

The confidence that one gets in long hikes through the woods and over hill and dale is necessary to our emotional stability. Good physical condition begets optimism, confidence and a joyousness that we sorely need during our present emergency.

A good slogan for a fellow to have is "Breathe with your legs, keep your chin up, and walk on the sunny side of the street".

Very sincerely yours,

Director of Physical Education,  
Varsity Basketball Coach.

FCA:AH