The Baseball Research Journal (BRJ) was created in 1972 to provide a unique mix of cutting-edge baseball research and historical and biographical articles. The journal offers a unique mix of cutting-edge baseball research and historical and biographical articles, providing a platform for members to publish and share their research. Before Ron Blomberg stepped into the batter's box on April 6, 1973, as the Major Leagues' first designated hitter (DH), he sought the advice of one of his Yankees coaches, Elston Howard, on how he should handle this new baseball position.

The historical evolution of the designated hitter rule - This article was published in the fall 2016 Baseball Research Journal.