hotel
Worcester - 4 Boy Scouts

Kansas City, Missouri
January 26, 1938.

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

Dear Dr. Allen:

In reply to your letter of the 22nd regarding the official Tennis Tables. I would appreciate it very much if you would try and locate two regulation tables. Inasmuch as I am bringing the Top Ranking Players of Kansas City I would not want to ask them to make an exhibition, before such a crowd, on the plain varnished tables. They are anxious to put on as good an exhibition as they are capable. The varnished tables not only would handicap the vision, it would effect the bounce of the ball.

I was conversing with Junior Coen the other day and mentioned the subject of Tennis Tables in Lawrence. He said several of the Profs had them in their homes, so you probably won't have much trouble locating two tables.

May I also make the suggestion that you have four ushers or boy scouts to run down the balls? I am afraid if we didn't have someone, we would spend most of the twelve minutes shagging balls, with so much space behind us.

Worcester
OK

We are looking forward to making the exhibition, and sincerely hope that we can put on an interesting show.

Very truly yours,

Ruth Forsythe,
Federal Reserve Bank.

P.S.
I just received the tickets from Mr. Falkenstien and thank you very kindly

RF

January 22, 1938.

Miss Ruth Forsythe,
Federal Reserve Bank,
Kansas City, Missouri.

Dear Miss Forsythe:

Thank you so much for your very fine letter of the 18th instant. I have checked with Mr. Earl Falkenstien, our financial secretary, and he is mailing you the ten basketball tickets. This is a small consideration for your kindness, and I assure you that we greatly appreciate it.

We will follow all the directions that you have given in your letter so that we can have everything ready to make your stay here as pleasant as possible under the conditions. You will hear from me again in the meantime but I am just informing you now of the details of the situation, and I want to add my immense "thank you" for your most pleasing cooperation.

There is one point that I wish to bring up now. Our tables do not have the green top. They are just plain varnished tables. I am wondering if you think we should try to locate some official ping pong tables here. There is just one that we know of, and that is at the hotel. Perhaps we could locate some others if you desire. Please inform us on this point.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

Kansas City, Missouri.
January 18, 1938.

Dr. Forrest C. Allen,
Athletic Department,
Kansas University,
Lawrence, Kansas.

Dear Sir:

Reference is made to the Table Tennis Exhibition to be held Wednesday nite, February 2nd in Lawrence. In making arrangements, I find the personnel will be as I notified you over the telephone last Sunday. For confirmation, I am enclosing the names of the players and their titles.

In regard to the tickets, I would like to have eight or ten, preferably ten, as it seems each player would like to bring someone, not only to see our games, but to see your boys beat Nebraska. I do not want to abuse your generous offer but if you can spare that many, I believe it will compensate the players and drivers for the expense of the trip and will be greatly appreciated by all concerned. Please mail them to me in care of the Federal Reserve Bank, Kansas City, Mo.

Inasmuch as we are all United States Table Tennis Association members, our exhibition must be sanctioned by them. We have written for same and I am sure that it will be approved by them.

I have never been in your Basketball Stadium so I do not know the arrangements, I was wondering if it would be possible to have one table located outside the hall where we could have a little warmup beforehand. This would enable us to use the full twelve minutes for playing games. If this plan cannot be conveniently arranged it will be perfectly satisfactory for us to warmup during the allotted twelve minutes.

Thanking you in advance for everything I remain,

Very truly yours,

Ruth Forsythe

Ruth Forsythe
Federal Reserve Bank
Kansas City, Missouri

Table Tennis Exhibition Team

For

University of Kansas

February 2, 1938

Dr. Herman L. Mercer, Greater Kansas City Champion 1936-1937-1938. Men's Doubles 1937 and Mixed Doubles 1938. Nationally ranked.

Tom Howle, Kansas City Champion 1935. Men's Doubles 1937 and Mixed Doubles 1937.

