

February 17, 1939.

Mr. James G. Skidmore, Jr.,
Barnard, Missouri.

Dear James:

Pardon my delay in answering your favor of the 2nd instant. I have been so rushed the last few weeks that I have neglected my correspondence.

I would suggest that you get an Ace bandage, it is an elastic bandage, and it can be procured at most any first class drug store or at Lowe & Campbell's in Kansas City, if you cannot get it in your home town. I would get either a two or a two and a half inch Ace bandage and wrap it circularly around the knee.

In my new book, "Better Basketball", I describe the taping and bandaging of the knee. It would give it much more support to use an adhesive tape bandage on the knee, as is set forth in my book, and then support it with the Ace bandage. The elastic bandage that you are wearing now is perhaps an Ace bandage. I would not be afraid to try it out with this bandage on, and see how it goes.

Doubtless you can get my book either from your library or perhaps your coach has one. I am sending you a pamphlet describing the book, and it might be that your coach would be interested in the volume because it gives a full chapter on the treatment of athletic injuries.

Generally, the difficulty so far as the external condyle is concerned is not nearly so serious as if it were the internal. Generally the internal ligaments give much more difficulty than the external because the angle of the femur as it articulates with the knee has a tendency to throw the weight in, increasing the strain on the lesser side and increasing it on the external side. For that reason, I believe you would be safe in taking a few chances if your knee is well protected. You can readily realize that it is rather difficult for me to offer advise in a situation where it is impossible for me to see the knee. Anyway, I wish you good luck.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH