

July 13, 1939.

Mr. H. A. McDonald,  
Director of Athletics,  
Kosse High School,  
Kosse, Texas.

Dear Coach McDonald:

The best prescription that I know for athletes foot is to take Cramer's Foot Toughener, which is known under the trade name of compound tincture of benzoin (if you do not have any of Cramer's stuff go to the drug store and get a quarter's worth of compound tincture of benzoin), get a small camel's hair brush and paint the entire foot, between the toes, the sole, the top of the foot, and up to the ankle with this. Let it dry.

After drying, sprinkle bismuth-formalin-iodide powder over the benzoin and work it in. This powder will keep the sock from sticking to the benzoin and is also a good antiseptic.

Paint the entire foot about twice a week, with the exception of between the toes - make that once a week. If you use Cramer's products you can use Cramer's Antiseptic Powder instead of the B.F.I. powder. Both are good. Use this for three or four weeks and I think your athletes foot will have disappeared.

With all good wishes, I am

Sincerely yours,

Director of Physical Education and Recreation,  
Varsity Basketball Coach.

FCA:AH