

September 28, 1944.

Mr. Joseph A. Harman,
City Recreational Director,
Basketball and Track Coach,
New Ulm, Minnesota.

Dear Mr. Harman:

I am glad that you liked "Better Basketball". I think you will find it quite informative at times.

Now, regarding the plantar warts on the bottom of the feet. Take a sharp knife, do not cut but pick the excess metastatic accumulations from the area. Do not trim any part of the skin area away and do not pick out this material until it gets tender. Rather, scarify the tissues without causing a tenderness or bleeding.

Take nitric acid and dip the porous end of a wooden match into the nitric acid. Do not leave any excess of fluid, but touch up the end of the wart with this nitric acid. There should be no excess of moisture in the wart area but just enough to kill the growth of the wart. Then take a very small bit of unguentine and put immediately over the nitric acid application. Then take a large square piece of adhesive, about twenty times the area of the wart, and paste the adhesive over that area.

Generally one application will do a good job. Wait for about five days, look at the area and if that wart has not gone entirely, touch it up again. Of course remove all of the unguentine from that area before the second application because the grease will not permit the acid to act on the tissue that you desire eliminated. Two or three applications will always do the job.

If there is any trimming with a razor blade around that area it is a mistake. You better wait until Nature grows a good heavy skin over the area if the trimming has been done. You need all the pad and cushion, and the burning takes place just enough to clear the masticity.

Thanks for your good wishes, - and mine to you.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH