BROOM HALL
HOLDERNESS ROAD,
HULL.

Dear Sir,

I have pleasure in enclosing your sixth lesson and whilst this is the last of the actual lessons the instruction is by no means finished.

In connection with this Course I work an After Sales Free Service whereby all pupils are entitled at any time to ask my advice on any matter relating to health or development of physique. This service is proving to be one of the greatest factors in making this Course such a success as regards results.

It makes it more than a P. C. Course and makes failure to get satisfactory results almost impossible. Once a pupil always a pupil.

Yours truly,

[Signature]
BROOM'S INTERNATIONAL COURSE.

LESSON 6.

BY H. BROOM.

World's Premier Physical Culture Expert.

BROOM HALL,
HOLDERNESS ROAD,
HULL.
This is the sixth lesson, and the last, of the International Course and is perhaps the most important of all and consists of Diet for Weight and Strength increasing where weight increasing is required and also the secret Indian Dand exercises.

I want all pupils to clearly understand at this stage that although this is the last actual lesson the Course is by no means completed. By my guarantee, once a pupil always a pupil, you are at liberty at any time to use my "After Sales Free Service" by which I will advise and prescribe methods for you without further charge. It is only by using this service that the best results can be obtained. Further instruction will be sent even in the shape of extra lessons until you have the desired results. This feature makes this an entirely different Course to any other.

I fully realize the difficulties in prescribing a diet and therefore have made it to cause as little alteration in your daily programme as possible. Furthermore, except in curative cases where physical culture and health care methods are being used for the removal of some complaint, I do not in the case of athletes training to improve themselves at some particular sport, or the physical culturist aiming to increase his bodily fitness and muscular development, believe too much in diet, rather relying on plain sound food and suitable liquids.

The question of liquids is one which is sadly neglected and also not understood as much as it should be in relation to Health and Strength gaining. The human body is fully three quarters composed of liquids and therefore liquids play an important part in the building up of tissue as does food. Liquids, however, must be taken at the correct times and mix properly with the foods.
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I do, however, advise all athletes to cut out pastry, strong tea, over-waterted foods, pickles and acid foods.

The question of meat has always been a debatable point but I think a moderate amount of meat to athletes is quite in order, but suggest fish boiled in milk to be a suitable substitute for too much meat.

Daily Programme.

The greatest difficulty is in all these cases the varying conditions and times which pupils experience, but the following is suggested as a daily programme which can be adhered to as near as possible and which will be found suitable for most athletes. In those cases, however, where it is impossible to carry out these suggestions I will always advise pupils if they will send me details of their particular hours and mode of life, hours of work etc., etc.

During the night, however fit a man may be, certain poisons arise and accumulate on the tongue and in most cases may be visible by the whiteness showing at the back of the tongue. This should be first removed immediately upon rising by rubbing the tongue with a piece of cloth or clean towelling which should be kept for this purpose, or cleansing with some suitable material, such as the back of a spoon, using the handle and only, which should be kept for this purpose, and washed thoroughly after each usage in hot water.

Professional Boxers and Wrestlers, in fact most athletes always keep a piece of whalebone for this purpose at the bedside and the very first thing on rising this is done to prevent these poisons from passing into the system.
If this poison accumulates on the tongue it also does further down which naturally cannot be removed in the same manner. Therefore, the next thing after the cleansing of the tongue should be to take a full glass of cold water and thus dilute and wash away these poisons.

The majority of poisoned stomachs, indigestion, intestine troubles would never happen if this cleansing procedure was carried out regularly, and I hope that you will see that this is done.

It has been termed a fad to do this, but it is not a fad to cleanse the mouth and stomach, and the person who termed it so much was laid up three months with a poisoned stomach, and had in the end to use strong poisonous medical mixtures to do the same work as the procedure he termed a fad would have done. We now do this regularly.

I hope each pupil will make a definite programme on rising of the above suggestions. Cleanse the tongue and then drink one glass of cold water.

**Breakfast.**

This meal can consist of bacon and eggs, poached eggs, cold fish, Scotch eggs and milk or suitable fruit in season, with bread and butter.

Weak tea to be taken after the meal.

Between breakfast and dinner drink two glasses of cold water.

**Dinner.**

This meal can consist of a selection from the following:—
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Roast Beef, roast or boiled mutton with potatoes and one vegetable, milk puddings or such pies as Apple or plum etc.

One or two glasses of cold water should be taken between dinner and tea time; but no liquid of any kind should be taken with dinner.

Tea.

This meal can consist of fish boiled in milk or cold meat with bread and butter; fruits in season with custard; bread and butter; bread and cheese or plain cakes.

A glass or two of water should be taken between tea time and retiring.