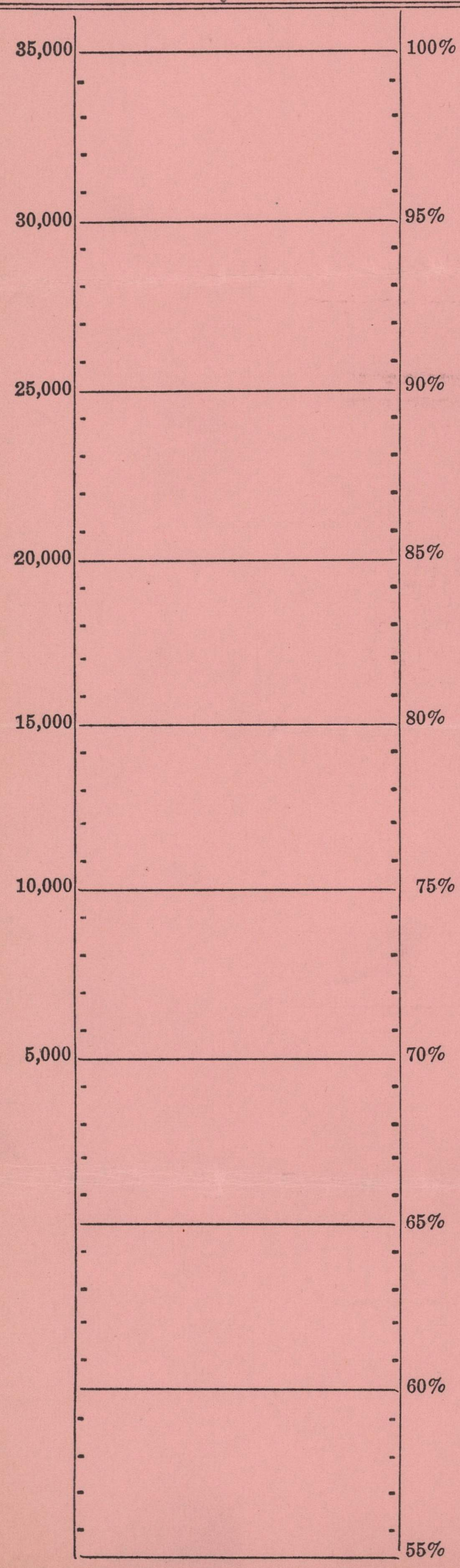
Ruth Forsythe, Kansas City Champion 1936 and Greater Kansas City Champion 1937. Mixed Doubles Champion 1937

Lee McFadden, Greater Kansas City Champion 1938. Mixed Doubles 1938.

UNIVERSITY OF MISSOURI HOSPITALS LABORATORY

BLOOD EXAMINATION

Name of Patient: Joren F Lorelle Physician: Dietrich Room No. Case No.



Date	1-19-38						
Time							
Count number							
Coagulation time							
Bleeding time							
Leucocytes per c mm.	5600						
Differential Count							
P. M. Neutrophils	62						
P. M. Eosinophils	2						
P. M. Basophils							
Large Mononuclears	4						
Lymphocytes	32						
Lymphoblasts							
Myelocytes							
Myeloblasts							
Immature P. M. Ns.							
Unclassified							
Erythrocytes per c mm.							
Hemoglobin (Method)							
Color index							
Anisocytosis							
Poikilocytosis							
Polychromatophilia							
Granular degeneration							
Nucleated forms							
Reticulocytes							
Blood Donor Group							
Plasmodium Malariae							
Wassermann							
Widal							
Culture							
Blood sugar							
Blood urea							
Blood N. P. N.							
Icterus Index							

Remarks:

Examined by: Ma Curtis

December 18, 1937.

Mr. T. C. Forrester,
Rochester School for the Deaf,
1545 St. Paul Street,
Rochester, New ~~Hampshire.~~ York?

Dear Superintendent Forrester:

I am mailing to you one only copy of "Better Basketball". I am autographing the same for you and the boys.

I have had very many rare and happy experiences with some of the schools for the deaf. Luther W. Taylor, a great pitcher for the New York Giants, and a former coach at the School for the Deaf at Olathe, Kansas, is one of my very good friends. Both Mrs. Taylor and Dummy were great basketball fans, and I always took an interest in their school. I was at that time coaching at Baker University, and both Mr. and Mrs. Taylor would visit our games and enjoy them very much, speaking very rapidly in their own language.

Three or four years ago I spoke to the boys at the Illinois School for the Deaf at Jacksonville, Illinois. Mrs. Allen and I stayed all night at the school and had a wonderful time.

