

November 22, 1933.

Mrs. E. C. Quigley,
St. Marys, Kansas.

Dear Mrs. Quigley and Ern:

I am so happy to hear that Ern is getting along so nicely. He has had a hard fight, but I believe he is well on his way to recovery.

I have averaged about 16 hours a day on my administration and my basketball work, both freshman and varsity. For that reason I believe that since Ern is getting along so well that we will just wait until he improves a little more and have him come in when it is convenient.

I would put that foot in very hot water two or three times a day, and then during each 15 minute immersion I would break every 5 minute period by plunging the foot in a vat of cold water for 30 or 40 seconds, and then back into the hot water. I would get 20 or 30 marbles at the dime store and put them in a corrugated paper box at least 16 inches long, 10 inches deep and about a foot wide, and I would pick those marbles up in my toes, taking them out of the box one at a time and lay them on the rug, and then grasp them again in the toes and put them back in the box. This will get the tendons and ligaments loosened up, as well as the muscles of the foot, and then when we look at it I think we will be able to have you sprinting in jig time.

Frankly, I think that the trouble with the foot was that sacro-iliac strain or sprain. When they stepped on your foot and knocked you back they also wrenched your sacro-iliac and that affected the nerve supply to your foot and leg. That is why it would not heal and that is why it swelled when complications started.

I think the immobility of the foot has been the cause of its stiffening, and not some of the other things that you fear. Of course, as soon as the nerve supply is interfered with the foot would not heal, but now it is well on its way and I think that if you will arrange to come in when you are well and stay around Lawrence for a few days you will make very rapid decided recovery.

Here's wishing both of you a very happy Thanksgiving, with lots of health and cheer. I know that you can feel very thankful for all the blessings that have come to you in your many years