

February 13, 1943.

Mrs. C. B. Sherwood,  
Hugoton, Kansas.

Dear Mrs. Sherwood:

I am enclosing the article for the Parent-Teacher magazine, which you may edit as you see fit. I am sorry for the delay in sending it to you. I trust it will fit in with your magazine material.

Sincerely yours,

Director of Physical Education,  
Varsity Basketball Coach.

FCA:AH  
Enc.



KANSAS CONGRESS OF PARENTS AND TEACHERS, INC.

*Branch of the National Congress*

SUITE 9, BLAIR BUILDING  
ATCHISON, KANSAS

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Official Publication

The Kansas Parent Teacher

Editor—Mrs. J. W. Oursler  
622 South Grove  
Wichita, Kans.

Hugoton, Kansas  
January 26, 1943

Forrest C. Allen,  
Lawrence, Kansas.

Dear Mr. Allen:

In answer to your letter about your Parent - Teacher article I am sure any thoughts you have to give on recreation will be very worthwhile. As to the length of the article you may suit yourself.

I really don't know what points should be stressed in the article, but with so much more time to spend in our homes and immediate neighborhood it seems we will need some help in planning for these extra hours.

Thank you so much for your interest, I'll be looking forward to the article.

Sincerely yours,

*Carmelita Sherwood*

## AN ATTITUDE AND A REALITY IN COMMUNITY RECREATION

Dr. Forrest C. Allen  
Director of Physical Education  
Varsity Basketball Coach  
University of Kansas

Someone has said there are seven stages to man: first, he sees the world; second, he wants it; third, he starts out to get it; fourth, he would be satisfied with one-third of it; fifth, he further modifies his desires; sixth, he would be satisfied with a space two feet by seven; and seventh, he gets it.

May we discuss the first three stages of childhood and youth, because never before has there been need for greater effort on the part of parents and older people to be understanding with reference to the problems of youth than today. Our first job should be to try in particular to make sure that boy meets girls in the right sort of atmosphere. Recreation and recreational leaders have a vital part to play in winning the war and winning the peace. There is need in these war times that our homes and our municipal recreation centers should have a vital spiritual influence even though the word religion be not mentioned.

For many years the emphasis has been upon rights under our system of government. Now we may well have in our recreation centers an emphasis on responsibilities, even though we try to see that such responsibilities are carried lightly and joyously. Neighborhood service is in itself an important form of recreation. Never before has there been greater need that all churches, all neighborhood groups, all recreation centers should work together in cooperation.

G. Stanley Hall said that man is an omnibus in which all of his ancestors ride. Through the hundreds and thousands of years that man has been struggling with man the competitive urge has been dominant.

Our government has stressed physical fitness as the most essential thing for our men in the armed forces of our nation. With the soldier and the sailor as the boy's hero, it is not a difficult matter for the playground teacher and the coach to stimulate youth with a high endeavor of physical fitness. By physical fitness we mean the capacity for efficient performances in the fundamental activities of man, which are running, jumping, leaping, vaulting and climbing. These should endure under sustained effort in a variety of situations. Quick and efficient control of the body in an emergency situation may save the life of one individual or many. Speed and endurance in the fundamental locomotion efforts are first essentials.

Physical fitness is composed of skills plus power plus endurance. A high level combination of skills, power and endurance is practically synonymous with dynamic health, meaning capacity for power and endurance in vigorous forms of physical activity with relatively little fatigue developing to restrict, or mar the form of the movements, or to lower the threshold of resistance to infection and disease.

Sports and other types of physical work which require power and endurance involve relatively long periods of conditioning. Some sports require much more power and endurance than others. Some are predominantly useful in developing general body control and power; others develop organic endurance, persistent and aggressive attitudes, and teamwork; others are more useful as media through which sociability and relaxation in leisure time

are cultivated.

Sports such as tumbling, pyramid building, circus stunts, apparatus exercises, and so forth, are useful in developing general body control and power. Defensive and combative types of sports, such as football, basketball, boxing, and wrestling are used for developing organic endurance, persistent and aggressive attitudes and teamwork. Swimming, diving, life saving, water polo, boating and canoeing, the environmental and specialized types of conditioning sports, are used for master of the water. The recreative types such as tennis, golf, dancing, archery, bait and fly casting, bowling, badminton, horsemanship, squash, camping, pingpong, quoits, and so forth, have their place in their fields.

Calisthenics cannot be used to develop all types of physical fitness. Our view of physical fitness must be broader. Calisthenics may provide something of a general quality to physical fitness, but routine calisthenic exercises must be supplemented by specific types of endurance feats in special areas, such as running, jumping, throwing, climbing, swimming, vaulting, and specific sports. Military tactics should be included at this time. Calisthenics require mental concentration, while plays and games emphasize mental recreation.

Endurance is our greatest need to the individual. Athletic authorities have rated endurance most important over balance, flexibility, agility, strength and power. The most important way to develop endurance is through hard work, repeated or constantly performed to the limits of one's ability. More time is needed than is generally available or is commonly recognized. Short one-hour programs two or three times a week generally fail to make a significant contribution to endurance. In time of war the need for rugged youth and citizenry is paramount. Physical activity programs need to be increased to include more of the following:

1. Pioneering, long hard work in construction, agriculture, lumbering, camping, hiking, etc.
2. Competitive games and activities, basketball, foot ball, baseball, track and field.
3. Body mechanics and conditioning activities, Victory Corps physical fitness program, to stress the fundamental qualities of stamina.
4. Health supervision, medical examinations, elimination of remedial defects, vaccine treatments, etc.

Our desire in physical conditioning and recreation is to make youth physically strong, mentally alert and emotionally stable. This should produce robust health. Health is that state of being whole, sound or whole in body, mind or soul.

It doesn't matter so much what you eat at a meal as long as these five essentials are in the daily fare: whole wheat or enriched bread, eggs or meat, milk, yellow and leafy vegetables, citrus fruits.

Dr. Victor G. Heiser, author of The American Doctor's Odyssey, has said concerning us in the war that "materially we shall live less well, physically we shall work harder, emotionally we shall be under the cross-fire of disappointments and alarms, mentally we shall be wrestling with new ideas and new facts. We shall need to be tough - physically, emotionally, mentally."

This is the prescription and the challenge to us if we would recreate ourselves and so conduct ourselves that we shall at least have these satisfactions to compensate us for what we face. We should put first things first. That is the basic priority in human affairs.

## AN ATTITUDE AND A REALITY IN COMMUNITY RECREATION

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Director of Physical Education  
Varsity Basketball Coach  
University of Kansas

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January 20, 1943.

Mrs. C. B. Sherwood,  
Hugoton, Kansas.

Dear Mrs. Sherwood:

Thank you for your kind letter of the 7th instant.

I will be glad to write an article for the Kansas Parent-Teacher magazine, and think perhaps a short article would be much better than a long one. How long do you desire the article to be? Also, are there any special points you want me to stress?

If you will write me again at your early convenience I will still have time to complete the article.

Sincerely yours,

Director of Physical Education,  
Varsity Basketball Coach.

FCA:AH



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Official Publication

The Kansas Parent Teacher

Editor—Mrs. J. W. Oursler  
622 South Grove  
Wichita, Kans.

Hugoton, Kansas  
January 7 '1942

Farrest C. Allen  
Lawrence, Kansas

Dear Mr. Allen

The Kansas Parent-Teacher magazine would like very much to have you write an article on Recreation for its March issue. If it is convenient will you please send the article to Mrs J. W. Oursler, Wichita, Kansas by the tenth of February.

Thank you for your cooperation

Sincerely yours  
Carmelita Sherwood  
Fifth Vice President

February 11, 1943

Mr. Don Smith,  
1520 West 17th St.,  
Topeka, Kansas.

Dear Don:

I have your letter of recent date regarding your sprained ankle. There is nothing that I know of better for a sprained ankle than the heel and toe exercise, placing your hands on hips, raising on the toes and then back to normal, then raising on heel and toe. Do that a hundred times morning and night, and I am very sure you will be able to strengthen your ankles.

Yes, I remember Dick Pierce very well. He and Don are fine people.

With all good wishes to you, I am

Sincerely yours,

Director of Physical Education,  
Varsity Basketball Coach.

FCA:AH

Dear Mr. Allen.

I play basketball for Washburn High school and I lots of trouble with ankles. I sprain them about every week. Even when our coach tapes them. I told Dick Pierce that and he suggested that maybe you could suggest some exercises for them. I think you know Dick as he played baseball for you in 1941. His brother Don also went to K. U. I am sorry

to cause you all this trouble  
but I am

Sincerely yours

Don Smith

# PEOPLES' GAS & ELECTRIC COMPANY

MASON CITY, IOWA

January 28, 1943

CHAS. E. STRICKLAND  
PRESIDENT AND GENERAL MANAGER

Dr. Forrest C. Allen,  
Director of Physical Education  
University of Kansas  
Lawrence, Kansas

Dear Phog:

Thanks so much for your letter of January 25, with which was enclosed communication from the Bureau of Aeronautics, Navy Department, Washington, D. C., regarding Judge J. A. Grimsley of Mason City. I am referring Commander Hamilton's letter to Mr. Grimsley, and want to take this opportunity to advise you that all of us here are deeply appreciative of your efforts in his behalf.

Your Kansas team is coming right along and I hope that I will have the opportunity of seeing you play when you come up to Ames.

With my very best to you, Milton and any of the others you happen to run across, I am

Fraternally yours,



P r e s i d e n t

cc - Judge Grimsley

February 3, 1943.

Standard Oil Company,  
2 West 40th St.,  
Kansas City, Mo.

Dear Sirs:

I am enclosing the January account sent to me because the credit sale receipt is for Fred J. Allen of Independence, Missouri. I do have a small account with Standard Oil and will be glad to send you my check upon receipt of my bill.

Sincerely yours,

Director of Physical Education,  
Varsity Basketball Coach.

FCA:AH  
Enc.

January 8, 1943.

Mr. Cyrus C. Spangler,  
4 North Main St.,  
Hutchinson, Kansas.

Dear Cy:

Glad to respond to your letter of the 5th instant. I  
hope this does the job.

With all good wishes, I am

Sincerely yours,

FCA:AH

Director of Physical Education,  
Varsity Basketball Coach.

January 8, 1943.

To Whom It May Concern:

I am very happy to recommend Cyrus C. Spangler as a young man deserving careful consideration for officer material in physical training. Spangler was a letterman in track here at the University in 1928, but was outstanding in the broad jump. However, he was an all round track star and could do several events in near record time.

After graduating from the University of Kansas he coached at Wamego, Kansas, High School with splendid success.

I knew Spangler very intimately and also knew of his fine academic record. He was a very substantial man on the campus and made many friends. He knows the meaning of the word loyalty and was always cooperative in all of his efforts here at the University.

Spangler is clean, personable, and has the ability to lead men. He has no bad habits, but on the other hand has a strong personality. I am very glad to recommend him to you.

Very sincerely yours,

Director of Physical Education,  
Varsity Basketball Coach.

FCA:AH

**SPANGLER'S  
MID-WESTERN AUTO SUPPLY CO.**

WHOLESALE AND RETAIL

4 NORTH MAIN

HUTCHINSON, KANSAS

January 5, 1943

Dr. Forrest C. Allen  
University of Kansas  
Lawrence, Kansas

Dear Dr. Allen:

I enlisted in the Naval Reserve, November 12 and am stationed at the Hutchinson base. I now have an opportunity to get into the physical education department here with advancement in rating and the possibility of a commission. Lieutenant Wells, who heads this department, has asked me to get letters of recommendation and turn them in to him as soon as possible. I will appreciate it very much if you will write a letter in my behalf concerning my track record at the university. Tom Hamilton, who, as you no doubt know, heads the physical education program for the Navy, is expected at the Hutchinson base early this month. Lieutenant Wells wants me to hand this information to him before that time.

