

August 14, 1945

Mr. Harold Baker
31 West 69th Street
Kansas City, Missouri

Dear Harold:

I have your letter of August 11 in which you applied for a job at the University. I am very sure that we can help you, but until your schedule is made out I do not believe that we can do more than promise you work.

I am glad that you are interested in physical education and that you hope to become a physician some day. Both of these are loveable ambitions and I will be happy to help you with work so that you may obtain the end that you desire.

In answer to your question regarding barbells and dumbbells to build one's body and health, beg to state that they will build your body and improve your health, but they have a tendency to make one muscle-bound. The weights are not conducive to building supple muscles such as are used in the track events, dashes especially. The best way to develop speed in running the dashes in track is to first practice your starts for a while, then move out with a snap, and after that then ease up in the middle of your dash for a while, then sprint again, and so forth.

I am sure if you are interested in track, Coach Ray Kanehl will be happy to work with you and develop you into a good sprinter. That is, of course, if you have the ambitions and the talents necessary.

When you come to school this fall drop in to see me and I will endeavor to make a place for you. Certainly, when a fellow likes athletics and athletes it is easy for him to do good work. With all good wishes, I am

Sincerely,

Forrest C. Allen
Director, Physical Education
Varsity Basketball Coach

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