

March 4, 1943.

Dr. John J. Winkler,
Watkins Memorial Hospital.

Dear Dr. Winkler:

I note your recommendation that Merrill Jones be allowed to take some type of exercise to strengthen his back and prevent a recurrence of sacro-iliac sprains.

With your permission I would be happy to suggest to him an exercise that I believe would help him a great deal. This exercise is batting a tennis ball against the wall with the palm of the hand, first with the right, then with the left, and each time shifting the feet so that as he leans forward those muscles in the back are exercised. I have found this exercise very beneficial in my own case.

I shall be happy to hear from you again.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH