

E

August 4, 1942.

Rev. Robert A. Hunt,
c/o C. C. Cummins,
Lebo, Kansas.

Dear Dr. Hunt:

I am very happy to receive your letter of July 31 and am answering the same at the first opportunity.

Answering your question in the best way that I can, I can only tell you what I know from what the boys have told me. When Maurice Cannady finished his course of training they asked the boys if they had any preference regarding their return to certain quarters. Maurice Cannady asked for the Fairfax Airport, and got it. And I notice that Paul Chrisman has been assigned back to Columbia. It may be that they are still asking the boys down at Norfolk to express their wishes.

I have used no influence of any sort with any boy in the service in having him returned to any particular place. That is very bad for the boy to have any outside forces endeavoring to influence the service in the disposition of the men. I know that the Army has frowned upon that thing very definitely, even in peace time, and I believe the best way would be to have it come from the other end of the line.

I remember when I went up with a group of boys to see Gene Tunney, and I had a fine visit with Tunney, these were Tunney's words: "Now, don't think you are going to be on the land in physical education. This is not a retreat from danger. You are apt to be pushing big shells in those guns and fighting along with the Navy boys at any place."

From the beginning they have placed a very broad interpretation on the word "service". They may be transferred to any field of endeavor at any time.

I certainly shall not say a word to Robert or any one else that you have written. I believe it would be a bad thing to make any move in that regard. You can count on this - that I would endeavor to do anything for Robert that I would do for my own son. We really never know how to advise the other fellow, but in all cases

with my children I have leaned backward not asking any special favors because that request generally backfires. I am sure that Robert will make a fine officer because he has enthusiasm, sincerity, ability and courage.

Please give my kindest regards to the Cummins. I want them to know how very much we enjoyed that evening when we were snowboynd in their home, and the next day, in fact.

With all good wishes to my friends in Lebo, I am

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

THE FIRST METHODIST CHURCH
SALINA, KANSAS

MISS ELOUISE STEWART
SECRETARY

ROBERT A. HUNT, MINISTER

MISS MADALEINE KLEPPER
PASTOR'S ASSISTANT

July 31, 1942

Dear Dr. Allen:-

May I have a confidential chat with you on matters that must not go beyond this correspondence. You have always been a wise counselor and I respect your opinion.

Of course you know the anxiety of a father's heart for his son's welfare. I have but the one boy, - and of course I am intensely interested in his future.

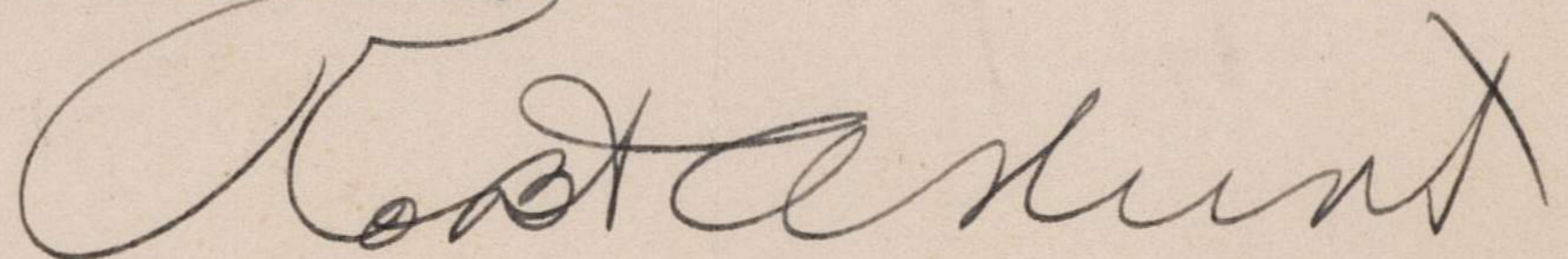
Robert will finish the Physical Instructors Course about September 15th. Then will come the question of assignment. I notice that Paul Christman has been assigned to work at Columbia Missouri for this fall. Also that one of the coaches from Manhattan had been assigned to the Gardner project. Canady was sent back to Kansas and there are other such cases. I am wondering if that just happened or if there was some influence that aided in placing them ~~son~~ ~~much~~ to their liking. Have you any influence that could be used in bringing Robert to some training base near home? I understand that they have a number of Navy men in training at K.U. and will have more this fall. It would be so fine if Robert could come back here for his work. Can you see any chance to help him at all?

Of course we have another worry and that is that it seems that they are not giving all the boys Physical Instructor Assignments but placing them in others branches of the service. Robert will do his best any place he ^{is} assigned but he will be very much dissapointed if he is not allowed to do the thing for which he enlisted-and that is Training work.

I do not want a word said to any one that I have written to you- I merely want your judgment in the matter. Robert does not know that I have written thus- he would not want me to even raise the question. But you have boys and I know your fatherly interest in your own and also in other boys who have been close to you. I want your opinion on the whole matter. I shall hold strictly confidential all you say.

I am going to Lebo- Kansas for a few weeks and you may address me there in care of C. C. Cummins.

With best wishes, I remain,
Most cordially,



February 10, 1942.

Mr. Vic Hurt,
Athletic Office.

Dear Vic:

Thank you for sending me the clipping regarding the outstanding performance of Ken Bounds.

Bill Butler also sent me a copy of this clipping. I had arranged for Bill to bring him over to one of our games, but one of their own games interfered.

I appreciate your calling this boy to my attention. I do not often get to see these fellows play because most of my time is spent coaching my own team.

Thanking you again, and with best wishes, I am

Sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

February 13, 1942.

Mr. R. A. Hickey,
312 Brown Bldg.,
Wichita, Kansas.

Dear Dick:

I want to thank you very much for your kindness in sending me the very interesting little brochure, "From Three Generations of a Kansas Family". I think that you have done a very nice thing, and I am sure that your son, Allen Mills Hickey, will be able to appreciate the more his father, Richard Allen Hickey, as well as to cherish the high ideals of his grandfather, Ernest Clyde Hickey.

Mrs. Allen and I had a very enjoyable discussion when she told me of her very pleasant trip with you on the Santa Fe streamliner, and she in turn discussed the interesting moments that we had while you were in college as a reporter for the Kansas City Journal Post.

Lots of good luck to you in the East, Dick. And thanks again for remembering me by sending the brochure.

With all good wishes, I am

Sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

FCA:AH

February 17, 1942.

Miss Elizabeth Halsey,
Department of Physical Education for Women,
State University of Iowa,
Iowa City, Iowa.

Dear Miss Halsey:

I must confess that I don't know in what connection you wrote me regarding the appearance of Mrs. McCloskey on the Friday evening program. If I am a member of some committee in the Central District I fail to find a record of it in my files, and I do not recall accepting any such appointment. Will you please enlighten me?

I know you won't misunderstand me when I say that you and Bill Greim are two of the old war-horses in our profession. You always do a good job.

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

THE STATE UNIVERSITY OF IOWA
DEPARTMENT OF PHYSICAL EDUCATION FOR WOMEN
COLLEGE OF LIBERAL ARTS
IOWA CITY

February 12, 1942

Mr. F. C. Allen
Kansas University
Lawrence, Kansas

Dear Mr. Allen:

A letter from Jim Morrison suggests that we try to get Mark McCloskey for the student section Friday evening. He has consented to appear on the Saturday morning program, and I think he would be excellent for the Friday evening session. I have taken the liberty of writing him to see if he would speak on Recreation as a Profession. I hope you don't mind my going ahead in this matter. I have heard Mr. McCloskey speak and think he is excellent. I also know that he is a very busy person so I didn't want to delay in getting him to make this additional date on his calendar.

I haven't heard from him as yet (haven't really had time). Meanwhile will you give me other suggestions in case Mr. McCloskey can not accept.

Cordially,

Elizabeth Halsey
Elizabeth Halsey

EH:lb

February 18, 1942.

Mr. Lacey Haynes,
2300 Washington Blvd.,
Kansas City, Kansas.

Dear Lacey:

I have just returned from the very pleasant visit that I had with you and Mrs. Haynes.

I also had a nice visit with Tom Van Cleave, and Tom said that he was for our entire baseball schedule being played out as it was scheduled. Of course, I do not ask for this, but I know the boys would like to play some Big Six games because it would look like an entire let-down if no games were played. It seems to me and to them that you would lose everything and gain nothing by playing these small schools. If we defeated them there would be no honor and if we lost to them it would be a great accomplishment for the smaller school and a let-down for our school.

Therefore, since other schedules of other teams are being played by our school, the baseball boys feel that they should have the chance to compete with their conference rivals.

I am sending you a pair of these brown para-rubber overshoes with my best wishes for a pair of warm and comfortable feet for you. I find that these rubbers do not come in broken sizes. These are size 9. If these are too large, please parcel post them back to me in this box and I will get you a size 8. However, they have no tans in size 8. They are blacks. I am hoping that this size 9 fits you because I think they are a little niftier looking than the blacks.

Please extend my thanks to Mrs. Haynes for that coke because it carried me clear through in good shape back to Lawrence. With all good wishes, I am

Sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

FCA:AH

February 19, 1942.

Mr. Frank Harwi,
c/o The Director's Office,
State Highway Commission,
Topeka, Kansas.

Dear Frank:

Thank you for your kind letter of the 17th instant,
and your good wishes for our team.

We anticipated the desire of some of our friends to
see the Oklahoma game at Norman on February 27th and
obtained some tickets for that game, so I am sure we
can accommodate you with two. The tickets are 75¢ each.
We are holding two for you, and if you wish to have them
mailed to you will you kindly inform Mr. Earl Falkenstien,
financial secretary of the Athletic Association? There
is a mailing charge of 10¢.

I hope that you will enjoy the game.

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

STATE HIGHWAY COMMISSION
HAROLD K. SNIDER, LAWRENCE
W. S. ARBUTHNOT, BENNINGTON
A. C. HANCOCK, ST. FRANCIS
ROY W. COX, IOLA
E. L. ROBINSON, LA CROSSE
WILLARD MAYBERRY, ELKHART

D. J. FAIR, DIRECTOR OF HIGHWAYS
F. QUENTIN BROWN, SECRETARY

STATE HIGHWAY COMMISSION
OF KANSAS
TOPEKA

R. C. KEELING, STATE HIGHWAY ENGINEER
W. S. MCDANIEL, ASS'T STATE HIGHWAY ENGINEER
GEO. E. TIFFANY, ENGINEER OF CONSTRUCTION
PAUL MARTIN, ENGINEER OF DESIGN
L. L. MARSH, ENGINEER OF MAINTENANCE
W. L. DYATT, OFFICE ENGINEER
R. D. FINNEY, ENGINEER OF MATERIALS
H. R. GOODYEAR, AUDITOR
J. A. CAMPBELL, RIGHT OF WAY ENGINEER
J. F. HARBES, JR., STATE MANAGER
HIGHWAY PLANNING
C. R. MCCAMMENT, SAFETY ENGINEER
MARC. BOSS, ATTORNEY
C. M. VOELKER, SUPERINTENDENT
VEHICLE DEPARTMENT

February 17, 1942

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

Dear Dr. Allen:

It seems that every time I have a favor to ask I write you, but that is because you always seem to get it done for me. This time I sincerely hope you keep up your high percentage.

Another season is drawing to a close, for home games at least, and again I can boast of a 100% perfect attendance. But the season would be a failure to me if I missed the much looked forward to battle down at Norman. A friend of mine who is a Kansas fan just as ardent as I, has the same record with me,---and we are planning to see the game at Norman if we have to walk down. BUT, we need tickets. Is it within the realm of possibility to get two tickets now? If you dont have any, or access to any, can you help me get a couple?

I just have to be present when Miller, Black, Buescher and Evans show MR. Tucker and Co. how the game is played up here in his home state. For this reason and the obvious fact that it is going to be a "natural," I am asking your assistance, and believe me, I will appreciate anything you can do for us.

I have wanted to offer my congratulations after each home game, but have realized that you have many other things on your mind, so have just followed the happy crowd on home.

I am going to hope for encouraging news from you, however my hopes will not be dashed if it is not possible to help me---because where there is a will there is a way. And I intend to be there to see Tucker and his mates get the dangdest whipping they have ever had.

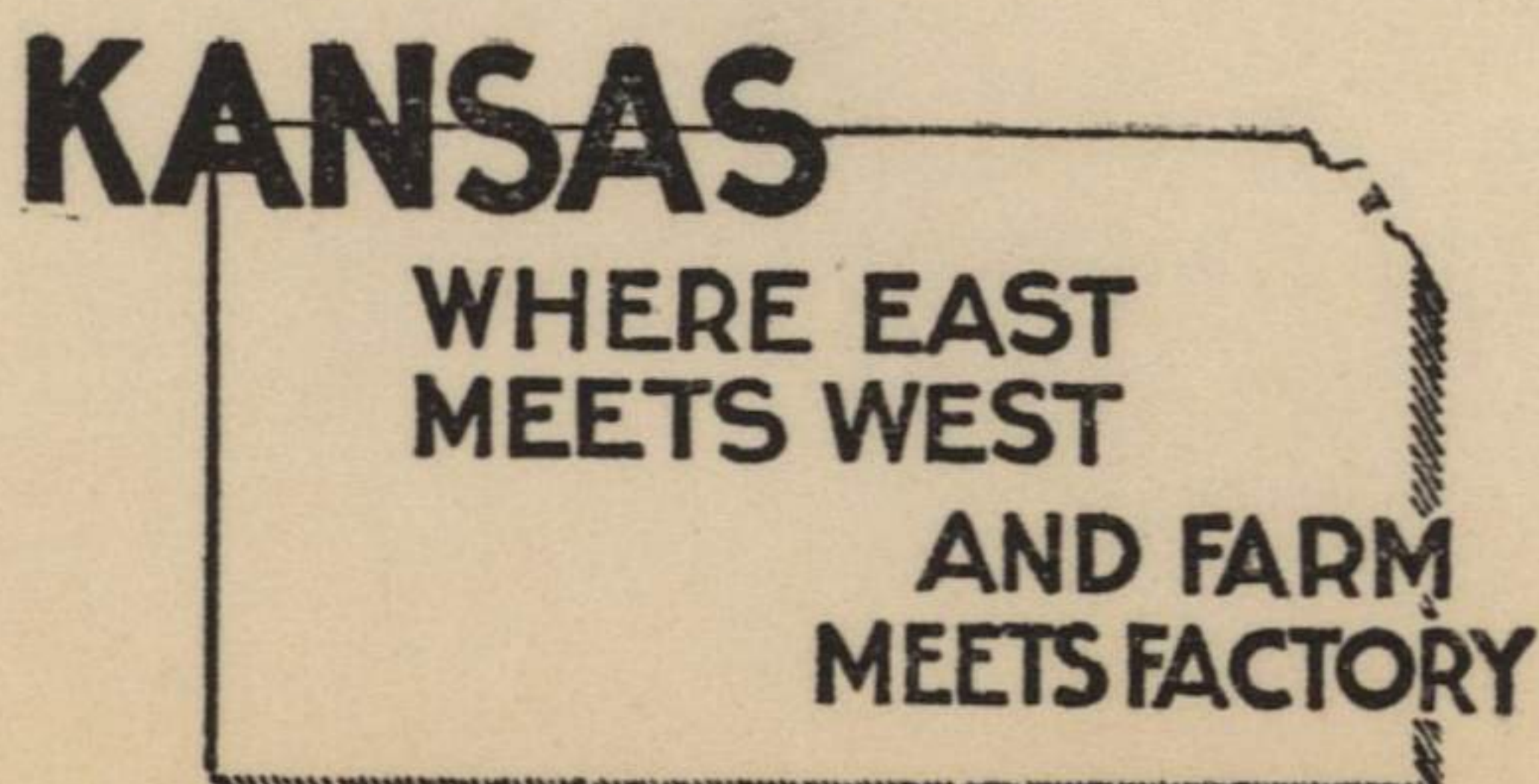
Very truly yours,

Frank Harwi

Frank Harwi

c/o The Director's Office.

*Mr. Falkenstein
has tickets
here -
75¢
each
add 10¢ for
mailing.*



February 23, 1942.

Mr. Albert Haas,
912 Baltimore Ave.,
Kansas City, Mo.

Dear Al:

I haven't heard the inside information ---
what was the cause of the lifting of the pin?

Sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

March 13, 1942.

Mr. Ben Hibbs, Editor,
The Saturday Evening Post,
Philadelphia, Pa.

Dear Ben:

The greatest thrill that we have gotten for a long time was when we read in the morning paper of the elevation of Ben Hibbs to the editorship of the Saturday Evening Post, and a comparable position on the Country Gentleman for Bob Reed.

I am wondering if you know how very proud it makes us Kansas folk. Words are not adequate to express our admiration and our joy in this signal honor to you.

With all good wishes, I am

Very sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

FCA:AH

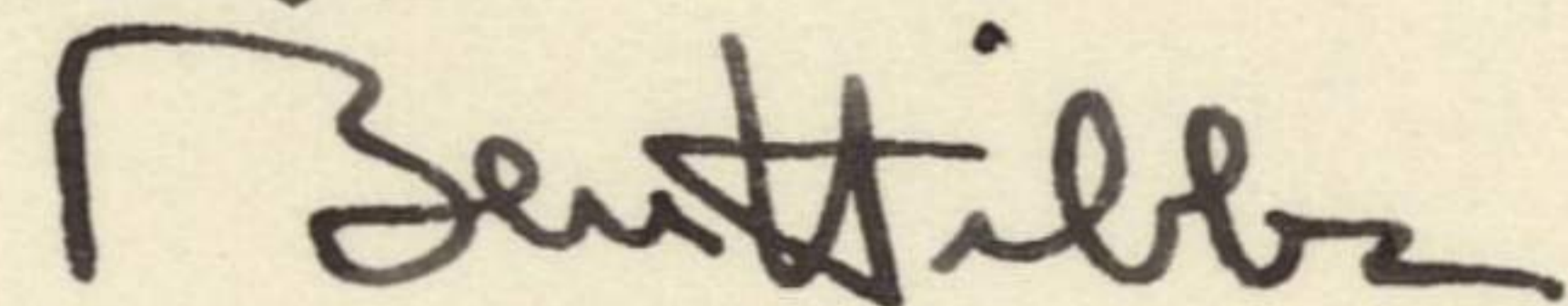
EDITORIAL ROOMS
THE SATURDAY EVENING POST
The Curtis Publishing Company
Wesley Winans Stout Editor
PHILADELPHIA

18 March 1942

Dear Phog:

Thanks a million! I wish I had time to sit down and write a decent letter, but right now I feel as if I had a very large bear by the tail. I did want you to know that I appreciate your darned nice message.

Sincerely,



Mr. Forrest C. Allen

BH:g

POSTAL TELEGRAPH

Abilene, Kans.
Mar. 18, 1942

Dr. Forrest C. Allen.

Congratulations! Knew you could beat Oklahoma.

Roy Hogben.

MARCH 21, 1942

The Hall Lithographing Company

LITHOGRAPHING
PRINTING



EMBOSSING
STATIONERY

623 KANSAS AVENUE
TOPEKA, KANSAS

WE ARE PLEASED TO ANNOUNCE THE APPOINTMENT

of

MR. ROBERT B. WILLHOITE

as our Mimeograph Representative for your territory.

Mr. Willhoite succeeds Mr. Marvin Van Vleck who has taken over the City of Topeka territory.

We feel sure you will find Mr. Willhoite to be well informed on the subject of A. B. Dick Mimeograph duplicators inasmuch as this has been his line of work for the past several years.

He will be glad to help you in every way to secure best results and true economy from the use of your Mimeograph duplicator. He is well qualified to assist you with any of your duplicating problems.

As a natural result of a change of this kind, it may be a little while before Mr. Willhoite is able to cover his complete territory. If, during the meantime, there is any way we can assist you by mail, we will be glad to have you write us.

THE HALL LITHOGRAPHING COMPANY

MIMEOGRAPH DEPARTMENT

Topeka, Kansas

March 21, 1942

A. B. DICK DISTRIBUTOR FOR EASTERN KANSAS.

March 25, 1942.

Mr. Gerald Hesse,
President, Lawrence Country Club,
Lawrence, Kansas.

Dear Gerald:

I have just received your circular letter to the members of the Lawrence Country Club.

I pledge to you my full cooperation in this program, doing the best we can under a very difficult situation. I think you have done a splendid job, and you and your Board of Directors deserve a commendation for a job well done.

Very sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

FCA:AH

Lawrence Country Club

LAWRENCE, KANSAS

March 23, 1942

Dear Country Club Members:

Your board has been forced to make a decision and we wanted you to know the reason for our conclusion.

Since the first of October, we have lost a number of members. At the present time our membership is 135. Due to other circumstances, certain of our revenue has been eliminated, and it did not appear to the board as though this could be remedied during this war time period.

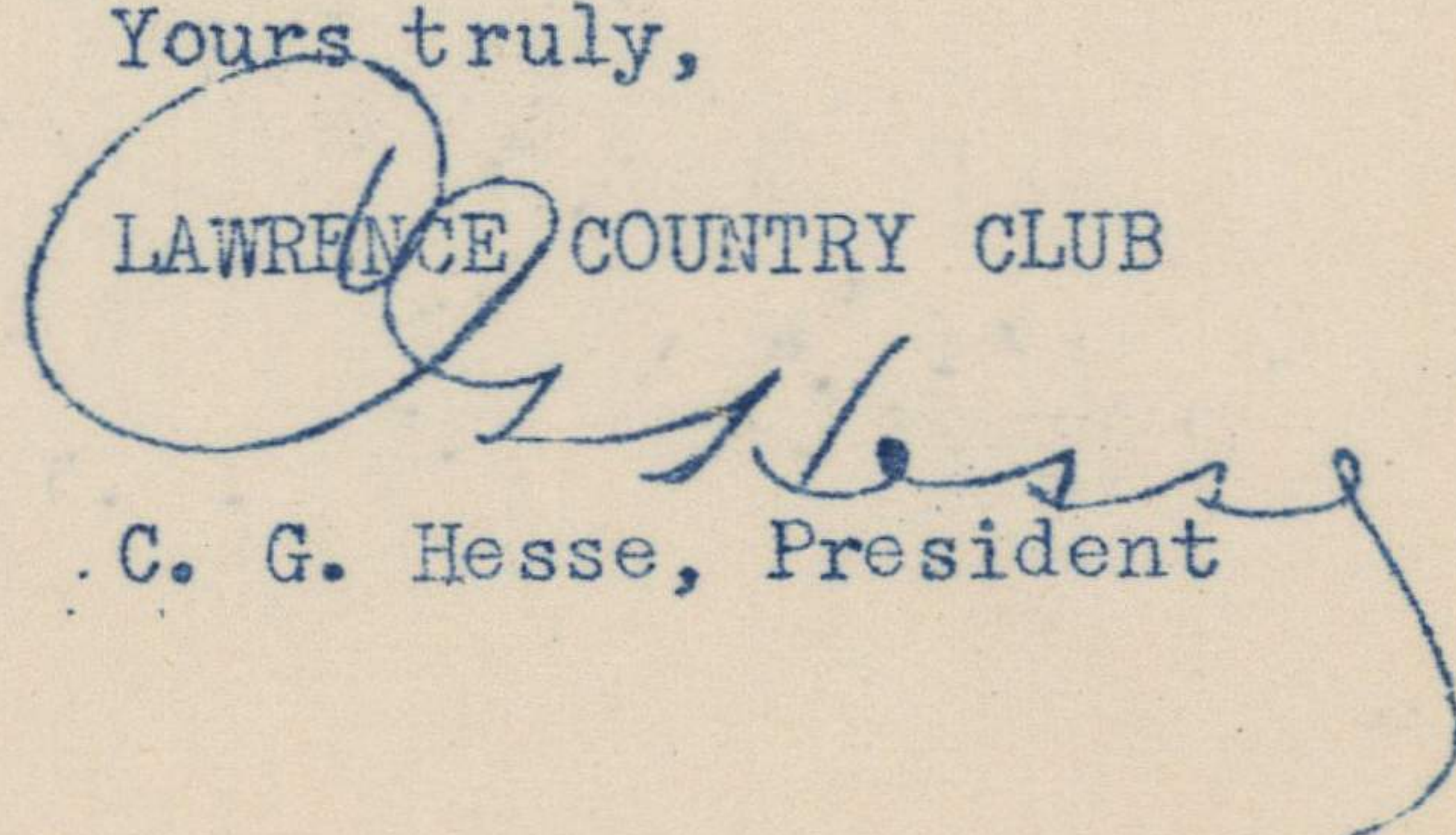
It was therefore decided that we would eliminate 9 holes from our present 18 hole course. This will effect a saving of from \$1,200.00 to \$1,500.00 per year. When conditions adjust themselves so that we can return to a full 18 hole course, it can be done with an expenditure of from \$350.00 to \$500.00. The greens, at that time, would have to be re-seeded, fertilized, etc. This could be done during a September with view of play the following May or June. The heavy cost of building the nine greens eliminated has already been expended. Re-seeding is all that is necessary for their re-establishment.

As you know, during October we re-financed the loan on the Club property, all past due bills were paid and since then we have met the current obligations, paid promptly. We want to continue to do so. We could not see how this plan could be followed without the elimination of this greens expense. At the same time we are going to watch every expenditure in connection with the maintenance of the Club House, and keep that to a minimum.

The greens committee are in accordance with this move and have made the suggestion that the present layout be as shown on the attached sheet. Your board of directors solicits your cooperation and hopes that you will be in accord with our decision.

Yours truly,

LAWRENCE COUNTRY CLUB


C. G. Hesse, President

CGH:jk

The Greens Committee consisting of Otto Barteldes, Al Bromelsick and Van Bruner make the following report which was approved by the Board.

A new layout with the course to be as follows:

- #1 -- present #7 with tee extended.
- #2 -- present #8.
- #3 -- present #9.
- #4 -- present #1.
- #5 -- present #2.
- #6 -- present #13.
- #7 -- shooting from present #14 tee, dog-leg hole, to present #16 green.
- #8 -- present #17.
- #9 -- present #18.

- - - - -

The question has been asked a good many times in recent weeks as to whether a sufficient amount of chemicals, fertilizer and so forth can be obtained this season for maintenance of the remaining greens. We are assured that there will be an ample supply. The Greens Committee is going to keep the remaining greens in as fine shape as possible and keep the fairways and roughs in good shape so as to speed-up play all possible.

A number of courses across the country have the same problem facing them that has faced us.

- - - - -

We hear some very complimentary remarks on the menus and food that the Anderson's are preparing for the various club functions. We only wish more people would take advantage of this phase of club service.

With the coming of spring we hope to see more people on the course, and more people taking advantage of the dining facilities.

- - - - -

During the last four years we have experienced a substantial Club turnover in membership. It requires the complete cooperation of every member to keep our membership built up.

Roger Allen is chairman of the Membership Committee. If you have a prospect, call Roger. His phone at Fritz Company is 4. He will be glad to send your prospect a guest card or send it to you for delivery. It is always desirable to bring a new member out to the club to see that he becomes acquainted with other members. This makes his club life more enjoyable.

Yours truly,
LAWRENCE COUNTRY CLUB
C. G. Hesse, President

March 26, 1942.

Mr. Elmer F. Hier,
Hotel Muehlebach,
Kansas City, Mo.

Dear Mr. Hier:

I want to thank you most sincerely for your thoughtfulness in sending the lovely basket of fruit to our room while we were staying at the hotel. We enjoyed it very much.

Thanking you for all your courtesies, I am

Sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

March 27, 1942.

Mr. William S. Hunt,
County Superintendent of Schools,
Greeley, Colorado.

Dear Mr. Hunt:

In response to your letter of March 25th, I am glad to send you some material worked out by Mr. Henry Shenk, a member of our department, which we believe will be helpful to you in your physical education program for junior and senior high schools.

I am also sending you a Manual of Guidance, Part XII, Physical Education, issued by the Kansas Department of Education. After you have finished with this booklet we should appreciate your returning it.

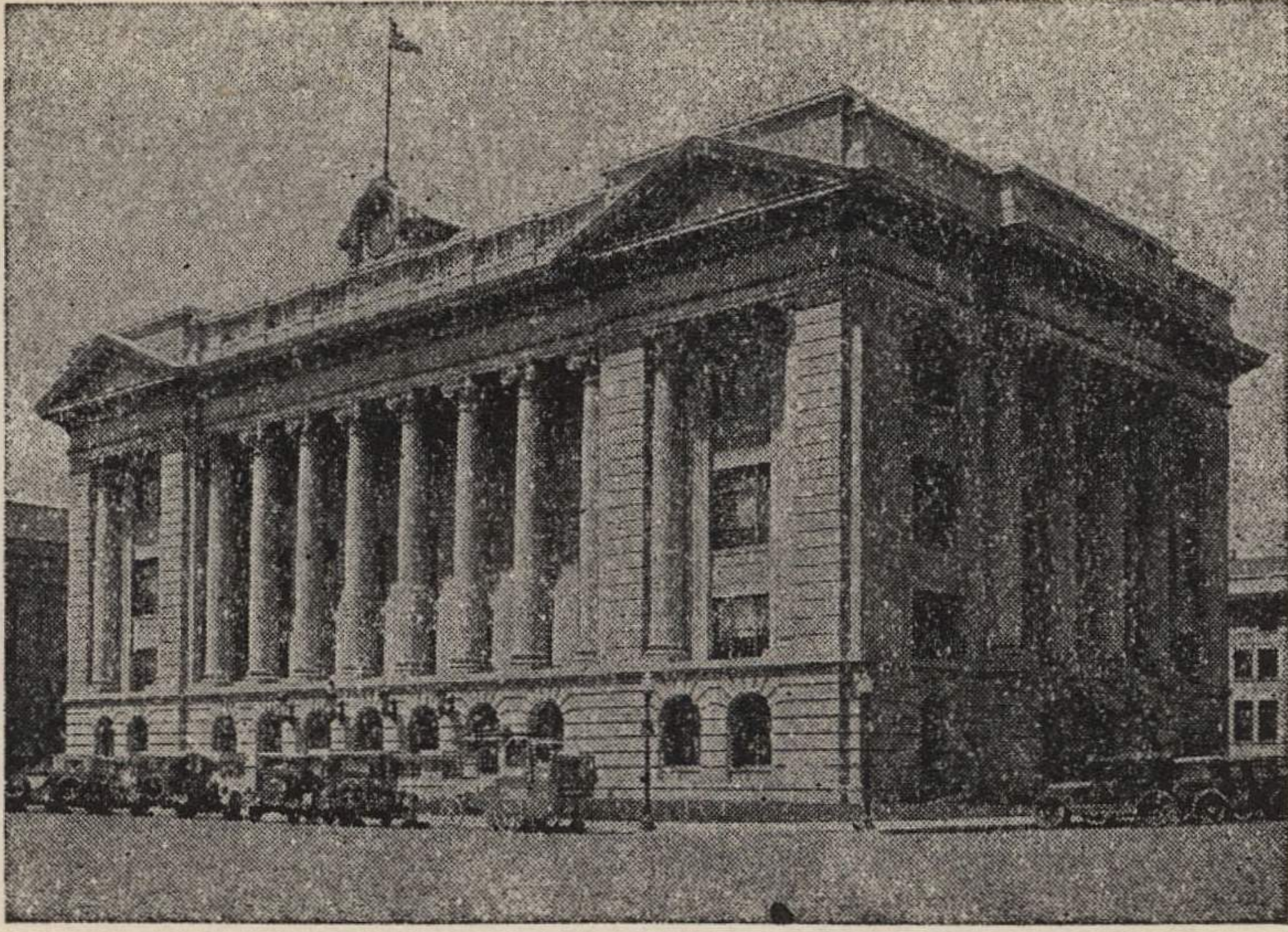
In addition, may I refer you to the book by Williams and Shaw, "Methods and Materials of Health Education". This will also contain valuable material for your program.

