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August 5, 1942.

Mr. Robert E. Allen,
Nu Sigma Nu House,
3904 Spruce,
Philadelphia, Pa.

Dear Bobby:

We got your fine letter yesterday afternoon and enjoyed the contents very much. I am very happy that you are taking advantage of every opportunity to get out into the open air and exercise and play golf. Of course you are intelligent enough to realize that with every bit of exercise the spleen goes into high production of erythrocytes, and this additional manufacture of red blood corpuscles enables the system to convey more oxygen to the tissues by using the hemoglobin. Consequently you are insuring yourself more definitely against T.B., to which you are constantly exposed.

Bobby, if I were you I would take a ten-minute system of setting up exercises when you get up in the morning. I have done it for years, you know, and I think it is very helpful, even if you make it five minutes. Do some simple exercises, such as raising on the toes and heels, with your hands on your hips. Alternate this about twenty times. That gives you a good stretch of the back and leg muscles, and when you raise back on your heels and stretch the chin and neck upward the abdominal and chest muscles are used. Then either the quarter, or half, or full squat with arms extended to the front, side, and above the head, alternating, are fine exercises that will get the systemic circulation working in an excellent fashion. Then the push-up on the fingers and toes, with the face to the left, to the right, and the chin stretched forward, alternating, using about three to nine push-ups. You could do this in less than five minutes. Do something that you will keep at it. If you want to add one more, spread the legs sideways, bend over and touch the floor, keeping the knees straight. Raise to a full bend with the arms above the head on the back stretch. Eight or ten of these exercises would be splendid.

It wouldn't be necessary that you do this in the evening because it would take the blood away from the brain and into the muscles. And too, it would doubtless awaken you so much that you would not be able to go to sleep right away. But if you would do this in the morning it would be ideal for a refresher physically, mentally, and it would build your morale because it gives you a consciousness of your physical power.