In case you have trouble placing me, I graduated with the class of 1928 and my main event was the broad jump. I coached at Wamego High School after graduating. In the fall of 1936 my brother and I went into the auto supply business here in Hutchinson. He is carrying on the business.

I am sorry to have to ask this favor at your busiest time of the year. Here's wishing you a most successful season.

Sincerely yours,

*Cyrus C. Spangler*

*A letter to the above address will reach me promptly.*

January 8, 1943.

Professor D. H. Spencer,  
1014 Mississippi St.,  
Lawrence, Kansas.

Dear Dr. Spencer:

One of your great admirers, L. D. Linke, is sending you a greeting on the back of his business card. He spoke of you very kindly, and I am happy to deliver this short greeting to you from him.

Sincerely yours,

FCA:AH

Director of Physical Education,  
Varsity Basketball Coach.

Maj. J. B. Smith JAGD

Room 2503

WAR DEPARTMENT  
SERVICES OF SUPPLY  
OFFICE OF THE JUDGE ADVOCATE GENERAL  
WASHINGTON

4846 Crescent Street  
West Chevy Chase,  
Md., D.C.

12/27/42

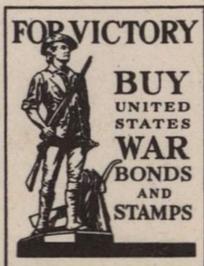
Dear Dr. Allen,

Your gracious  
letter made me feel very  
good, and I am most grateful.

May the new and coming  
years continue to bring to you  
that great satisfaction which  
arises only service and  
devotion to your fellows,  
and those who are  
dependent upon you.

Sincerely,

J. B. Smith.



ACKNOWLEDGEMENT OF ORDER

GOLF CLUBS  
*Hand made to fit You*



**Kenneth Smith**

KANSAS CITY, MISSOURI  
3038 GILLHAM ROAD PHONE VALENTINE 0100

CUSTOM CLUB MAKER FOR 20 YEARS.

**Nº 16669**

Date Your Order  
Date Received 12/29/42  
Ship To You  
At Same  
Date to Ship Soon as possible  
Via Best

Dr. Forrest C. Allen  
Director of Physical Education  
University of Kansas  
Lawrence, Kansas

**Shop Specifications**

Sent in 4 woods & 10 irons # 21298 Rebalance & refinish



We Appreciate This Opportunity of Serving You.  
If the above order is not in accordance with your understanding, kindly advise at once.

Very Truly Yours,  
*ms*

GOLF CLUBS

*Hand made to fit You*



# Kenneth Smith

KANSAS CITY, MISSOURI  
3038 GILLHAM ROAD PHONE VALENTINE 0100

December  
Thirty-first  
1942

Dr. Forrest C. Allen  
Director of Physical Education  
University of Kansas  
Lawrence, Kansas

Dear Dr. Allen:

Your clubs came in, and we have gone ahead with the work you have requested.

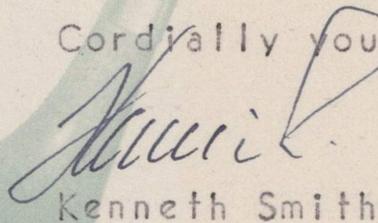
The corrosion on your wood shafts is limited to the part below the first step, so we are laying a plastic cover over this, which will prevent further rusting, and will get away from the unpleasant appearance. The shafts haven't rusted enough to weaken them perceptibly, so with this change, I feel sure they will be all right.

In working on those irons, I think possibly we will cover the transparent collar with a black sheath, because here again, we would like to get away from the unpleasant appearance, although the staining is not enough to hurt the shafts for strength.

Glad you have kept your clubs so nicely, and I hope that new No. 5 is going to work out to advantage. It should be a very easy club for you to use.

Very best wishes.

Cordially yours



Kenneth Smith

KS/ez

Memo re Ralph Schaake

Enlisted in V-7 January 21, 1942. Received one letter of inquiry as to when he would graduate. This was in September, 1942. Informed them it would be May or June, 1943.

Has been here 10 semesters, now starting the 11th. Need 10 hours to graduate - taking those now.