If we can help further, please command us.

Very sincerely yours,

Director of Physical Education and Recreation
Varsity Basketball and Baseball Coach.

FCA:AH



Weld County, Colorado

OFFICE OF
SUPERINTENDENT OF SCHOOLS

GREELEY, COLORADO

March 25, 1942

Director
Department of Physical Education
University of Kansas
Lawrence, Kansas

Dear Sir:

We are attempting to work out a physical education program for the junior and senior high schools of this county. Have you any materials which would be of assistance to our committee? We are trying to develop a health program which will reach every boy and girl on the junior and senior high school level.

Yours truly,

County Supt. of Schools

WSH:m

March 30, 1942.

Lieut. Virgil F. Halliburton, A-V(S), USNR,
Naval Aviation Cadet Selection Board,
1210 Bryant Building,
11th & Grand Avenue,
Kansas City, Missouri.

Dear Lieutenant Halliburton:

I greatly appreciate your kind invitation to attend the showing of the two pictures on Naval Aviation on Tuesday evening at 7:30. I would love to be there, but Governor Ratner has invited us to bring the basketball team to the executive mansion for dinner Tuesday evening. I am sorry for this conflict in dates, and wish to thank you for your thought of me.

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

NAVAL AVIATION CADET SELECTION BOARD

1210 BRYANT BUILDING
11TH & GRAND AVENUE
KANSAS CITY, MISSOURI

March 28, 1942

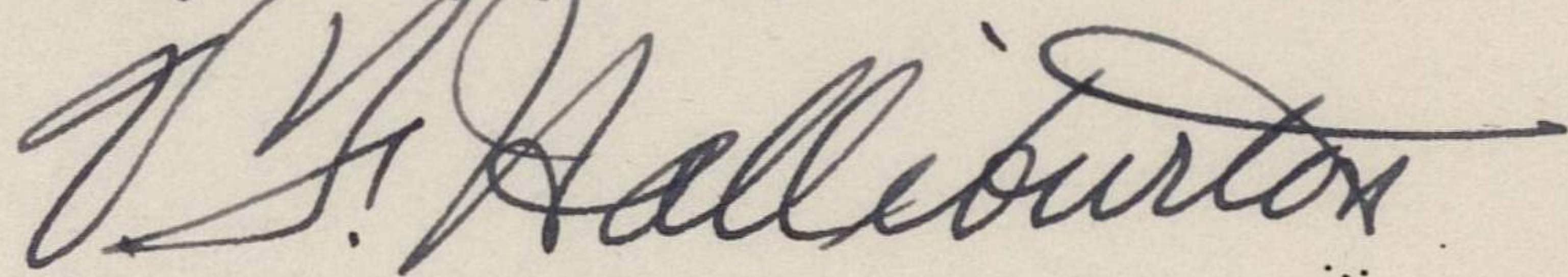
Dr. F. C. Allen,
The University of Kansas,
Lawrence, Kansas.

Dear Sir:

On Tuesday, March 31, at 7:30 P.M., the Naval Aviation Cadet Selection Board of Kansas City, Missouri will show two pictures on Naval Aviation in the auditorium of the Engineering Building, to the C.P.T. students and others interested in the formation of the new Flying Jayhawk Squadron.

We will be pleased to have you join us at this meeting, and in the discussion on Naval Aviation.

Very truly yours,



Virgil F. Halliburton,
Lieut. A-V(S), USNR.

VFH:HL

March 31, 1942.

Mr. Frank H. Kaufman, Director,
The Samuel Higby Camp Institute,
Empire State Building,
New York City, N.Y.

Dear Mr. Kaufman:

We greatly appreciate your kind offer to send us a supply of the booklet, "Good Posture - For Defense of Health and Country". We shall be very happy to distribute a supply of these booklets to our Physical Education major students, and could use 50 copies if they are available.

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

GOOD POSTURE

FOR DEFENSE OF
HEALTH AND COUNTRY

★
Observe 4th Annual

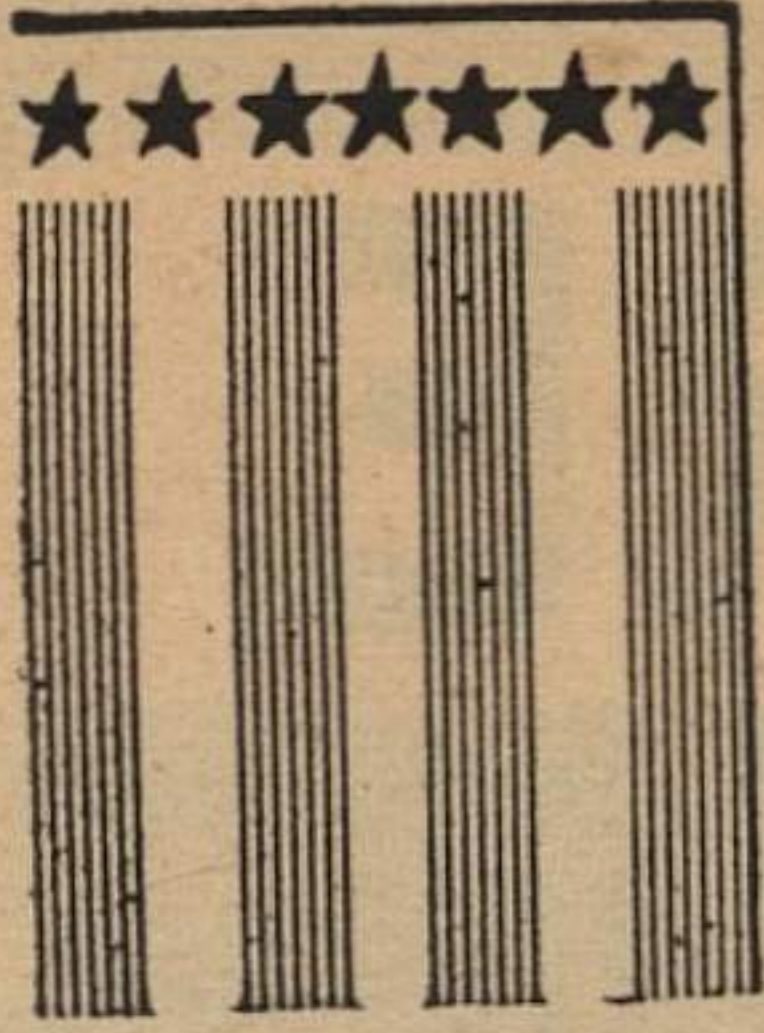
★
**NATIONAL
POSTURE
WEEK**

★
MAY 4th to 11th

**SPONSORED BY THE SAMUEL HIGBY CAMP INSTITUTE
FOR BETTER POSTURE**

Empire State Building, New York, N. Y.

Founded by S. H. Camp & Company, Jackson, Mich.



UNCLE SAM'S JUNIOR DEFENDERS

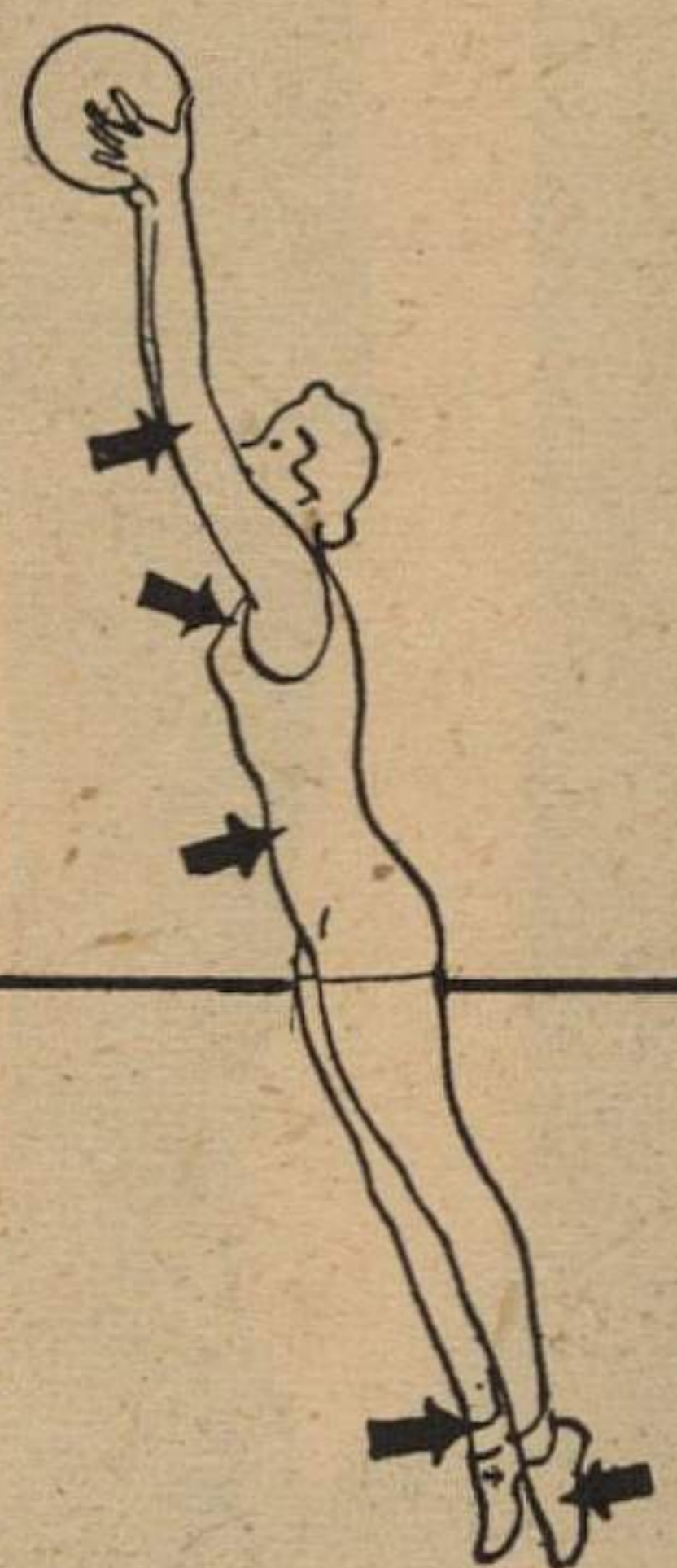
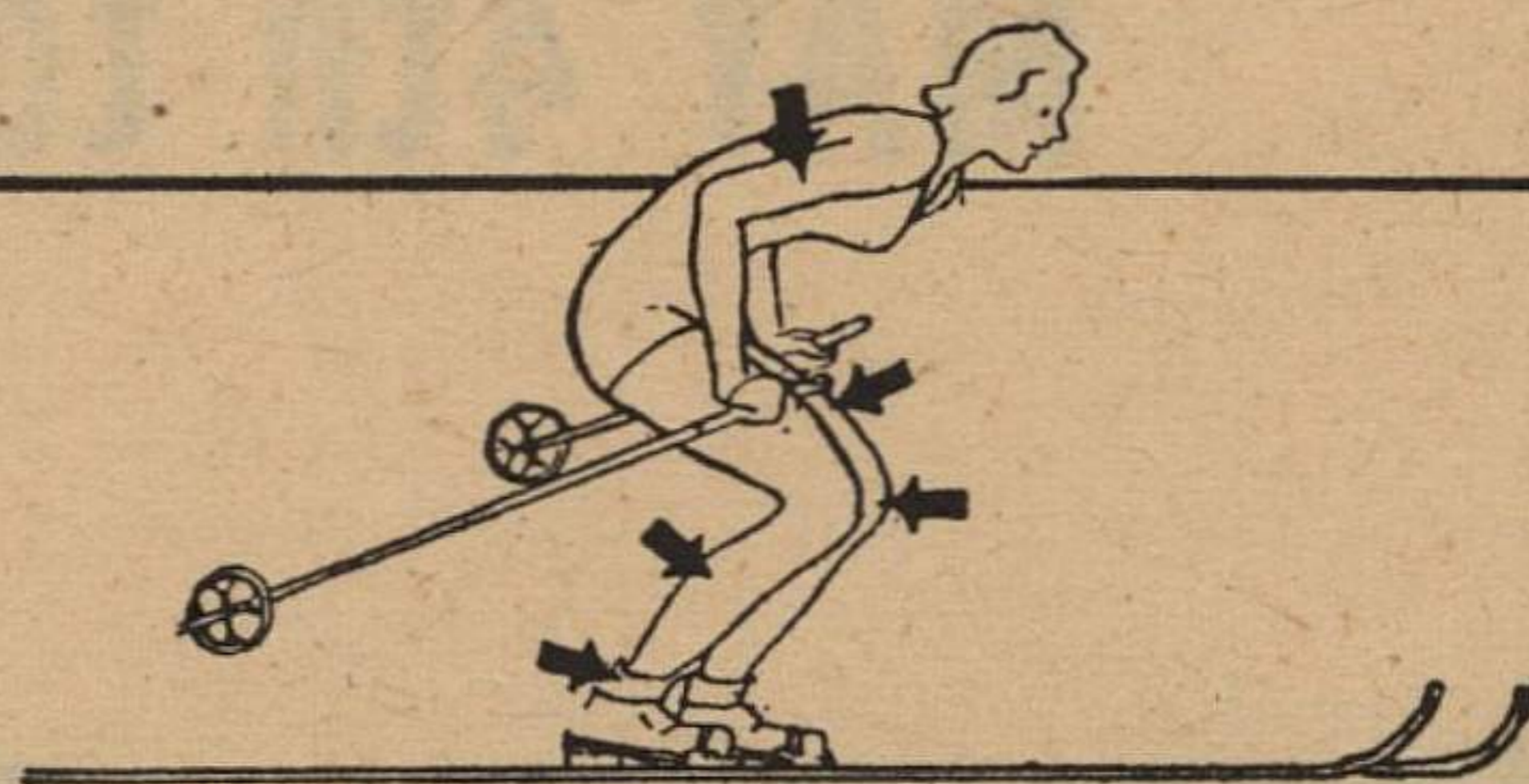
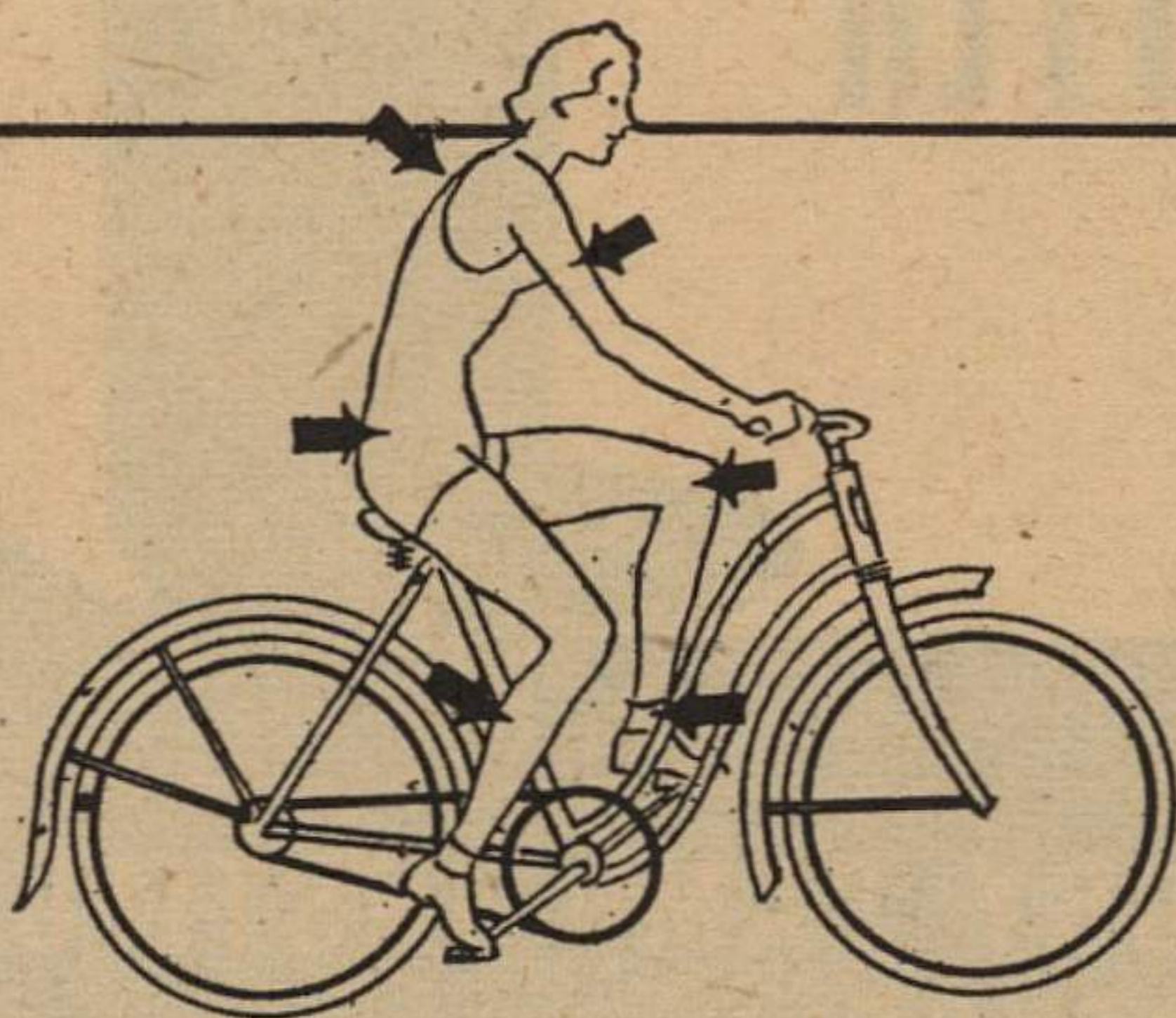
This booklet is dedicated to the part you young people are privileged to play in defense of your Uncle Sam. It is presented to you at this time to indicate the special significance which National Posture Week holds for all of us this year.

