

February 14th  
1 9 3 6

Pen

Miss Virginia Roach  
1904 Mass. St.  
Lawrence, Kans.

Dear Miss Roach:

I am very happy to say that competitive games of all kinds are beneficial to a girl, if she will follow her early kindergarten activities on through in a gradual and graded form of physical exercise.

Running, jumping, leaping, vaulting, and climbing are the fundamental physical activities of the human race. Exercise is especially essential to the welfare of the growing young animal.

The value of a team game is also very beneficial from a psychological standpoint to the players participating therein. Basket ball is a simple game, yet it requires great skill, versatility and dexterity to play it. It is highly adaptable to the healthy, growing girl because of its non-contact elementals and yet it provides opportunities for much strenuous exercise for those individuals physically fit.

Just as the roots of a tree throw their tentacles into the earth around a giant boulder, fastening the tree securely in the earth, so does exercise enhance and increase the attachments of the ligaments and muscles to the bones, thereby insuring a more rugged and vigorous body.

I am quite sure that you can see the beneficial effects of exercise both on the mind and body of the boy or girl. If this is not exactly what you want, please call on me.

Sincerely yours,

Director.

FCA: IW