

September 13, 1943

Messrs: Porter  
Hayes  
Schaake  
Austin

I have just talked to Dr. Canuteson regarding the prevention of injuries in physical training classes. Many of the boys have been going to the hospital with fainting spells, saying the work is too strenuous right after meal time. Certainly we don't want that sort of accusation against us. Go easy on the boys who report for class right after meals, until such time as they can become adjusted. Strenuous exercise draws the blood away from the stomach into the muscles, and their food cannot be properly digested.

I assured Dr. Canuteson we would cooperate in every possible way. The Army authorities could cooperate, also, by letting these boys eat first, thus giving them more time before their physical training class. I will appreciate every effort you make toward the best possible arrangement.

The boys also are exercising in heavy shoes. Use your judgment about this, but the boys wearing hard heels should probably be eliminated from group games with the exception of volley ball or other non-strenuous games - let them do other things. Dr. Canuteson reports there is much trouble among these boys. Shoes with heavy heels are not conducive for agile game play.

Sincerely yours,

Director of Physical Education  
Varsity Basketball Coach