Last year we stressed the need for building better health through good posture in sports and daily tasks as a preparedness duty. We showed you how good posture, wisely chosen food and exercise help promote better health, enable you to do more and better work; make you more alert, active and energetic—qualities absolutely necessary to defense in time of war and to continued health in time of peace.

In ancient Greece a rigorous program of exercise in the open air and adherence to good posture was practised by old and young. It should be so with us today, since a great many of our men have been rejected as unfit until they have completed a course designed to build and harden muscles, create vim, vigor, energy, courage and coordination of mind and body.

YOUR DUTY TO YOUR COUNTRY

On the opposite page are two figures. The one on the right, in slouched attitude, is symbolic of lack-of-alertness, of the defeatist—typical of weakness. On the left is the posture which conserves energy, stores up the strength necessary to aid us in protecting our form of government which has brought more good to more people than any other in history; strength to defend it against those who by words and acts seek to destroy it in order to gain political power for themselves. As junior home-front soldiers, you should consider it one of your most important duties to guard against the activities of those who seek to destroy confidence in your country and her Allies. Another is to follow a physical-fitness program designed to build you into vigorous specimens —



The arrows indicate sets of important muscles which must be kept strong.

well prepared to defend your way of life against ruthless aggressors whose ambition it is to overrun our country as well as the rest of the world.

Outdoor exercise is just as important to the physical fitness of your parents. Lend them your enthusiastic support and enlist theirs.

If you thrill to these words from the Declaration of Independence: "*We mutually pledge to each other our lives, our fortunes and our sacred honor,*" you will do *your* part.

EXERCISE CREATES ENERGY — HELPS BUILD VIGOR

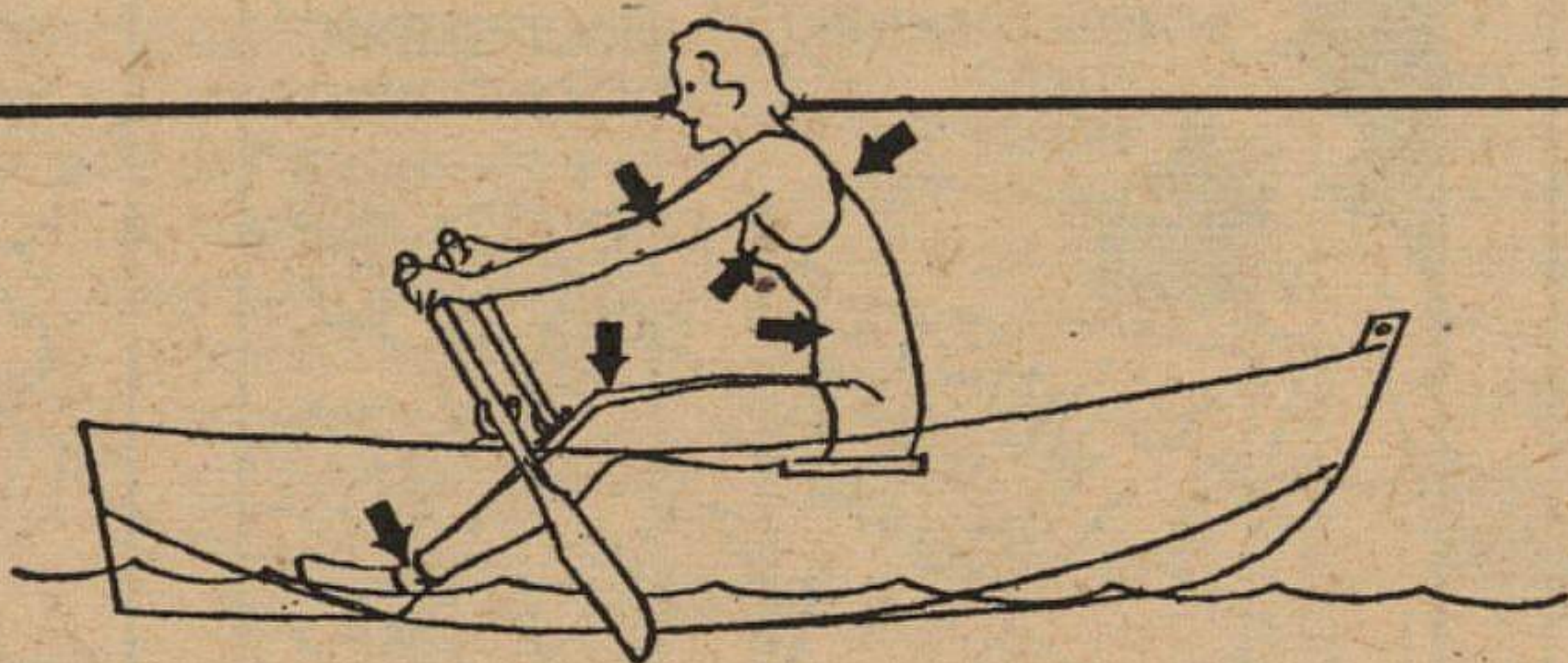
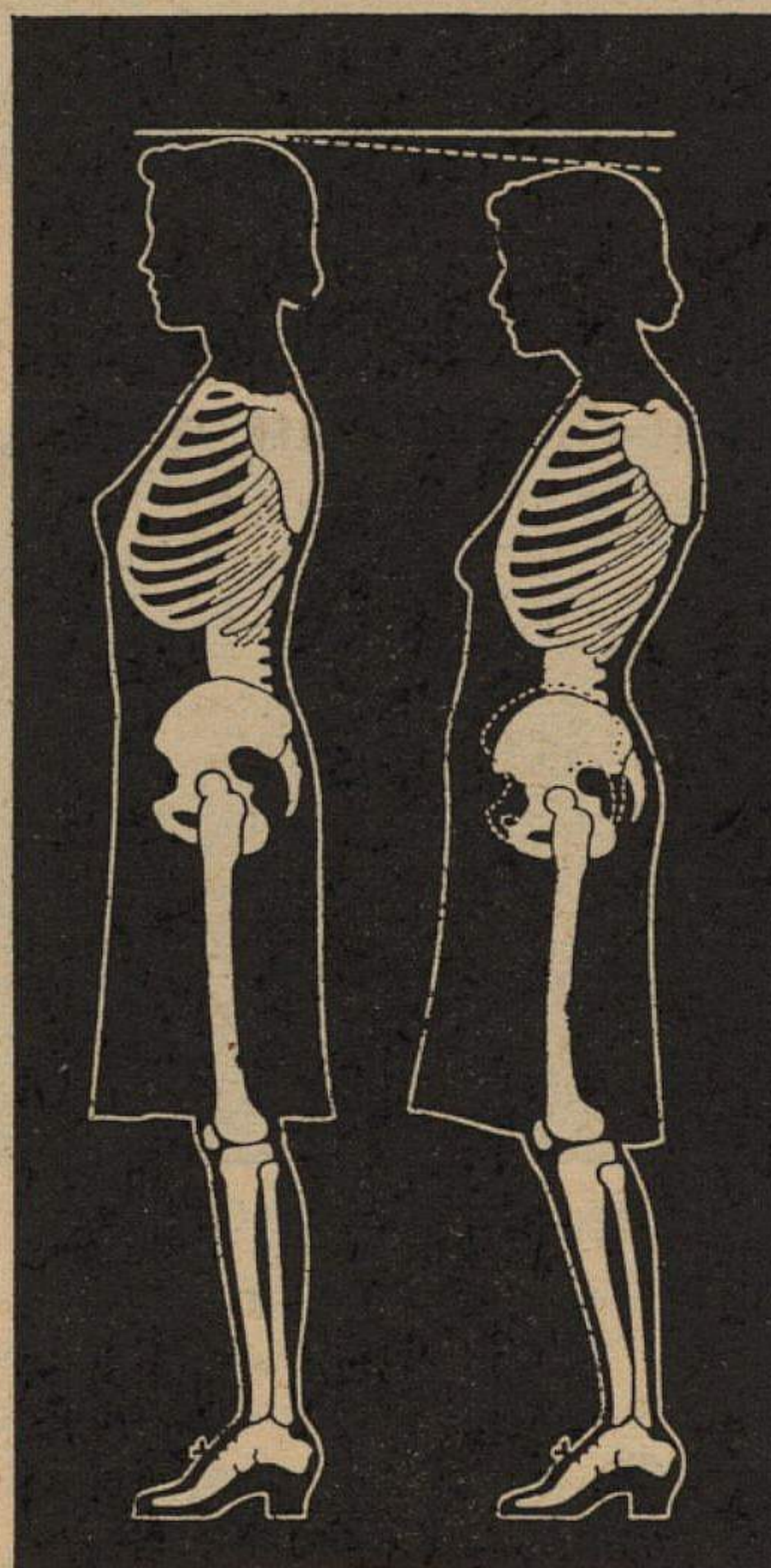
Chins and tummies in, chest out—is the golden rule for U. S. Army flying cadets in the daily morning period of mass calisthenics prior to breaking into small groups for tumbling, wrestling, boxing, handball and other sports designed to build healthy bodies, develop coordination and create energy.

Of the many good forms of exercise, most valuable is that done in the open air when good technique is observed—walking, for instance, can be done by all. Resolve to get up a half hour earlier—walk or bicycle to school or to work in preference to riding in a car or bus. Results will show in better health and stamina, firmer muscles, quicker thinking—providing that you observe proper posture. (See page 7.)