I want you to know that I appreciate your valued order and trust that the boys of your school will enjoy my new book. The price of the book is $4.00. I am giving you a 10% discount, the regular library discount, and am adding the postage.

Sincerely yours,

Varsity Basketball Coach,
Director of Physical Education.

FCA:AH

January 13, 1938.

Mr. John D. Florance,
Traveling Passenger Agent,
Chicago, Rock Island and Pacific Ry.,
1200 Fidelity Bank Building,
Kansas City, Mo.

Dear Jack:

Thank you for your letter of the 12th. I note you say the bus charge for eleven persons, round trip, is $13.20.

You remember before we had a chartered bus. Isn't this true this year? They only leave Des Moines on certain hours unless you have your own bus. You remember we have to come back right after the game, so I think the usual thing is to charter a bus. Please check up on this detail for me.

With every good wish, I am

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

THE CHICAGO, ROCK ISLAND AND PACIFIC RAILWAY COMPANY
FRANK O. LOWDEN, JAMES E. GORMAN, JOSEPH B. FLEMING, TRUSTEES
1200 FIDELITY BANK BUILDING

P. W. JOHNSTON,
GENERAL PASSENGER AGENT

"Route of the Rockets".

KANSAS CITY, MO., Jan.12, 19381

File 4B-2498.

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

Dear Doc:

Recalling our conversation last Friday with regards to Ames basketball game February 21st,for which the following schedule was suggested:

Sunday	Feb.20	Lv. Lawrence	9:28PM	Santa Fe #6
		Ar. Kansas City	10:25PM	
(Sleeper may be occupied on arrival Kansas City)				
		Lv. Kansas City	11:35PM	Rock Island #16
Monday	Feb.21	Ar. Des Moines	6:15AM	
(Breakfast at Des Moines Hotel and bus to Ames when convenient)				

Returning: Bus to Des Moines after game,sleeping car may be occupied after 9:30PM Monday Feb.21st

Tuesday	Feb.22	Lv. Des Moines	12:30AM	Rock Island #15
		Ar. Kansas City	7:30AM	
		Lv. Kansas City	8:00AM	Santa Fe #5
		Ar. Lawrence	8:53AM	

I am holding six lowers and seven uppers between Kansas City and Des Moines for your party on above schedule.

The bus charge for 11 persons for roundtrip from Des Moines to Ames is $13.20 so assume for party of 13 the rate will only be slightly higher.

Expect to call upon you early in February so if any changes are desired can then arrange them.

Yours truly,

John D.Floranee,
Traveling Passenger Agent.

ROUTE OF THE "GOLDEN STATE LIMITED" TO CALIFORNIA
AND "ROCKY MOUNTAIN LIMITED" TO COLORADO
AIR CONDITIONED THROUGHOUT

OFFICE CLOSED SATURDAYS
DURING JULY AND AUGUST

William B. Feakins, Inc.
500 FIFTH AVENUE NEW YORK
AT FORTY-SECOND STREET
CABLE: FEAKINS, NEW YORK wbf PHONE: LACKAWANNA 4-4975

June 14, 1938.

Dr. Forrest C. Allen
Division of Physical Education
University of Kansas
Lawrence, Kansas

My dear Dr. Allen:

Thank you for your letter of June 9th and the enclosed copy of a radio program in which you mention Miss Helen Wills.

Miss Wills is able to give us only a few weeks in the fall for a lecture tour to be made after she returns from Europe and completes the series of tennis engagements at Forest Hills.

We have been offering her for large public meetings where the engaging party will be able to sell tickets of admission. However, we had correspondence with Mr. Raymond Nichols whom you mentioned, and told him that we might be able to fit in a date for Miss Wills to appear at Lawrence about November 30th or December 1st at a fee of $350.00.

Sincerely yours,

H. F. Truman

H. F. Truman, Treas.,
WILLIAM B. FEAKINS, INC.

HFT:GH

cc- to Mr. Raymond Nichols

ALL QUOTATIONS ARE SUBJECT TO CHANGE IF NOT ACCEPTED WITHIN 30 DAYS. ENGAGING PARTIES ARE TO FURNISH STEREOPTICON OR MOVING PICTURE MACHINE AND OPERATOR AS REQUIRED FOR ILLUSTRATED LECTURES UNLESS OTHER ARRANGEMENTS ARE MADE.

