

Q.W. Crosby,
160 W. 73rd St.
New York, N. Y.



VIA AIR MAIL

Mr. Jesse Crosby
Bartle.

Oriente Prov. Cuba

VIA AIR MAIL

am mailing this at P.M. 17. Tuesday. I would be glad if you should let me know just when it reaches you or better yet return the envelope so the money may be used for the marketing.

160 W. 73rd St.
New York, N.Y.
August 17, 1937

Dear Bro Jesse! -

It does not seem possible that your last letter - as yet unanswered - could have been so far back as June 12th; but anyway that is the date it bears. And this letter is going to be very limited, for the reason that I have just been to the P.O. checking up again on air mail; as per my P.S. on back of my page in Family Letter, which you should have received some days ago. Just now I took an envelope, and some sheets of this paper to the P.O. and had them weighed. Found that this envelope and two sheets of paper weigh a little less than 1/2 oz. while three sheets makes it a little over the half oz. The Cuban A.M. rate is 10¢ per 1/2 oz. or fraction thereof, so as soon as the weight passes the 1/2 mark it calls for another 10¢, be it ever so slight - that is the extra charge is not based proportionately on the exact amount of over-weight; but in steps of 10¢ each.

On the last family letter that you sent A.M. to me you put 20¢ and the letter weighed (apparently 2 oz) so I suppose you - or perhaps your P.M. - were figuring the rate at 10¢ per oz. instead of 10¢ per 1/2 oz. So I am confining this letter to two sheets of paper and trying it out again. Information here is to the effect that there is a daily Air M. crossing from Miami to Havana - whereas I understand the boat only runs two or three times per week. Suppose the A.M. is to H. only, and via train the rest of the way.

Everything has been under such a strain, and commotion here, that I have felt bewildered at my every attempt to authorize a letter to you;

and this has been a principal factor in the long delay. The strike - referred to in my page of F. letter - at S's plant has been partly settled, and operations started on about a 50% basis last Monday. For the time being the firm seem to have had very much the advantage; but from what S. told me last night it seems very certain that they have manifested quite a little too much of that militant spirit, and created a needless offence that is likely to come back on them with more trouble - if not a real knock-out letter.

There ^{are} strikes all around here - you in this highly civilized section of residential Manhattan. And some times the juring and yelling and singing goes on on till midnight and sometimes long after, in 72nd St at our rear. Most of the numbered cross streets here in Manhattan are quite narrow, and as the buildings mostly very tall (this one is 14 stories, and we are on the 13th) it takes lots of street room for cutes so the east-west traffic is limited to one way on alternate streets. 73rd St (our front) is a west bound traffic street. But 72nd street is very wide and carries double traffic, and as our apartment is on the rear side of the building, and the most of the buildings between us and 72nd St are only about half as high as we are, and some still less, we have a very good view - both orally and optically of what is going on down there. And the regular daily and nightly din of traffic never stops day or night; and when this is added to by frequent passing of screaming fire trucks, police cars, reporters cars; and raging strikes

and every one - men and women all
 smoking everywhere, it is most distracting
 and confusing. I am hoping, planning
 and praying not to be here much longer -
 as I do not see that I am able to do much
 here for D. or anyone else.

I have a very distinct hope of seeing
 you sometime during the dry season - if
 God permit; but you must not burden
 yourself as to the finances - God will
 take care of that for me.

There are a number of things very
 much on my mind and heart & I think
 that I should like to tell you about, but
 have been very reluctant (on account
 of labor involved for both of us) to
 open up the subject by letter; but I think
 I may do so on one or two points a
 little later, preparatory to the more difficult
 ones when we can get together either
 here or there. In the meantime I have
 been praying much about you and
 for you, that I might be given grace to
 speak wisely and at his time. The unanswered
 I am taking into careful consideration all
 that you have written, ^{really two}

Now just there is one point that I want
 to open up a little in this letter - it may
 come as a surprise to you at first - but
 if you look carefully into just what I mean
 you will profit very considerably thereby,
 I am sure. It is physical culture. Way back
 in Zion College days we were taught that the
body should be cultured (or cultivated) as
 well as the mind and spirit. But those
 teachers that the Dr. put in charge of that
 work (he could only look after the spiritual

and mental part himself) never seemed to make even a decent start at the combining the physical with the spiritual and nothing came of it. The breakup of the effort ends along two lines - one line went so far to the extreme of the physical development that they soon left God out ~~out~~ altogether, and the more spiritually minded ones became alarmed at this perversion, and left off all physical culture, and took ~~took~~ the spirit for everything - this of course was better than the other.

Now standing somewhat between the physical and the spiritual, is the mortal or as more often expressed "psychological" which I have seen this last year as I never did before in its real meaning. From my own terrible heart breaks and the convulsing emotions I have been able to understand some very vital things; and it is along this line that I feel I shall be most able to help you. In my own mind I have felt for a long time that probably no one man in the world today knows as much about real physical culture development as Dr. McFadden; but because of general aspect of rudeness in his publications, I have shunned them. However he has some special articles at times that I have needed to read and have thus kept in touch somewhat with him. But now I have come to see that I must take very earnest hold of the really good things that he has and annex them to the spiritual, and for several months have been doing this more and more, always praying that may be kept from silly extremes. Am sending you Aug. P. Culture, especially that you may read what an old man of 90 says "Life begins at 60" (I can verify that even now in my own experience) I wish you would also read the article on athletics manning, and study the psychology of it and the Hitler article. Have just learned that Hitler is a confirmed sodomest - do you understand the meaning of this term? Must close now. Love and Prayers. Clarence W. Crosby
 May God bless you.