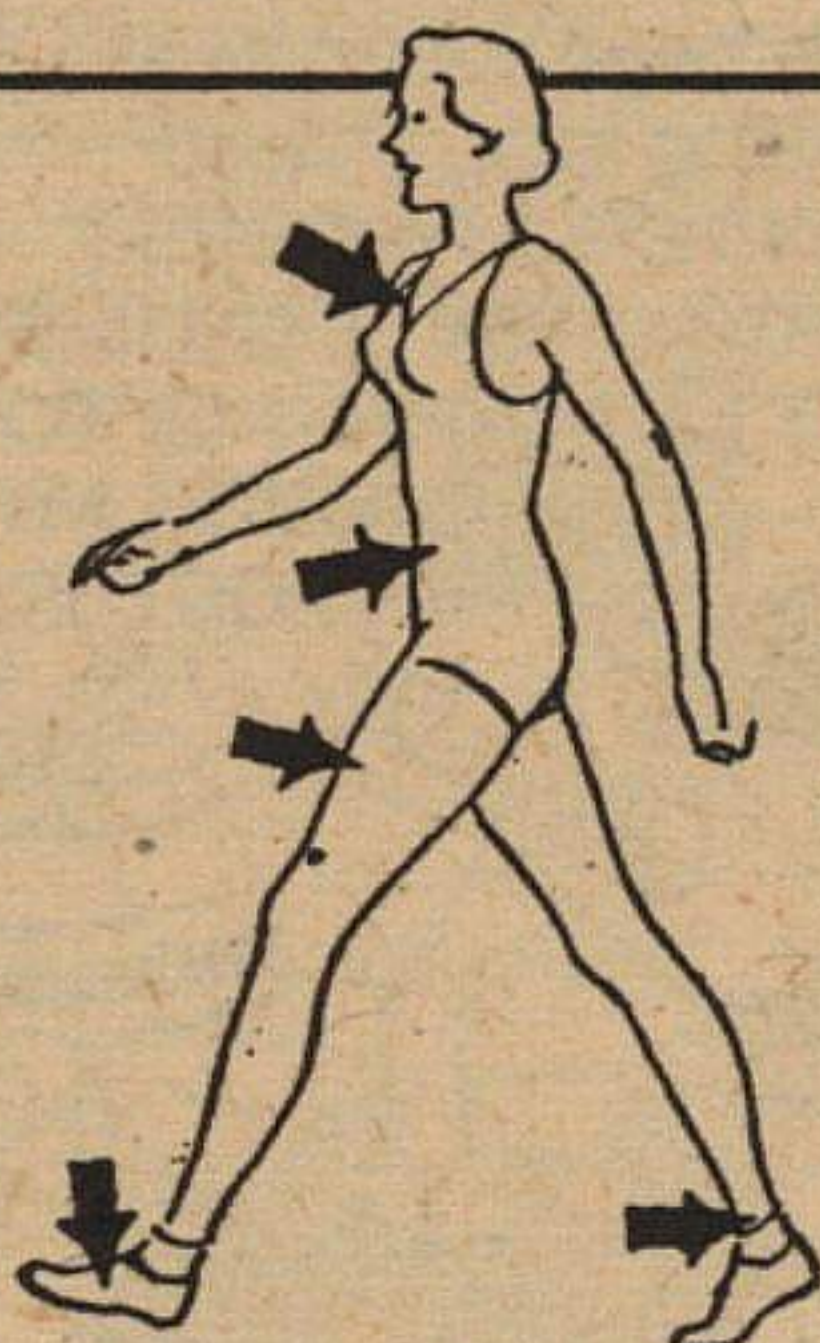
HOW POSTURE AFFECTS HEALTH

The function of the lungs is to supply air to oxygenate the blood but they cannot take in a full supply when the chest is slumped. As a result we get a poorer quality of blood to feed the tissues.

When poor posture is habitual, vital organs sag and become displaced; the functioning of the stomach, liver, heart and intestines may be seriously impaired. The result is often inability to digest food properly, poor elimination, nervousness and decreased stamina. The body's susceptibility to germs is increased because of lowered vitality.



Good morale and stamina usually accompany firm muscles.



Without exercise the body becomes flabby and weak. With it we build strength.



IN DEFENSE WORK

Wrong—This way is tiring to back and muscles.

Right—A straight spine helps prevent fatigue.

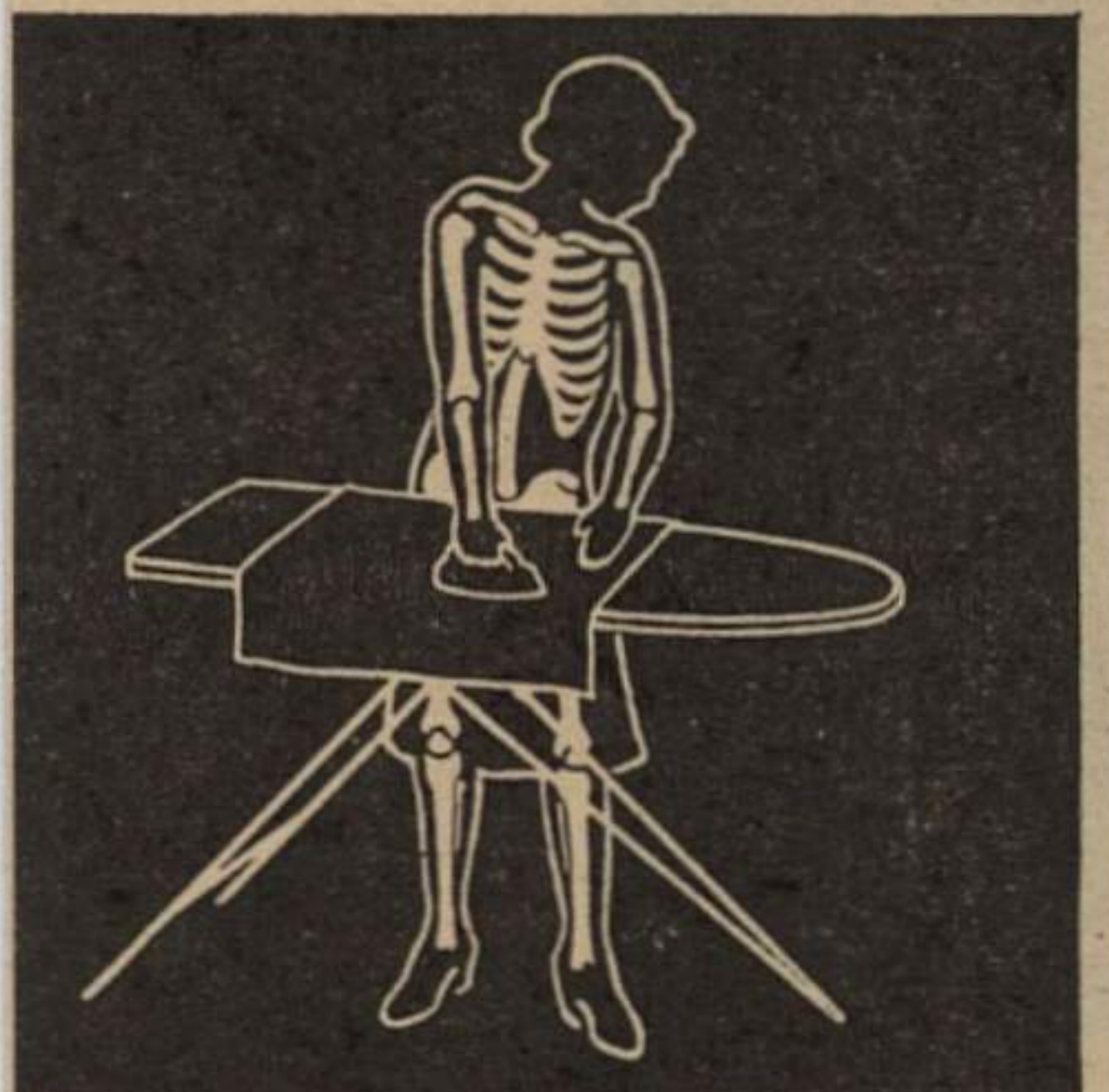


Wrong—May cause pain in back or strain.

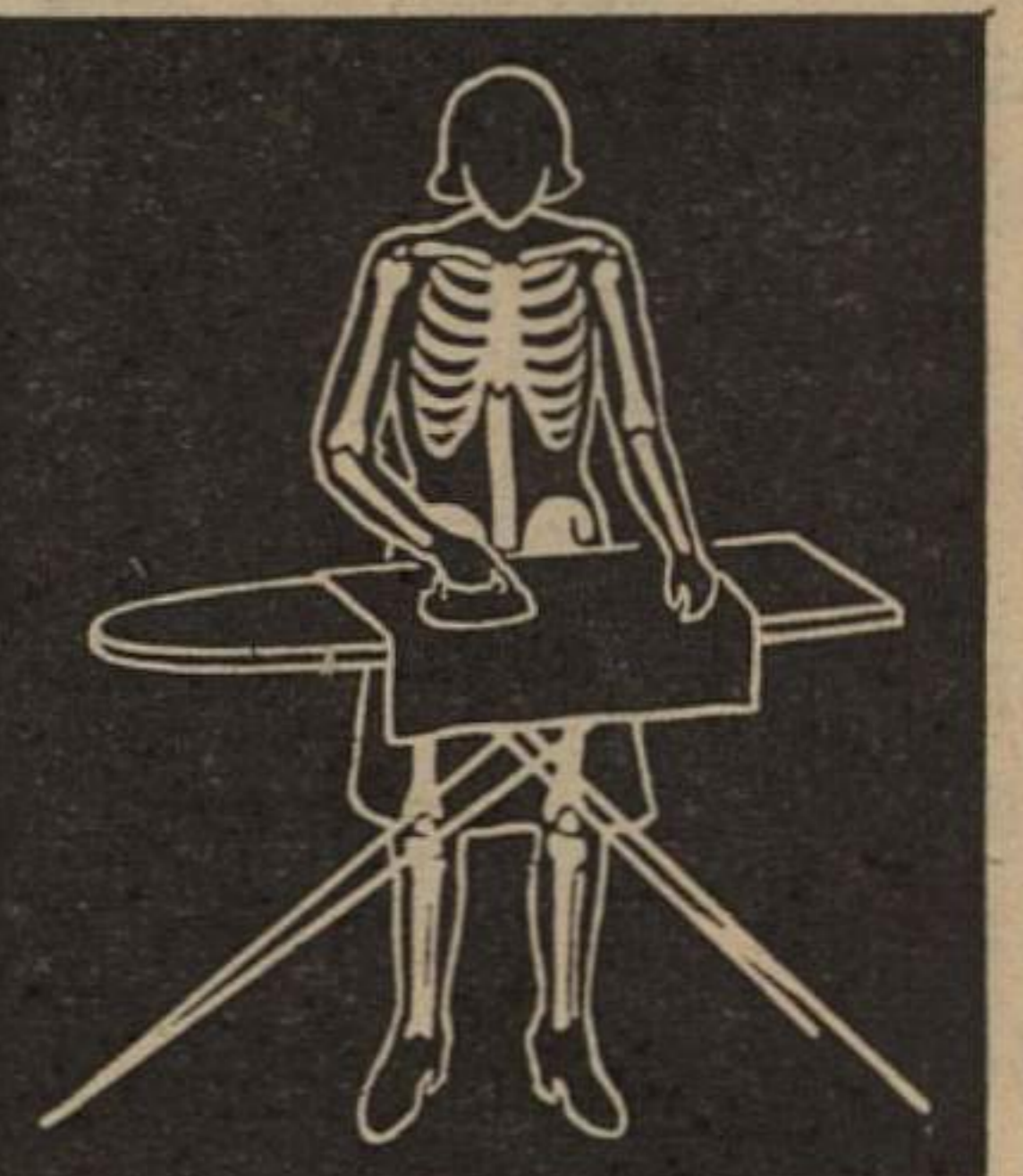


Right—Lift a heavy pail or satchel this way.

ON THE FARM

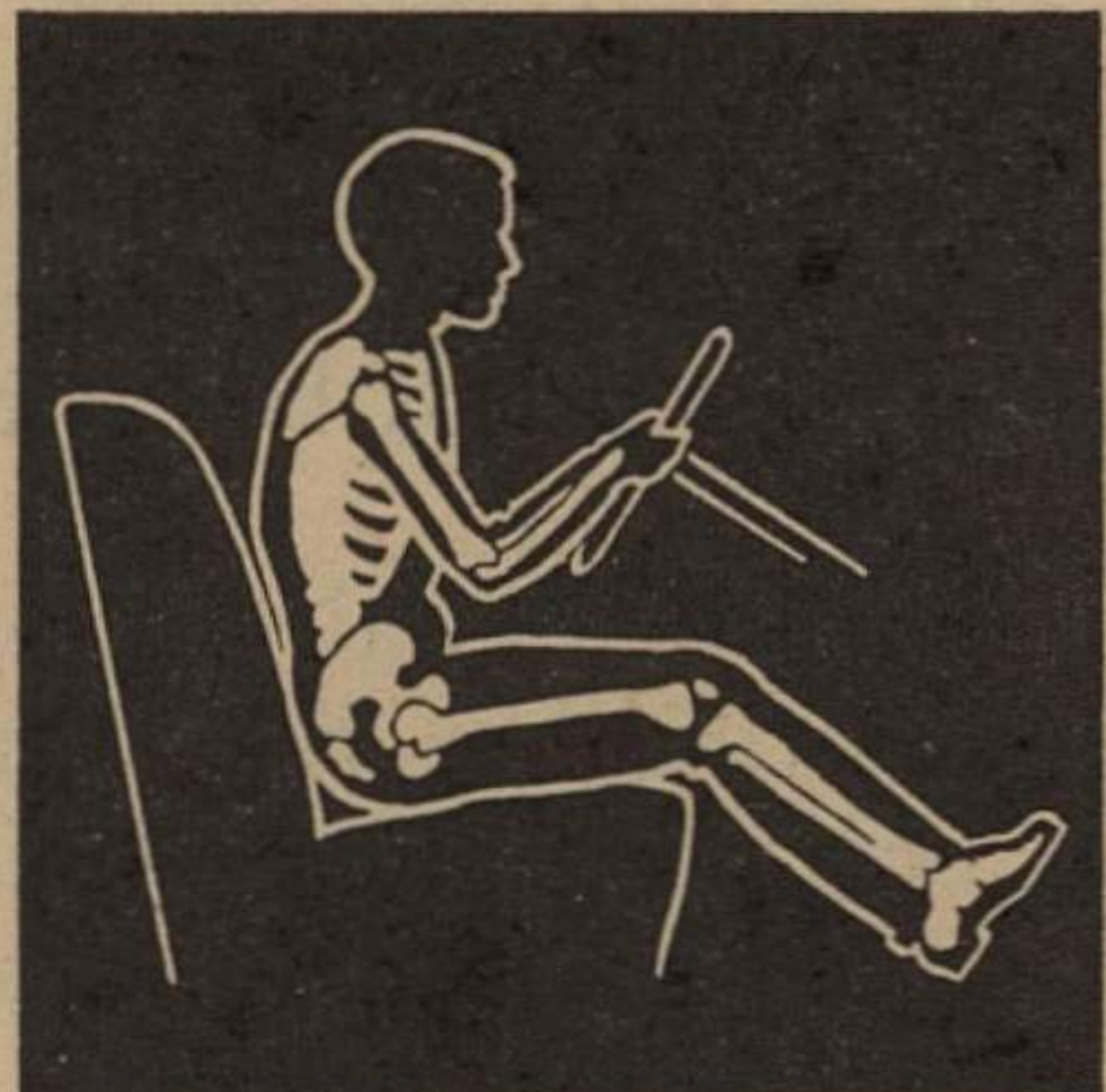


Wrong—The way to tire easily.

