Challenger to the World for Ten Years.

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Holder of Certified World's and British Weight-lifting Records.

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The Largest National Physical Culture Advertiser.

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Over One Million Pupils by Postal Courses.

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The World's Record for Proved Results, over 50,000 Testimonials certified by Accountants Certificates.

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Accepted by the leading Medical Associations.

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Contributor to all the leading Health and P.C. Journals.

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Trainer to countless Champions and successful Athletes.

8/23/42

September 23rd, 1937

E. D. Coultar Esq.,

Dear Sir,

I am in receipt of your letter and we are always trying to improve the International Course and we have found that the best results are to be obtained by working one full lesson on each day, and adjusting the resistance so that the muscles ache at the end of 12/18 movements. The Ron Walker album has been sent to you under separate cover. If there is any point on which I can assist you I shall be pleased to do so.

Yours truly,

Ch Broom