Received orders Saturday, January 23; mailed Jan. 21. Three certified copies of orders have been returned, and he has withdrawn from school. Ordered to report to the University of Notre Dame on February 1, 1943. Papers sent to USNRS, room 241, Federal Building, 811 Grand Ave., Kansas City, Mo.

Ralph E. Schaake  
Apprentice Seaman, V-7, USNR  
#700-45-63

Home - R. 2, Leavenworth, Kansas.

*error*  
*grad - this semester*

# Memorandum

Date

*Copy -  
over file  
over*

Home - R. S. Leavonworth, Kansas.

#V100-45-62

Apprentice Seaman, V-V, USNR

Ralph E. Schenke

Federal Building, 811 Grand Ave., Kansas City, Mo.  
on February 1, 1943. Papers sent to USNRS, room 2A1,  
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This was in September, 1942. Informed them if  
one letter of inquiry as to when he would graduate.

Mailed in V-V January 21, 1942. Received

from  
to  
Memo re Ralph Schenke

January 15, 1943.

Mr. David L. Shirk, Coach,  
Senior High School,  
Augusta, Kansas.

Dear Dave:

Thanks for your kind words regarding our basketball, and may I reciprocate by congratulating you on a fine team. I have heard many fine things regarding the Augusta team this year and I know who should be given credit for it. I am awfully happy to see you doing so well.

Give your good wife my kindest regards.

Now, regarding the FBI. Dave, I do not believe there is much chance for you on that because you are supposed to have either a legal degree or business training, or some other experience in the investigation field.

Now about your enlisting. You would have to get permission from your draft board to go into any field of endeavor that you would want to enter. I know how you feel, but frankly I do not know of anything you can get in because they have closed the enlistment on everything.

Milton feels the same way and he is talking about endeavoring to enlist in the Marines, but of course he has a child  $4\frac{1}{2}$  years of age. But he feels the responsibility of getting in and doing his bit for his country.

Frankly, Dave, I do not know whether you would pass a physical. In fact, I doubt if you would, due to that eye trouble that you had, and your arthritis. Maybe you have entirely recovered, but I believe if I were you I would just sit tight and wait. Then if you should be drafted it takes only a short time until you get a chance for officers' training, and I know that you will make it then. Write me and let me know if you are o.k. physically. In that case you might get into something, but really, with everything closed I am at a loss to know how to advise you. I believe I would just sit tight and let Uncle Sam look after his problems. I am sorry that I can give you no more constructive advice on this at present.

With all good wishes, I am

Sincerely yours,

Director of Physical Education,  
Varsity Basketball Coach.

FCA:AH

Senior High School

Office of the Principal

Augusta, Kansas

January 12, 1943

Dr. F. C. Allen  
Physical Education Dept.  
Kansas University

Dear "Doc":

Like everyone else, I keep thinking that I should get into some branch of the service so that I might be able to help. As most of my training is in physical education I naturally think that this field is the one that I should get into if possible.

I know that it is impossible to enlist now, but I thought that you might be able to refer me to someone that could furnish me the information that I might need to be placed in this field. I really would like to get into the FBI but I do not suppose I would have a qualifying chance with them. If you have any data that I could use concerning the FBI I would appreciate hearing about it.

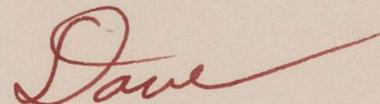
I see that you have developed another fine team this year. I want to wish you the best of luck in working toward another championship season.

I have a pretty good team, we lost to Newton by four points and Eldorado by one point. I have three boys graduating this year that would make some college fine players. They are all good students as well as good players. If they get a chance I think that two of these three boys plan to attend KU. The "big boy" wants to go to Kansas State for engineering. I am not trying to tell the boys where to go to school, I just keep telling them I hope they go on to college so that I can read and hear great things about them.

The whole team is pointing toward the class A state championship this year and of course I would feel good if they win the championship.

In closing I want you to know that I still value your judgment 100% and also thank you for all that you have already done for me.

Respectfully,



David L. Shirk  
Coach

DLS/ml