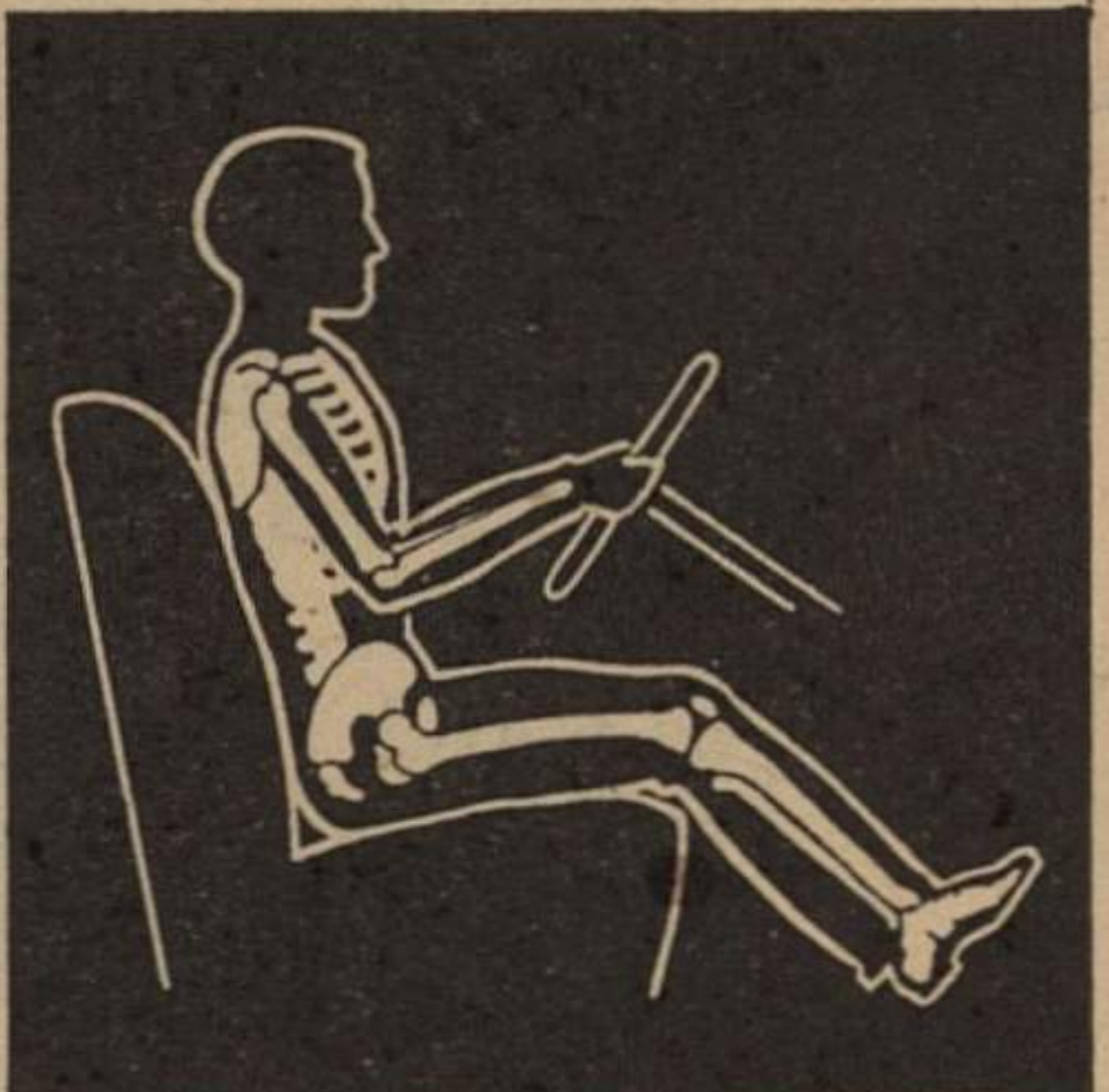


Right—The way to conserve energy.

HOME TASKS

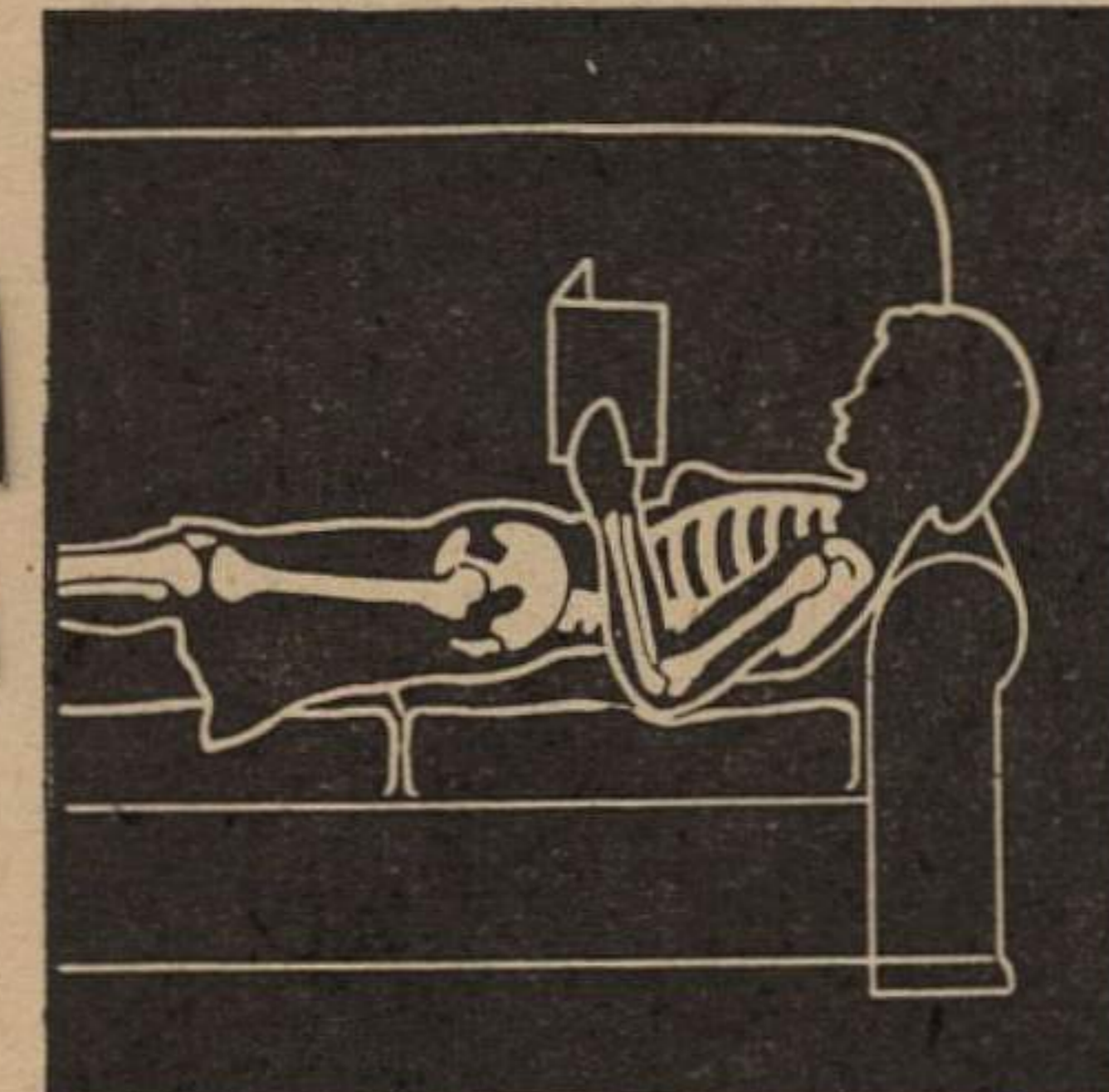


Wrong—Don't sit on your spine.

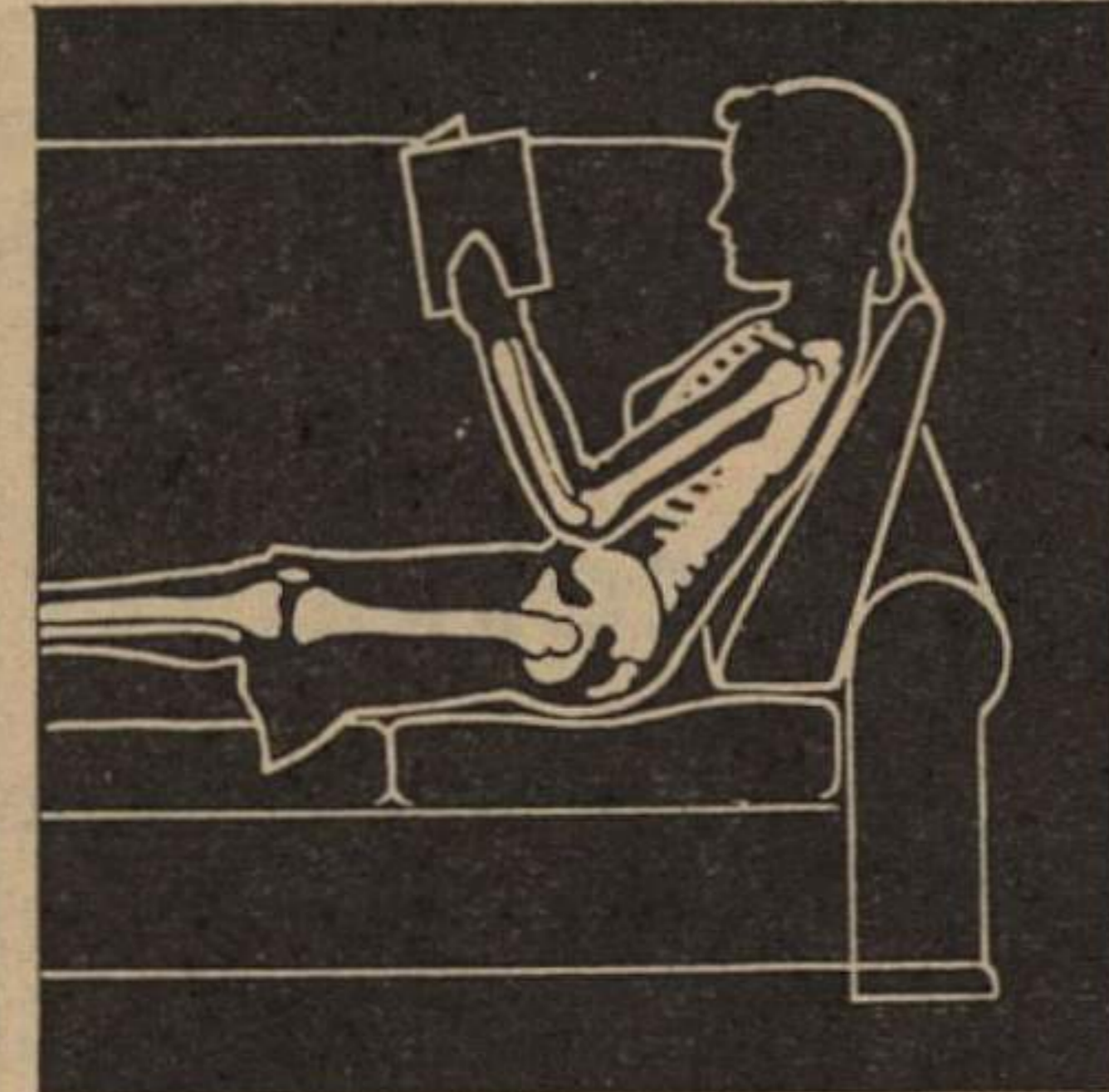


Right—Sit erect and support it.

IN DRIVING A VEHICLE

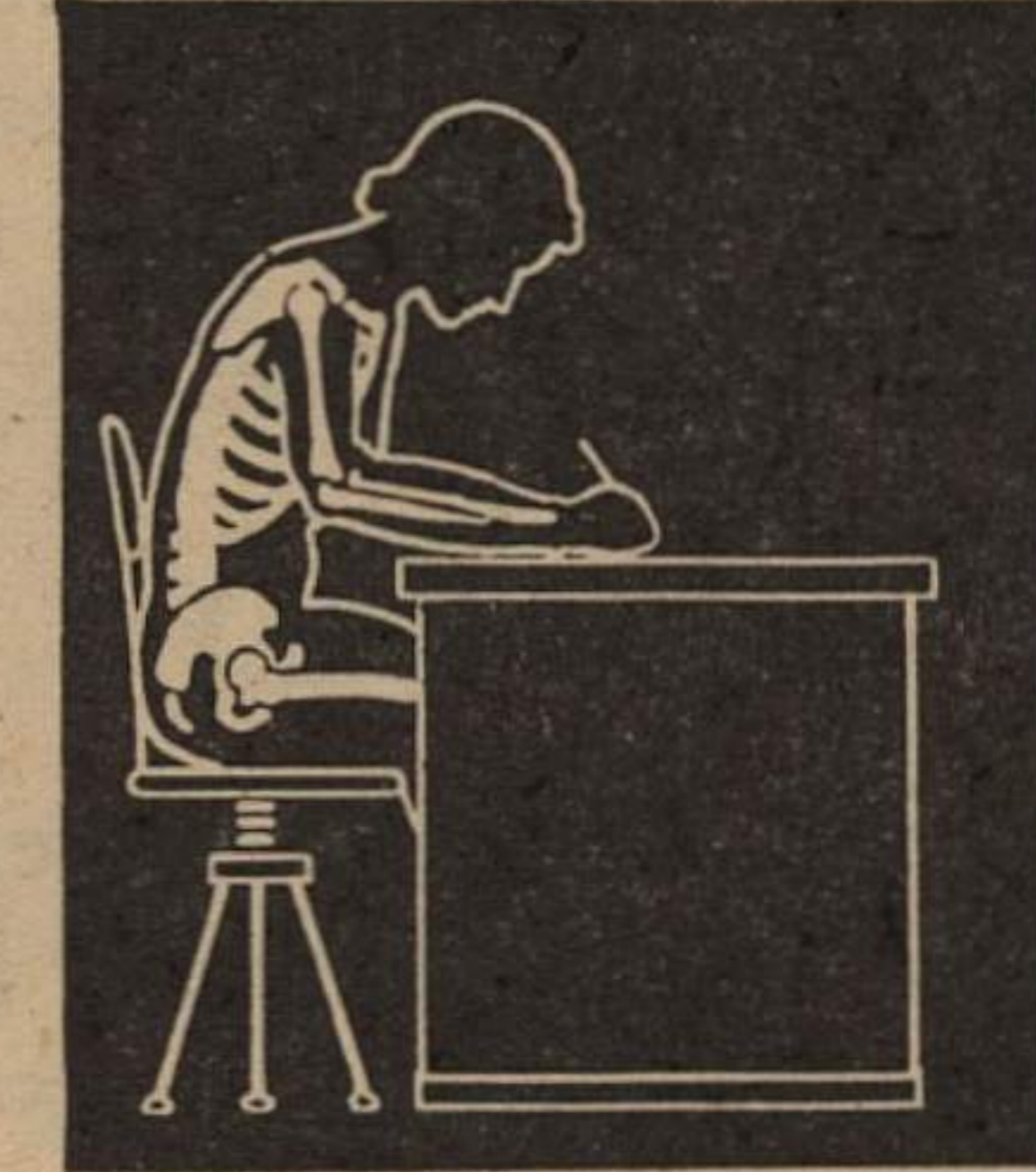


Wrong—This results in eye strain, round shoulders.



