Broom Hall,
Holderness Road,
H U L L.

Dear Sir,

Please find enclosed the third lesson of the International Course.

The fourth lesson is an important one and I therefore ask you to send in a report of your progress at the end of this lesson.

Yours truly,

[Signature]
BROOM'S INTERNATIONAL COURSE.

LESSON 3

BY H. BROOM.

World's Premier Physical Culture Expert.

BROOM HILL,
HOLDERNESS ROAD,
HULL.
Brook's International Course.

Breathing and Abdominal Exercises.

Lesson 5.

It is advisable throughout this Course not to overtax the muscular system by doing too many exercises each day, but rather by varying the full programme to prevent any set becoming monotonous. The pupil is now performing the Will Power movements and tensing exercises each day between the Spring Grips and the tensing exercises on the other days, and this may be plenty for the time at the disposal of the pupil. If, however, your time allows, then the methods in this lesson can also be done daily. If you are not able to do these daily, then the best plan is to work each lesson on each following day; the first on Monday, the second on Tuesday, the third on Wednesday and so on. This will undoubtedly be the most suitable method for most pupils.

The development of the abdominal muscles is a very important factor in strength gaining. A well-developed set of body muscles greatly assists perfect digestion and prevents or removes such troubles as constipation, and its train of disorders and other effects.

It is not always those men who can show clearly defined body muscles who are best developed in this respect. A great number carry a layer of flesh over these muscles which prevent them showing with such detail as those who are finely drawn, but nevertheless, the muscles are developed just the same, and in some cases much better than those who can show clean cut development.

Well developed abdominal muscles also assist in better breathing, and in this lesson I have included several breathing exercises which will assist in the dual purpose of increasing the lung capacity, chest development and also improving the abdominal development.
Lesson 5.

Deep Breathing.

Deep breathing is one of the most irrational of all physical culture theories and the belief that one can secure health and strength by mere deep breathing is nonsense. Not only is there no advantage of forced breathing as commonly taught but the practice is likely to defeat the object for which it is intended.

I do not wish to be misunderstood here. I am not condemning the deep breathing which is naturally induced by healthy systematic exercise.

The chest and lung development occupies a very important part in my methods. I simply want to point out the erroneous idea of forced breathing. I have a strong point here because my breathing methods are practically the only ones accepted by the Medical Authorities and this method of diaphragmatic breathing exercises are the only form of internal massage known to Physical Culture science.

In the first place forced breathing is not natural. Nature has provided for us adequately in this respect. Voluntary breathing when one is not engaged in exercises will not add to one's energy one atom. There is no reason why the lungs should be overdeveloped anymore than the kidneys or heart and the fact that a man has increased the size of his lungs does not improve his powers in this direction. There are other matters to be considered.

Assertions have also been made that it is possible for a strong man to have weak lungs. No one can possibly have great strength if the lungs are weak.
Stop and consider this. So long as strength is in the blood, in the entire system and the brain, especially in the functional and vital organs which create and build energy, the muscular system may be regarded only as the machine for the expression of the power of energy. This machine like internal vigour is built by the natural activity of the muscular system itself or, in other words, by the machinery itself.

It is not that strong men have weak lungs or other internal organs. The truth is they have exceptionally strong organs, otherwise, they could not acquire or control the strength, and the region by which strength is gained is the abdominal and lung regions.

No one can box a twenty round contest, play a fast game of tennis or football, lift weights or take part in any athletic contest if the lungs are weak. There is, however, just one other side of the argument. Some years ago I used the old-time breathing methods in pupils cases not knowing better, and the pupil would continue those exercises for years and show no signs of increased chest measurement. I studied and looked for the reason and Dr. Harvard, of the Harvard University U. S. A. and perhaps the greatest authority on breathing methods in the world, put it this way.

If you insert a football bladder inside the case and inflate it you cannot make it any bigger than the case will allow irrespective of how much air you put into the bladder.

The same applies to lung development and the flexibility of the chest has to the greatest extent the ruling of the lung expansion.
Therefore, it is first necessary to obtain flexibility of the chest by muscular effort only, without the assistance of the lungs and by breathing naturally throughout the expansion of the chest.

This in itself is an entirely new method to most physical cultivators and is of the utmost value.

When this expansion of the chest by muscular effort is gained, then by natural breathing caused by exercise the lung power will be developed and the chest will naturally increase in size.
Lesson 3.

Exercise 1.

Stand in position as Figure 1. The position of the arms need not be as shown. They can be at the sides if desired.

Now simply endeavour to lift the chest by muscular effort having no assistance from the lungs but breathing normally throughout this exercise.

Lift the chest as high as possible and hold a few seconds trying all the time to lift the chest higher, relax and repeat 10 times gradually increasing the time the chest is held lifted.

Exercise 2.

Take up position as shown in Figure 2 having the hands joined and resting on the pit of the stomach.

Now slowly expel all the air from the lungs by blowing through the mouth. When the lungs have been emptied as much as possible, draw the abdomen up into the chest and lift the chest at the same time with the lungs still empty. Hold for a second, inhale and repeat 6 times.

This is the first movement of the abdominal control and the first sensations may be peculiar but no harmful effects can happen, this being the true form of abdominal breathing and the first movement of the internal massage. It is far more effective and beneficial than all breathing exercises added together.

Exercise 3.

This is the next stage towards gaining the full and true abdominal breathing method and abdominal control and this is looked upon as one of the hardest feats of muscle control. Unless you are an advanced athlete you must not expect immediate perfection.
Lesson 3.

Expel all the air out of the lungs as in exercise 2. Draw the abdomen up into the chest with the lungs empty and whilst empty press with the joined hands on the pit of the stomach. It will be found after a short while that the abdomen walls will fall forward thus giving the double sided abdominal control. When this has been thoroughly acquired by pressing more to one side than the other the one sided abdominal control can be performed, only one side of the abdominal wall coming forward.

Exercise 4.

Lie flat on the ground with the chest touching the floor. Now press up with the arms until they are straight to position as figure 4 but keeping the abdomen on the ground all the time.

Continue six times and when in position as figure 4 hold for a few seconds bringing the tension on the spinal muscles at the small of the back.

Exercise 5.

Lie flat on the ground on the back with the hands behind the head. Now bring the left leg up over the body by bending the knee and then the right leg in the same manner. Continue with the movements until you work a cycling movement. This exercise affects the abdominal muscles. Keep the heels off the ground throughout this exercise.

Exercise 6.

Exactly the same as exercise 5 but this time send both legs out together and bring them back by bending the knees. Continue until the body muscles ache.
Lesson 3.

Rules.

1. Perform the Will Power Movements in Lesson 1 and the tensing exercises in Lesson 2 each day.

   The Spring Grip dumb-bell exercises in Lesson 1 and the exercises in this lesson on each alternate day.

2. Study the muscles used in these exercises on the Muscular Chart sent with Lesson 2.

3. Do not overdo your training. The best time to exercise is in the evening about 1½ hours after the evening meal. If stiffness appears take a day or two rest, but never lose interest in the lesson.

4. Drink plenty of water between meals. 6 glasses per day is a reasonable quantity.

5. Massage the body muscles after exercise. Brown's Hilo Massage Cream is specially prepared for this purpose, being the only massage cream and muscle builder made 1/- per tube or tin.

6. Report your progress before the next lesson falls due, and make full use of the "After Sales Free Service". I am out to make this course the most resultant in the World and I look to each pupil to assist me by taking advantage of this service.

We have no failures with this Course.