

July 12, 1944.

Mr. Robert H. Malott,  
Fallen Leaf Lodge,  
Fallen Leaf, California.

Dear Bob:

Your letter of July 4th has been received and we are happy to know that you are hitting the ball arduously and long. I know it must be grand country out there, but do not get too disappointed if you do not put on weight because you will put on muscular attachments which, after all, pulls the frame around.

You remember what I told you - that activity and hard work develop the muscular attachments so necessary to locomotion and to good health in later life. You are bound to put on more weight as you grow, but do not think that you have to eat a lot of food and drink a lot of malted milk to do the job. You will get stronger through activity, and that is, after all, what we want.

We have the basketball goal and the ball crated and will send it to you by express. I trust you will enjoy the ball, as I am very sure you will. All the mechanics of shooting and moving toward the basket for rebounds will be very helpful to you, even though it may be in a crude surrounding. I am sure if you have a good goal and a good ball you will draw good associates like a magnet because every able-bodied boy in America, almost, has played basketball. Remember to crouch and to keep your feet under you, and then when you rebound get under the area where you are going to jump and go straight up and tap the ball out again, and then if you catch it don't start swinging out until you sink into a crouching position, pause for a fraction of a second, and then move away from the opposition.

Does not that admonition have a familiar ring? But after all, it is good fundamentals that do the job. Next year you will be amazed at your improvement.

It is pleasantly cool here today and we have a promise of a respite from the heat for a couple of days, at least, all of which makes us very happy. But it has not been so bad here. I am not kicking, I am just celebrating our good luck.

Drop us a line and tell us of your activities and your surroundings after you get the goal up. The goal and ball will come by express.