July 1, 1938.

Mr. L. B. Fugitt, Sr.,
271 W. Broadway,
Hoisington, Kansas.

Dear Mr. Fugitt:

I just noticed in last night's paper where Leroy had suffered a fracture of his arm at his summer camp. I want you to know that I am terribly distressed and sorry for this accident, and I extend to Leroy and to you my sincere sympathy. Will you kindly convey to him my best wishes for his speedy recovery?

I trust that outside of this accident to Leroy the Fugitts will have a very good summer.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

Room 9 —
9:30 Det am.

June 25, 1938.

Dr. J. E. Froeland, Secretary,
Kansas State Board of Osteopathic
Examination and Registration,
Coffeyville, Kansas.

Dear Dr. Froeland:

I am enclosing my personal check for $5.00, the same for my renewal of my registration for the year 1938.

Due to my work here at the University during the school year and also during the summer session I have not been able to attend the post-graduate work for this year. I had a coaching school during the week of June 13 to 18 here, which prevented my going to Kirksville.

I am not practicing, nor have I been for the 18 years that I have been here at the University, but I desire to keep in good standing.

Trusting that this will be satisfactory under the conditions, I am

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

STATE OF KANSAS

BOARD OF OSTEOPATHIC EXAMINATION AND REGISTRATION

OFFICE OF SECRETARY
J. E. FREELAND, D. O., COFFEYVILLE, KANSAS

May 21, 1938.

Dear Doctor:

The Annual Registration law has been in operation only one year, but the Kansas State Board of Osteopathic Examination and Registration believe that it has raised the standards of the profession and that other advantages will accrue as time goes on. It has provided funds for installing a new and more efficient system of records and pays for the post-graduate instruction given at the annual convention.

The Secretary calls attention to the fact that the law requires registration on or before July 1st of this year. The fee is five dollars ($5.00).

The enclosed application blank requests additional information which is needed in the Secretary's files to help complete the records of all those registered in Kansas.

A few have not complied with their post-graduate requirement, there is yet time to get this needed credit. The osteopathic colleges are offering post-graduate courses this spring. Please avail yourself of this opportunity before it is too late.

The Osteopathic Physicians registered in Kansas have accepted this new law in a fine spirit and your Secretary wishes to express his sincere thanks for your cooperation.

Yours fraternally,

J. E. Freeland D.O. Sec.

JEF:HW

J. E. Freeland, D.O. Secretary,
Kansas State Board of Osteopathic
Examination and Registration.

June 9, 1938.

Mr. Wm. B. Feakins,
500 Fifth Avenue,
New York City, N.Y.

Dear Mr. Feakins:

We are very much interested in your letter of June 6th regarding a lecture by Helen Wills. I have spoken to Mr. Raymond Nichols, chairman of our Lecture Course here at the University of Kansas, and have told him of our interest in having Miss Wills here.

We admire Miss Wills very much, and have often pointed her out as an example of substantial young womanhood. I am enclosing copy of a radio program in our series "Physical Education for Health", sponsored by the Department of Physical Education during the school year, in which I have mentioned Miss Wills as an ideal for the college girl.

I trust it may be possible for the University to have Miss Wills on the Lecture Course series.

Thank you very much for bringing this to my attention.

Very singerely yours,

Director of Physical Education,
Varsity Basketball Coach.

William B. Feakins, Inc.
500 FIFTH AVENUE NEW YORK
AT FORTY-SECOND STREET
CABLE: FEAKINS, NEW YORK wbf PHONE: LACKAWANNA 4-4975

June 6, 1938

Director of Physical Education
University of Kansas
Lawrence, Kansas

Dear Sir:

May we call your attention to the enclosed circular of Helen Wills, who will lecture in the United States for about ten weeks after the American national tennis championships at Forest Hills in which she will participate.

We believe there is something about Helen Wills which appeals not just to the sport-minded members of a college community but to every person, young or old, who knows of her outstanding record. That record has not been limited to the tennis courts alone, for Miss Wills is a painter of note and the author of two books. In this connection, we wish to call your special attention to William Lyon Phelps' comment on the inside of the flap of the enclosed circular.