Right—Rest muscles this way.

RELAXING WHILE READING



Wrong—Result: round shoulders, hollow chest.



Right—The way to keep alert, energetic.

AT SCHOOL OR IN AN OFFICE

YOU can be a soldier on the HOME FRONT!

Conserve Energy — Increase Efficiency With Good Posture

To help Uncle Sam win the victory — you must be soldiers on the home front. During vacation you can build up health, increase stamina and earn money by arranging to help harvest vegetable and fruit crops; for farm helpers are urgently needed. Luscious vitamin-rich berries and other fruits will be expensive to buy, hard to get, and possibly wasted, if students do not lend a hand in taking the place of men called to the colors. There are other ways, too, in which you may help:

- (1) Learn to make home repairs.
- (2) Learn as many skills as you can in as short a time as you can.
- (3) Plant a vegetable garden of your own.
- (4) Learn how to be an acute observer; how to recognize types of planes by sight and sound.
- (5) Sell defense stamps; save up your pennies and buy them.
- (6) Do chores and run errands to enable others to do more important work.

(7) Use sparingly the materials your country needs in its defense; collect scrap material.

(8) Learn efficiency in budgeting your time — ten minutes wasted here and fifteen there, daily, means several wasted hours in a week. Test this by timing idle minutes.

(9) Protect the ideals of your country and its form of government against slander. Prevent the spread of false rumors. Don't repeat what you hear — at home, where you work, or on the street, regarding war or defense activities.

(10) Cooperate with your local defense agencies such as Red Cross, Scouts, Civilian Defense and others.

(11) Sustain the morale of others. If an air raid should sound, be alert — and calm.

(12) Make a habit of good posture so as to be more alert, more efficient, more energetic.

Study the good and the faulty posture techniques shown on this page to learn how to do more and tire less quickly.



Wrong—You will be less efficient this way.

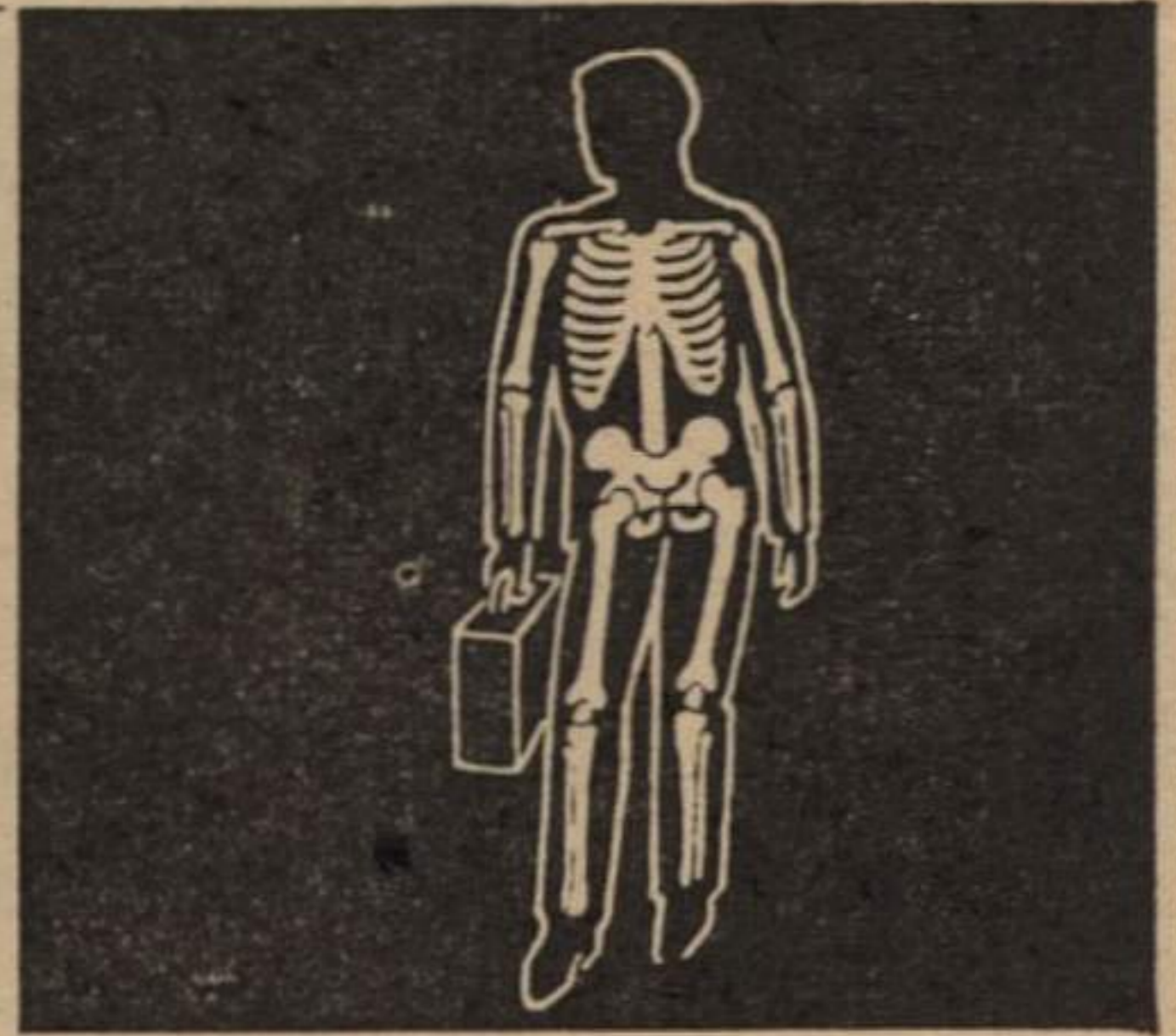


Right—The way to do more, tire less.

IN FIRST AID



Wrong—A way to grow lop-sided.

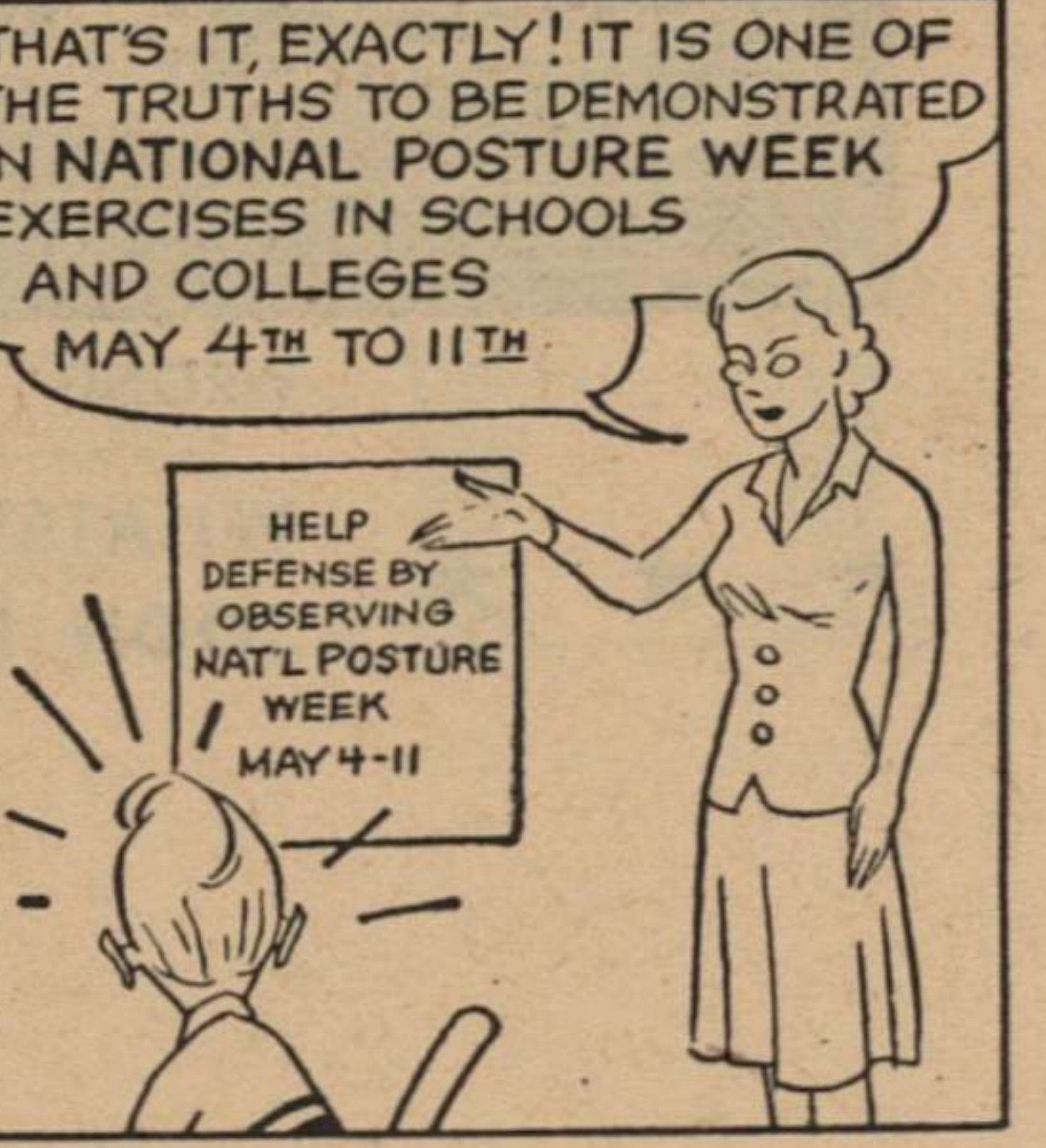


Right—Change to other hand frequently.

CARRYING THINGS

SONNY SMITH by J. W. Morley

News Flash—Good Posture to be a Requisite for Acceptance in Cadet Training Class.



HOW POOR POSTURE CAUSES FATIGUE

Nature has provided sets of muscles on both the front and the back of your body to hold its framework erect. When the spine is bent continually, throwing any one section out of balance, the result is strain on the other parts.

Just look at the figure at the lower right (Page 7). You can imagine the strain on her back and leg muscles. No wonder she is such a funny shape! A doctor could tell that she must have backache and other discomforts — look how her back is caved in from the strain!

HOW POSTURE AFFECTS YOUR WORK

Good posture at work and at play helps prevent undue fatigue and helps you win. When our chests are held high we get more fresh air, and the more fresh air we get the more energy we have. You can test this by a walk in the fresh air when you are tired. Note how it braces you up. When your body is in a strained position, your brain doesn't work as well and you are more liable to make errors or sustain injuries at work and in play.

POISE, ASSURANCE, EFFICIENCY

Good posture gives the appearance of stored up strength and stamina. It creates a good impression — that you are alert, energetic, ready to take part in both the fun and serious responsibilities of your community — in other words, the kind of person that others want for a friend, that an employer would like to hire.

Good posture creates assurance, poise and efficiency. When things go wrong, try holding yourself erect; taking a deep breath, and walking briskly. See how it renews your energy and courage, or clears you of anger and resentment, as the case may be.

LEARN TO RELAX CORRECTLY

Relax before and after each meal; after desk work or heavy exercise, and before going to sleep. Stretch at length on your back without a pillow, arms easily by sides. Try to reach the headboard of the bed with your head and the footboard with your heels. This will help stretch out kinks from your spine and rest your muscles.



