

March 26, 1943.

Mr. Ralph E. Schaake,  
Department of Physical Education.

Dear Ralph:

I read every one of your communications very carefully. I think you should feel complimented at the attitude expressed by the members of your class. However, I would like to discuss with you the matter of taking the roll. It seems as if there is not uniform dissatisfaction, but quite a bit of it. I also noticed it is the opinion of some that many cut the class after the roll is called.

Then the next most impressionistic thing I got is that your substitutes are not able to handle your classes nearly as efficiently as you have been doing it.

One other suggestion - I believe I would get just a little tougher in your formal work. What I mean is for you to command more of a military bearing when you are doing the formal marching work and when they are falling in for roll call. Then the more informal demeanor can be taken on while you are conducting your athletic games. Fellows like this rough, tough discipline when you are simulating the soldier part of the drill.

I was heartened by the expression of so many that they are in much better physical condition and that they are really appreciating the work they are getting five times a week. I think that you can bear down on them a little harder and start your classes a little more promptly. By this I mean earlier than you have been, and keep them on the go right up to the last. They are asking for it and I would not disappoint them. In fact, they are getting in much better shape and they want to try their endurance.

I think a lecture to them would be helpful - maybe three or four minutes, not over that, each meeting period. Something like this:

"Remember, you breathe with your legs. The fundamental muscles of the body are those that are employed in running, jumping, leaping, vaulting and climbing. By and large you will get more exercise of the leg, thigh and back muscles than of the arms and shoulders. The ability to lunge at an opponent and to evade an opponent is the ability of the individual to be agile. Therefore, we will develop this group of muscles naturally more than we will develop the arms and shoulders, although it is necessary to develop these.

"I would suggest that you do 12 to 20 push-ups every morning, and when you get out of bed I would do 10 to 20 full squats on both legs, and