A lecture by Helen Wills should be a particularly successful occasion for the purpose of raising funds for the Athletic Association of your college or for some special event which you may wish to sponsor.

We shall be glad to send you further information as to terms and open dates on request.

Sincerely yours,

Wm. B. Feakins

President,
WILLIAM B. FEAKINS, INC.

ALL QUOTATIONS ARE SUBJECT TO CHANGE IF NOT ACCEPTED WITHIN 30 DAYS. ENGAGING PARTIES ARE TO FURNISH STEREOPTICON OR MOVING PICTURE MACHINE AND OPERATOR AS REQUIRED FOR ILLUSTRATED LECTURES UNLESS OTHER ARRANGEMENTS ARE MADE.

May 12, 1938.

Messrs. Glenn and Lyle Foy,
1135 Ohio Street,
Lawrence, Kansas.

Dear Glenn and Lyle:

It is needless to tell you how very much grieved we were to hear of the loss of your dear mother. I assure you that I can appreciate what this means, because I was nineteen years of age when this irreparable loss occurred to me.

I was with Glenn Oatman when we heard of your bereavement. Glenn said, "I want you to know how heartsick I am because although I have not lost my mother, she is the dearest person in the world to me." With Glenn's thought, and those of mine, I assure you that we can deeply sympathize with you in this sad hour.

However, we do have the wonderful remembrances of the fine years that we had with our mothers, and I am sure that those memories will always be cherished as some that never fail. May I say to you that I, too, understand.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

May 12, 1938.

Messrs. Earl and Lloyd Foy,
416 East 13th Street,
Hutchinson, Kansas.

Dear Earl and Lloyd:

It is needless to tell you how very much grieved we were to hear of the loss of your dear mother. I assure you that I can appreciate what this means, because I was nineteen years of age when this irreparable loss occurred to me.

I was with Glenn Ontman when we heard of your bereavement. Glenn said, "I want you to know how heartsick I am because although I have not lost my mother, she is the dearest person in the world to me." With Glenn's thought, and those of mine, I assure you that we can deeply sympathize with you in this sad hour.

However, we do have the wonderful remembrances of the fine years that we had with our mothers, and I am sure that those memories will always be cherished as some that never fail. May I say to you that I, too, understand.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

May 14, 1938.

Mr. Samuel Feinberg,
120 Wall Street,
Suite 3115,
New York City, N.Y.

Dear Mr. Feinberg:

Thank you for your letter of May 9th asking if the University of Kansas basketball team would be interested in playing in one of a series of inter-collegiate basketball doubleheaders in Chicago during the coming season.

The rules of the Big Six Conference, of which we are a member, prohibit any of the teams from playing off of campus gymnasia or field houses. I regret that this will prevent us from accepting your invitation to play at the International Amphitheatre in Chicago.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

120 Wall Street---Suite 3115---New York City

May 9, 1938

Director of Athletics
University of Kansas
Lawrence, Kansas

Dear Sir:-

I would like to know whether you would be interested in playing in one of a series of intercollegiate basketball double-headers to be held at the International Amphitheatre in Chicago during the coming season.

Anearly response would be greatly appreciated.

Very truly yours

Samuel Feinberg

Samuel Feinberg

March 30, 1938.

Mr. R. M. Fitzpatrick,
2240 Vermont Street,
Lawrence, Kansas.

Dear Dud:

Thank you so much for sending me Frederick Ware's column from the Omaha World-Herald. Very nice of you to think of me.

These newspapers boys certainly are taking cracks at the A. A. U., are they not?

With every good wish, I am

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

UNIVERSITY OF DUBUQUE
LIBERAL ARTS COLLEGE - THEOLOGICAL SEMINARY
THE REV. DALE D. WELCH, M. A., LL. D., PRESIDENT
DUBUQUE, IOWA

1852

3/5/38
Saturday

Forest C. Allen
University of Kansas,
Lawrence,
Kansas.

Dear Coach Allen:

Enclosed is the questionnaire filled in as requested. I'm sure the convention in Chicago on the 4th and 5th will be most interesting when these questions are discussed. I am making my first trip to listen in on one of these meetings, am looking forward to seeing old time coaching acquaitances like Dave MacMillan of Minn. my former Idaho coach; Layden, Keogan etc. the latter my hometown high school coach at La Crosse, Wis.

