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Dr. F. C. Allen  
Athletic Department  
University of Kansas  
Lawrence, Kansas

Dear Dr. Allen:

From my personal experience, when I was in the middle and late thirties, I believe that directed physical exercise can be of tremendous importance to every other man in the thirties and forties. I am particularly interested in this at this time because I believe that intelligently directed exercise may be the very thing that will restore Dolph to his ordinary, perfect health. The relaxation which comes from exercise is good in more than one way, because, during such a time, a man's mind is entirely free from all thoughts of business or politics, or whatever it may be.

I took my exercise twice a week at the Y. M. C. A. I wonder if now there may be available for Dolph any University classes of this sort in which he might take a part. I have also felt that there might be a real opportunity for some one to conduct classes for business and office men, and, in such a case, it might be possible to secure the use of the gymnasium at the high school. I should be very glad to back your judgment in this matter in a practical way, because my present excellent health, I believe, is quite largely due to the several years when I took exercise regularly.

For the past four years, every night before I go to bed, no matter where I am or what the hour, I go through with five hundred or more exercises of torso and limbs, and, when I am through, I drop off to sleep almost immediately.

Is it possible that some of the K. U. athletes or pre-medics have sufficient knowledge to direct a class of this sort, and, thereby, aid themselves in making their way through the University?

With great appreciation for what you have meant to me, I remain

Cordially yours

*W. C. Simons*

WCS:T

