

April 15, 1938.

Dean Paul B. Lawson,
College of Liberal Arts and Sciences,
University of Kansas.

Dear Dean Lawson:

In connection with our proposal to drop the Health Instruction in freshman physical activity, we wish to offer the following suggestion for the three-hour activity classes for freshmen and sophomores:

The student would select any activity which he or she desired for two days a week, meeting those classes on Monday and Wednesday, or Tuesday and Thursday. The third hour would meet on Friday and be the same for each group, whether the Monday-Wednesday group or the Tuesday-Thursday group.

The general outline of the work for the Friday classes might be as follows:

1. Health conferences (discussing the medical examination)
2. Posture picture
3. Discussion and exercises on relaxation
4. Discussion and exercises for correct posture
5. Discussion and exercises for good feet
6. Discussion of points to consider in shoes
7. Diet
8. Constipation
9. Dysmenorrhea
10. Personal cleanliness and personal charm
11. Sex hygiene - marriage
12. Mental hygiene
13. Discussion of questions turned in by students.

A progression would be worked out for a two-year series, meeting once a week.

I should be glad to have your reaction to this proposal.

Sincerely yours,

Director of Physical Education.