By the way, you to't me to coach basketball, indirectly at least, since I purchased your basketball book and have always followed your articles in the various athletic journals etc. For that reason, I hope I have the pleasure of meeting you at the convention.

Coach Miller is no longer here; he is coaching in the southern part of the state.

Thank you kindly, I remain

Sincerely yours,

Fitzke

BoB Fitzke
Director of Athletics and Hd. Coach

BF

LLIE WONG'S ROYAL CAFE
Villa Acuña, Coah., Mex.
Photo by Lippe

POST CARD

Villa Acuña, Mex.

CORRESPONDENCE

Dear Dr. Allen:
Am spending a few days on the border and here I am on the Mexican side.
It is very hot here, but imagine it is in Kansas also.
Hope you have a fine summer then a very fine winter like in basketball!
Loren Florell

ADDRESS

Dr. F. C. Allen
Lawrence, Kansas
U. S. A.

August 12, 1938.

Mr. Loren Florell,
1701 Clay St.,
Topeka, Kansas.

Dear Loren:

Professor Russell just came in and we had a conference with Mr. Perdue, and we are going to use a big steam shovel and two wagons on the grading of the intramural field, and are not planning to use any help of any kind outside of the operator of the steam shovel and drivers of the two wagons, which are county property.

So it looks like we will not have the job for you, after all, as we hoped. I am sorry. I have given your name and address to Professor Russell, so that if there is any change in the plans and he is able to use you he will know how to get in touch with you.

I am leaving tomorrow for Louisville for a few days, but will be back in Lawrence in a week or so, and want you to keep in touch with me.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

August 11, 1938.

Mr. Loren Florell,
1701 Clay Street,
Topeka, Kansas.

Dear Loren:

We are hoping to begin work on the grading of the intramural field some time next week, and this note is just to let you know that we are planning on using you on this job. I'm sorry that I can't tell you exactly when the work will start because we have not yet completed all arrangements, but I will send you work when to come to Lawrence.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

July 27, 1938.

Mr. Wesley L. Fry,
Football Coach,
Kansas State College,
Manhattan, Kansas.

Dear Wes:

I am sorry that I have delayed my reply to you for so long. Eight days is a long time for a coach to wait for a reply. I have been in and out of the office much, but I have just failed to acknowledge your letter sooner. I trust this information will do you some good for the future, if not for this season.

Here is what I write my boys - eat boiled, baked and broiled food, especially in the summer. In the winter you can handle more fats. I insist that they have a lot of fruit juices for the summer, and meat not over once a day, unless of course your husky men are doing hard work on the road and they need tissue-building foods. But too many of them eat too much meat.

I try to educate the chaps throughout the season and tell them that many times when they work so hard and are very hungry, they think, that often they confuse hunger with thirst. When a fellow is extremely warm I tell him to go easy on eating or drinking to an excess cool drinks. For instance, when the boys practice either football or basketball, when I was coaching both sports I would insist that they not drink nor eat anything until after their bath. My habit was to furnish them with a cool refrigerated orange after practice, but they never got the orange until after they had taken their shower bath. Then the orange was given them and could eat that as they got into their clothes or on their way home to their meals.

I have found that if they could eat an orange or something with a tart to it that the mineral salts and the tarty juices generally allayed their thirst, and that was, after all, the main difficulty. I always let them drink as much water as they desire after they take their shower bath.

The heat regulating apparatus resides in the intestines, and when a fellow puts a large supply of chilly drink or gorges himself with food when the intestinal thermometer has not balanced properly, then there is trouble.

After football practice the boys will sit down and bolt a lot of food and water. For most of them it is thirst rather than hunger that they feel. I always tell the boys that the muscles of the legs are not more tired than the digestive muscles of the stomach and the intestines. After a hard game I never feed the boys meat. I let them have fruit, head lettuce, celery, and so forth, to eat before I ever let them have the heavier food. And if I can get the boys to wait an hour or an hour and a half after the game before they eat the meal I find they do not want the heavy food. After all of our basketball games we never go in for any meat diet. We give them all the fruit and fruit juices they want, with the exception of raw apples, all the liquids, such as soups, or any kind of milk - buttermilk, sweet milk or even malted milk; sandwiches, eggs, bacon, or any of those things are fine, but no heavy meat.

