

June 28, 1940.

Mr. J. E. McFarland,
835 Kansas Avenue,
Topeka, Kansas.

Dear Jim:

I am glad to have your letter of the 21st instant telling how much help the foot normalizer has been to you. I am glad that Bob was able to show you some of the possibilities, but I do not believe he knows all of them because I have tried to get him to use it a number of times when he was in need of it but he would not.

I rest my weight on the arch normalizer, turn my toes down as a bird would turn his toes around a limb in holding on. Then I support my weight lightly on some object that is in front of me but lower than my hands would normally be so that I put most of my weight on the normalizer. Then I rock back and forth, wedging my feet and flexing my toes around the normalizer, especially when I roll back, but when I roll forward I lean back and throw my weight at various angles so as to get a downward and wedging movement which actually presses the bones of the transverse arch as well as the plantar arch up into their accustomed places.

The more you use it the more tricks you will get on to. After I have taken my fifty forward and fifty backward rolls I stand upright and brace myself on this normalizer, rolling it forward and backward keeping my hands in the air and keeping my balance. You can see that this brings additional muscles into place and when you step off of the normalizer your feet feel twenty years younger.

I am like you - I wouldn't take anything for this machine if I could not get another. On trips I throw it in the back of my automobile and take it along with me. I use it regularly night and morning and I have found great benefit from it, because it really affects the so-called bad sacro-iliac where there is so much back trouble. Many people think only of the arches, but the knee and the back articulations come in for splendid movements and corrections if we will add additional movements that we learn by working on this normalizer.

I expect to be in Topeka some time next week and I will see if I can't catch you.

With all good wishes, I am

Sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball Coach.

FCA:AH