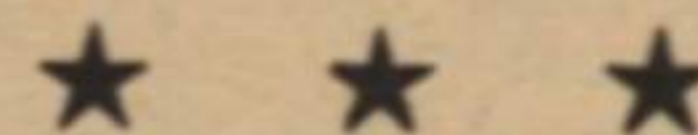
WRONG



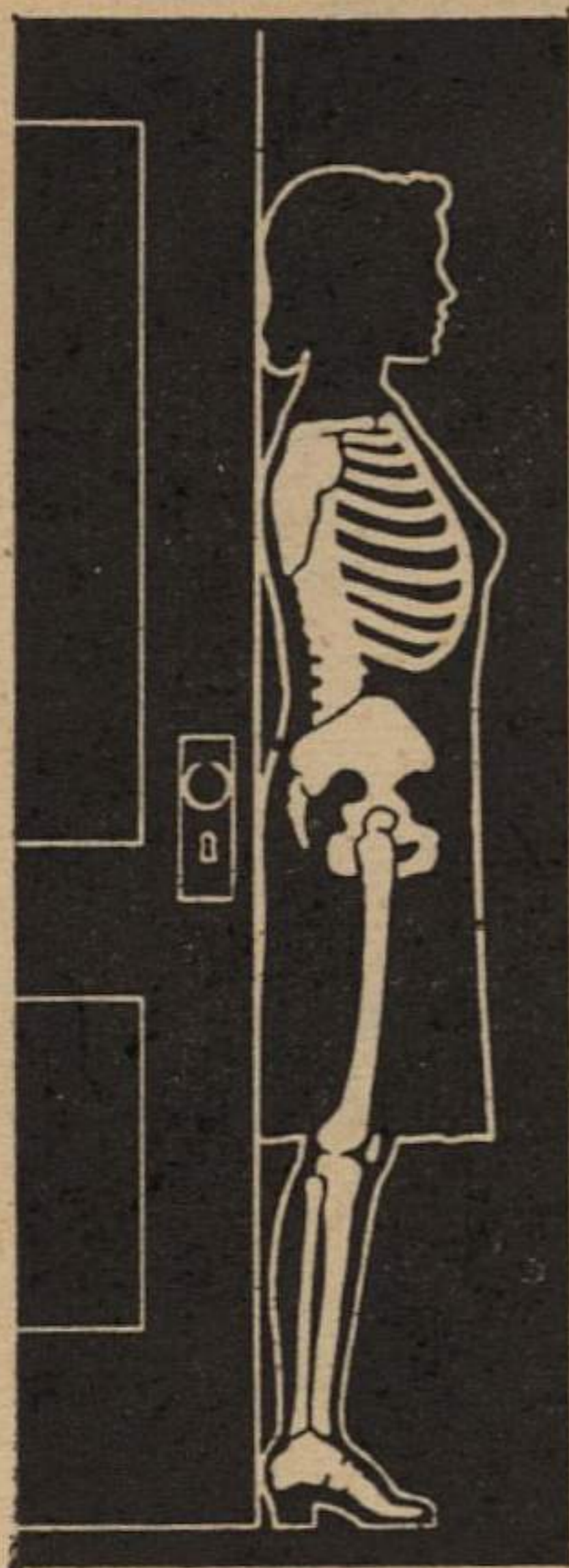
RIGHT



WHATEVER POSTURE WE MAKE A HABIT
SOON BECOMES THE MOST COMFORTABLE



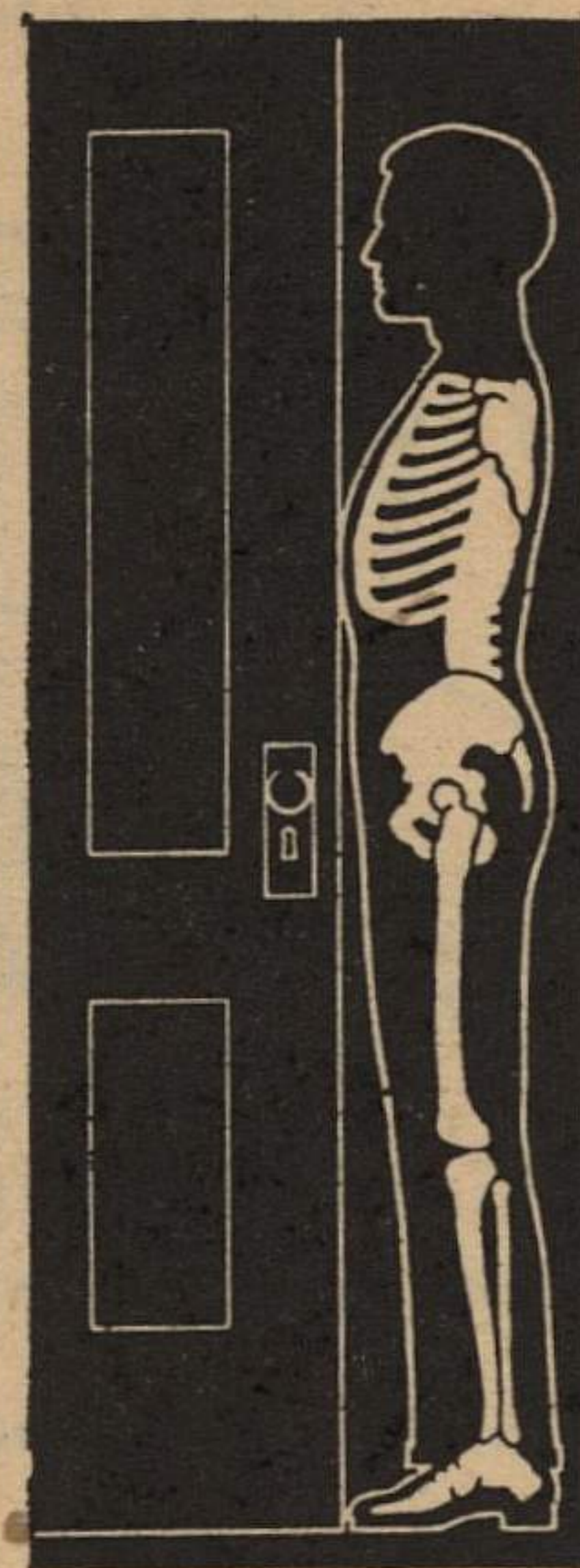
WHAT IS GOOD POSTURE?



Good posture means a body in balance. Eight general rules for good standing posture are:

- | | |
|------------------------------|--|
| (1) Stand tall | (6) Spine straight |
| (2) Chin level | (7) Buttocks flat |
| (3) Abdomen pulled in and up | (8) Feet parallel, toes straight ahead, weight distributed evenly on both feet |
| (4) Chest high | |
| (5) Shoulders relaxed | |

The easiest way to visualize good standing posture is to imagine a perpendicular line running (side view) from your skull through the middle of your ear, neck, shoulder, hip, knee and instep. See dotted line on figure at lower right.



HOW TO TEST POSTURE

(1) Stand with back to wall — head, heels, and shoulders touching it; hands by sides. Press buttocks down against the wall. If posture is good the space at the hollow of your back should be only about the thickness of your hand. (2) In facing the wall your chest should touch first; if abdomen does, your posture is really bad and you should see a physician.

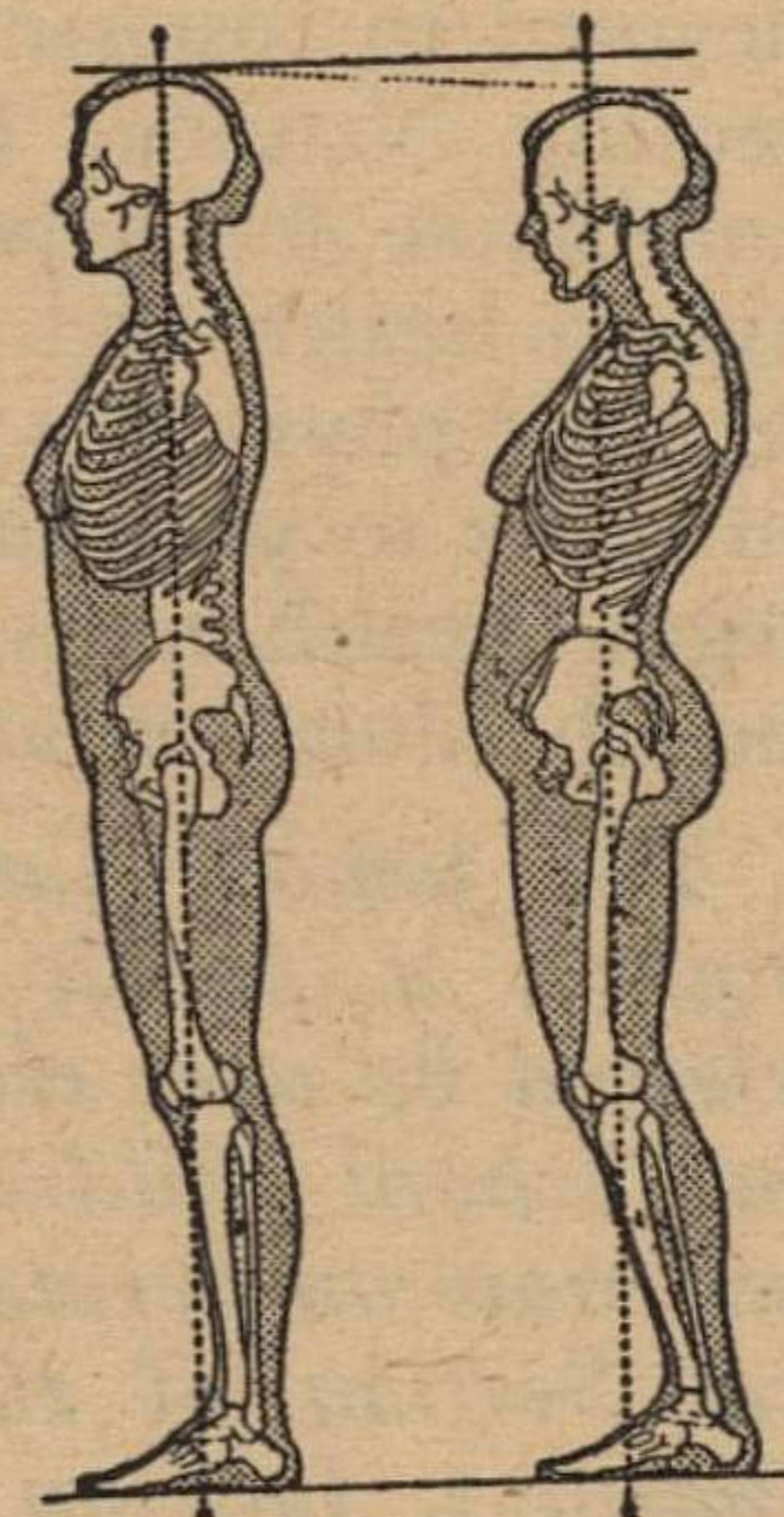
GOOD WALKING POSTURE

Stand against the wall as for first posture test. Throw greatest weight on balls of feet. With chest high and abdomen contracted, step out, swinging legs from hips; toes pointing in a straight line ahead; left hand moving forward with right foot, and vice versa. (For illustration see page 3.)

POOR POSTURE SHRINKS YOUR HEIGHT AND CAUSES FOOT TROUBLE

Test how much shorter you become when your posture is faulty by taking your measure against the wall in good standing position and again in a slumped position.

Poor fitting shoes retard circulation, cause fatigue, nervousness and bad posture. To allow for an easy, sure stride they should have medium or low heels and be long enough and wide enough to allow for the natural spread of the toes. Run-down heels are indicative of poor posture. High heels throw the body out of plumb. Look at the dotted line of balance on the left figure. See how this has shifted on the one at the right. Throwing the weight on the toes interferes with the mechanism of the feet.



EAT THESE FOODS DAILY FOR HEALTH

It is better to eat a little of a variety than a lot of two or three foods



- (1) One quart milk for a child; one pint for an adult, as drink or in custards and soups. (One quart of milk = 1 lb. steak as to protein value)
- (2) At least one egg
- (3) Butter
- (4) Raw fruit
- (5) One green leafy vegetable and two others
- (6) One raw vegetable in salad such as lettuce, cole slaw, tomato, grated carrots
- (7) Whole grain bread or cereal

These seven foods contain the necessary vitamins for health except the sunshine vitamin provided by one hour daily in the sun. Eat first what you should, then what you like. By making a habit of eating the foods you should, they soon become your favorites.

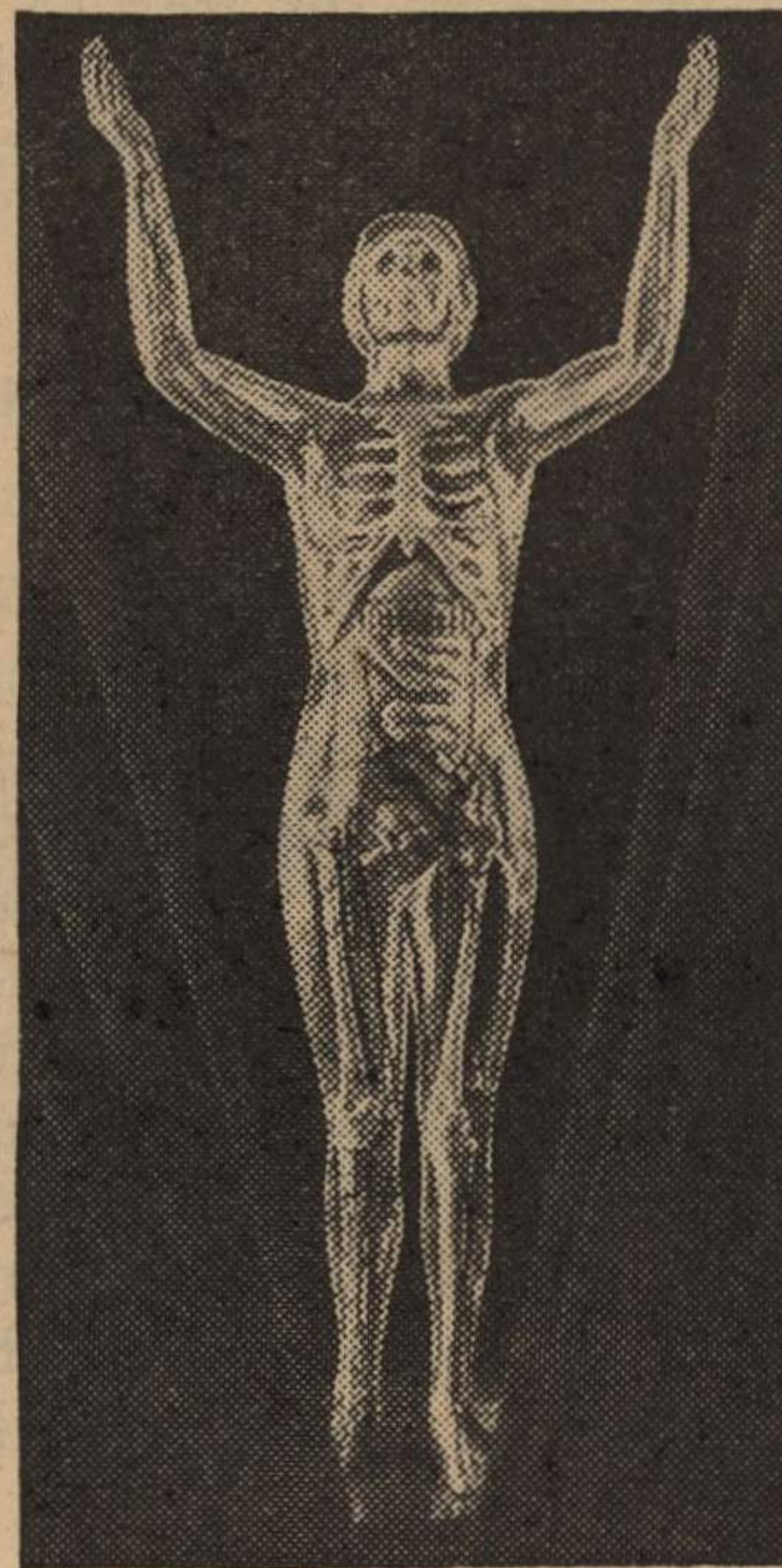
To buy wisely spend almost half the day's food money for milk, cheese and butter. Milk and whole milk cheese each contain elements vital to health of tissues, nerves, bones, teeth and heart action. Cooking food too long destroys the vitamins. The water in which vegetables are cooked contains valuable elements. It should be used in soups. Chew your food thoroughly. Drink before or after eating, not while chewing.

People who do not eat the right foods and do not get eight hours of sleep find it hard to maintain good posture and are more likely to suffer from infections. Even common colds may lead to serious ills. Frequent check-ups by your physician are advisable.

THE CAMP TRANSPARENT WOMAN

The Samuel Higby Camp Institute for Better Posture, a non-profit public service organization devoted to fostering better health habits, is promoting National Posture Week, May 4-11, to emphasize the importance of good posture as an aid to health and defense, and to direct people to their physicians for consultation and check-up in order to prevent consequent ills. Schools, colleges, health units, and those promoting public health education are invited to participate.

The famous Camp Transparent Woman (at right), a public health educational exhibit viewed by over eleven million persons, including school children, physicians and scientists, and now on permanent exhibition in the Medical Section of the Museum of Science and Industry, Jackson Park, Chicago, is an object lesson in good posture.



THE SAMUEL HIGBY CAMP INSTITUTE

For Better Posture

FOUNDED BY S. H. CAMP & COMPANY
EMPIRE STATE BUILDING • NEW YORK

March 19, 1942

Mr. Forrest C. Allen,
University of Kansas,
Lawrence, Kansas

Dear Mr. Allen:

In view of your interest in our previous literature, we are enclosing copy of the new booklet we have just published.

We feel confident that you will agree that its design and contents are most timely for use during National Posture Week, which will be observed by schools, colleges and health groups throughout the country the week of May 4th to 9th.

Good posture - beneficial at all times - has acquired a more important role in these strenuous days when every aid to morale and physical stamina is of major importance. It is obvious that the observance of National Posture Week this year will be of added significance in focusing attention on the importance of good posture in "Defense of Health and Country."

Copies of the enclosed booklet are offered to you, as heretofore, without charge in limited quantities, as our contribution to public health education in America.

If you desire a supply of these, may we ask that your request for them be sent by return mail? Upon receipt of your request these will be promptly dispatched together with an attractive red, white and blue poster (size 18" x 24"), appropriately illustrated and captioned "Good Posture for Defense of Health and Country".

Respectfully yours,

Frank S. Kaufman

Director

Enclosure

FHK:B