I do not advise suppers, but if this is required a glass of milk can be taken before retiring.
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Rules for Lesson 6.

The International Course consists of six lessons but by my guarantee the pupil is entitled to "After Sales Free Service". This unique feature enables me to fulfil my guarantee to all pupils because they have my advice at all times regarding their physical welfare without further charge.

Remember, once a pupil, always a pupil. Therefore, this is the only course which it is impossible to copy because no other expert can give this "After Sales Free Service" offer.

It also makes me able to use the pupil's results at any time and works to our mutual advantage making it more than a physical culture course of instruction.

I suggest that you will find that the best results are now obtained by working one full lesson on each day, or that the lessons are arranged in some similar manner to suit your own times. In any case the full course should be adhered to, and not as many of the lessons specialized upon to the neglect of the others, because every exercise is sent for a particular purpose, and has a bearing on another exercise perhaps in another lesson.
Indian Mud Exercise.

These exercises are a course in themselves, and are the secret exercises used by the Indians. I believe this is the first time the actual exercises have been published. The famous Indian wrestlers, men of 15 stones or more in weight and possessing lightning-like activity, trained only on these exercises.

Relaxation.

For a few minutes each day the pupil should thoroughly relax every muscle in the body. Although this may only take a few minutes it is a long time, and a long rest to the muscles which are in use all the time. The pupil should lie down at full length and relax every muscle in the body, breathing slowly, and just under the normal rate. Remove all thought, and try to make this a short period of utter relaxation, both for the mind and the body. It will be found difficult at first, and perhaps for several weeks, to control the mind, but after a certain amount of practice it will be found that complete relaxation of the mind and body can be carried out, and that it is possible to remove all thoughts and practically think about nothing, and also that such control and perfect relaxation can be accomplished. It will be found then the pupil is able to do this properly, that he experiences an entirely new feeling, because in these few minutes the whole body is resting, and in the short time is renewing vital energy. Also you will experience a feeling of fitness and have both bodily and mental vigour which you did not possess before.

Make this period of relaxation a gradually increasing one, commencing with about 2 minutes, and gradually adding to this as your time will allow.

It will also be noticed that many of these exercises are performed lying on the ground, or are ground exercises, but if the pupil will study the principle carefully he will find that every part of the body is nourished either directly or indirectly, and the internal and vital organs
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Indian Rutsa.

are vitalised by the great spinal nerve centres being improved.

Exercise 1. Take up the position as shown in Figure 1. Keep the arms straight and make outward steps with each hand; try three steps at first and slowly return to Figure 1 position by steps with the hands. The pupil must not attempt to go too far at first otherwise he will not be able to get back again. 5 times at first making three steps with each hand for each exercise. Gradually increase the number of steps and also the number of repetitions.

Exercise 2. Take up position as Figure 1. This time, however, make the steps forward with the hands forward of the head. Take three steps at first and return in the same manner to Figure 1. Gradually increase the number of steps and also commence at 5 repetitions, increasing gradually to 12.

Exercise 3. This is a much more difficult exercise, and if it is found too difficult at first it should only be attempted once to start with. Take up position as Figure 1. Now take backward steps with the hands bringing them under the chest in the same manner. Commence with one and increase to six backward and forward movements.

Exercise 4. Stand about 8 feet from a wall and have the hands on the wall, level with the shoulders as shown in Figure 2. Now bend the elbows but keep the feet in commencing position and bring the chest to touch the wall. It will be found that the tension is placed on the spinal muscles. Press up again and repeat 6 times. Tense the spine well.
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Exercise 5.

Take up position as shown in figure 3 having the shoulders on the ground. The feet can either be as shown or flat on the ground. Now raise the shoulders and bring the head to the ground thus forming a wrestler's bridge position. Lower again to a ascending position and repeat until the neck muscles ache. When in the bridge position hold for a second or two. It is advisable to have a cushion for the head if the exercise is being done on an unpadded floor. 5 times.

Exercise 6.

Take up position as shown in Figure 4. Now raise to position as figure 1 and return again to Figure 4 position keeping the arms straight all the time. Hold for a second or two in each position and when in Figure 4 position tense the spinal muscles.

Exercise 7.

Take up position as shown in Figure 5 and have a short rod resting across the knees. Now pull strongly against the rod resisting the pull with the knees. Hold for a second or two and relax and repeat 6 times. Increase the time the tension is held and increase also to 12 times.

Exercise 8.

Exactly the same exercise as exercise 7 but this time have the palms upwards and attempt to bend the arms at the elbows, pulling against the rod with the biceps. Tense the upper part of the arms whilst doing this exercise. Hold for a second or two and repeat 6 times. Increase to 12.