Before the game, this is our menu -- sometimes a half a grapefruit, but generally three pieces of celery, two pieces of toast with butter and a small cup of honey, and a drink, generally tea. I tell the boys that it is the glycogen stored up in their liver that has been there for several weeks that really gives them the "win, wigor and vitality".

By constantly talking to the fellows and telling them to eat baked, boiled and broiled foods and to masticate their food well, and to eat much celery and head lettuce, I find the boys arrive at an appreciation of healthful living that they like very much. Many times instead of getting a coke I tell them to get an orange juice. Of course, the coke is a nickel drink and the orange juice is a dime, and then I say, Well, buy an orange and eat it". Eat fruit and vegetables. Many times the boys will come to me and say, "Coach, what's good for me?" And then of course we explain the three necessary foods - proteins, carbohydrates and fats. As I said, I will not make this a routine lecture, but I get into it lots of times when I have a blackboard drill on some plays or some strategy talk after the team petered out during the latter part of the game, or maybe someone failed in a pinch due to physical condition. Then I bring these points home and show the boys why the proper food is required.

It is those few whose numbers are augmented considerably by following such suggestions as the coach gives that I believe is worthy of our effort. I have just sent out a five-page letter to our boys on diet suggestions, exercise and morale. I tell the boys this time of year that tomatoes are extremely cheap and they are fine. Most any fellow can get a bag of tomatoes very cheaply, and I encourage them to eat all they can. There is always some fruit in season that can be had cheaply.

If a boy is diligent, intelligent and purposeful I am sure some of these suggestions will eventually do him some good.

I am feeling fine and I trust that you are the same.

With kindest personal regards and best wishes, I am

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

PCA:AII

KANSAS STATE COLLEGE
OF AGRICULTURE AND APPLIED SCIENCE
DEPARTMENT OF
PHYSICAL EDUCATION AND ATHLETICS
MANHATTAN, KANSAS

July 16, 1938

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

Dear Dr. Allen:

I am not entirely satisfied with the diet suggestions which we have sent to our football players in the past and I am wondering if you could help me out? Perhaps you have something that you have worked out which I would prefer, or something compiled by someone else which you would recommend. It is extremely difficult for boys here to obtain a proper diet, and quite likely many of them do not care to put forth much effort along that line. There are always a few, however, who will follow any suggestions closely which would be something gained. I would appreciate very much any suggestions you could give me in this regard.

Hoping this finds you in the best of health and spirits, and with kind personal regards, I am

Sincerely yours,

Wesley L. Fry
Coach of Football

WLF:LR

KANSAS STATE COLLEGE
OF AGRICULTURE AND APPLIED SCIENCE
DEPARTMENT OF
PHYSICAL EDUCATION AND ATHLETICS
MANHATTAN, KANSAS

July 29, 1938

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

Dear Dr. Allen:

Thank you most kindly for your fine letter of July 27, relative to diet for athletes. I had not intended for you to take the trouble of a lengthy letter; it was my thought, as I stated in my first letter, that you might have some printed material on hand. I am getting out a couple of letters to the football squad during the month of August, and want in each instance to bring in many of the things you suggested concerning the proper use of food and liquids. It is surprising how little many of our athletes know about these things, and probably more surprising to realize how little attention many coaches pay to that important factor. Wouldn't it be fine if our athletes could get around a well planned training table, especially during the competitive season of their sport?

Thanks again, Doctor, it was very fine of you to do this for me and it will be of real value to me in my recommendations to my boys.

With kindest personal regards, and every good wish, I am

Sincerely yours,

Wesley L. Fry
Coach of Football

WLF:IR

December 24, 1937.

Mr. Max Falkenstien,
546 East 19th Street,
Lawrence, Kansas.

My dear Max:

It seems like old Santa Claus Allen is always late. He is always getting there after everything is over.

I had hoped you could have this before Christmas Day, but after you got to be a grandfather you move rather slowly, so I am sending you this by mail and trust that you will take your little sister, your mother and dad, and have a good laugh before school starts next week.

Wishing you a very Merry Christmas Week, and a very Happy and Prosperous New Year, I am

Sincerely yours,

Varsity Basketball Coach,
Director of Physical Education.

FCA:AH