

STANFORD UNIVERSITY

SCHOOL OF HYGIENE AND PHYSICAL EDUCATION

Divisions of:

Physical Education Activities (Including Athletics)
Professional Education in Hygiene and Physical Education

Division of Informational Hygiene
Men Students' Health Service
University Health Service

STANFORD UNIVERSITY, CALIFORNIA

February 5, 1938

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

Dear Doc:

Thank you very much for your letter of January 25, I quite agree with you that it seems a little difficult to get fellows to visualize the possibilities in the research field, particularly with respect to our problems in basketball. I think the point you were working on and which you mentioned to Val Lentz will be quite interesting to report. My particular work here has consisted of an investigation of the fatigue effects of basketball on players as compared with other athletic activities. There is, of course, no end to this sort of activity but I may have just a little bit of information that may show the general trend. I am afraid it won't be too scientific.

I do not think you should take everything you read in the papers and the magazines too seriously. I thought the article in Time was very complimentary to my boy Hank. I sincerely think he is one of the best basketball players I have ever seen. In addition, he is a joy to work with.

Now with respect to your inquiry concerning the strenuousness of cross-country trips. There is no doubt, of course, that traveling is rather strenuous. Since I have been here at Stanford, I have had a good opportunity to study the effects of barnstorming trips upon the results of my conference seasons. From a careful study of the weights of the boys, their mental attitude toward the game, etc. I think I can safely say that a barnstorming trip may or may not affect the results of a conference season adversely. It will depend entirely upon the type of trip, the number of games played, and the opportunity to get reorganized upon return home and before the conference season opens. In my opinion, barnstorming is no good for a green team because it does not give an opportunity to practice and iron out mistakes after each contest that is played. I believe we have profited least when we have taken a sophomore team on the road. If I were to take a sophomore team on the road again, I would see to it that they played just as many games as possible. This added competition would off-set the lack of opportunity for practice when traveling and the experience the players would get under game conditions, would in part make up for the lack of practice.

Now when I organize a trip, I do not take any games that require jumps off the main line between the east and the west. Neither do I like to be continually jumping from one place to another under strenuous travel conditions. This jumping back and forth on branch lines and getting into a place just in time to play a game is not conducive to best results and the wear and tear on the players is usually felt for some time afterward. The trip which I made this last year and the one the year before, I consider to be quite ideal.