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**VYAYAMASHALA AND PHYSICAL CULTURE
CORRESPONDENCE SCHOOL**

BANGALORE CITY (INDIA)

PHYSICAL TRAINING THROUGH CORRESPONDENCE.

REDUCING OBESITY.

FOR THE NEGLECT OF OUR BODIES, FOR OVER-INDULGENCE, FOR LAZINESS, WE ALL HAVE TO PAY A PENALTY ONE WAY OR THE OTHER; AND THIS PENALTY USUALLY IS A HEAVY ONE. ON THE OTHER HAND, FOR A SMALL SPEND OF TIME AND TROUBLE WE GAIN EFFICIENCY OF BODY, ALERTNESS OF MIND AND A GENERAL FEELING OF WELL-BEING.

Each individual is a law unto himself both as regards his physical and mental make up, and many factors go into the making of his normal weight: the general build of the person, his Muscular development, heredity, and even Nationality. All the four affect one's normal, or mean-weight.

WHAT IS MEANT BY MEAN-WEIGHT?

The 'mean-weight' of a person is that which has been his for some considerable time prior to any marked increase in weight. Thus a man of thirty, five foot six high in height, may have weighed 10 stones approximately in his usual dress for years on end. So, ten-stones (140 lbs.) is his 'mean-weight'. Likewise, if another person of the same age and height weighs only 9 st. 7 lbs. and has been that for a number of years, his 'mean-weight' should be taken as 9 st. 7 lbs. only. Now, should these persons in a relatively short period show an increase of six to eight pounds in weight an early tendency to obesity is plainly indicated and should be treated accordingly.

It does not matter if both these cases do not correspond as to weight in the age-and-height tables (vide table). It is important that on no account should reduction below this 'mean-weight' be attempted. To lower it below this 'mean-weight' by fasting, dieting, drugging or other means is dangerous.

For reasons already indicated, the exact number of pounds regardable as best for a person about whom nothing else is known beyond height and age, cannot be stated. These tables are compiled by striking a statistical average of many thousands of persons, some more, some less than average. The bony frame-work in some nationalities is thicker while in some it is rather thin.

The height and weight table does not allow for any footwear, and clothing; except thin underwear and shorts.

HEIGHT-WEIGHT TABLE

Height	Average Weight	Range of Weight	
		Minimum	Maximum
5' 1"	118	115	120
5' 2"	120	117	124
5' 3"	123	120	126
5' 4"	125	123	130
5' 5"	130	127	135
5' 6"	134	130	140
5' 7"	138	135	145
5' 8"	142	139	148
5' 9"	146	143	150
5' 10"	150	148	153
5' 11"	153	150	158
6'	156	153	162

Growth and development are usually complete in men somewhere about their twenty-fifth year. Once the body has reached normal adult development, increase in weight is almost invariably due to accumulation of fat. A certain amount of fatty tissue is necessary, and all fat favourable to health is usually acquired within five years of the completion of growth and development: that is, by the age of thirty in men. Fortunate indeed are those who retain it.

Two rough and ready methods of calculating approximate ideal weight may be mentioned. In both these cases they relate to the body stripped of clothes:—

1. Assuming 115 lbs. as the standard weight in India for 5 ft. add 4 lbs. for every inch above that height.
2. Take the number of inches by which your height exceeds 5 ft. multiply by $5\frac{1}{2}$ and add 105. (American average) some margin must be allowed for build, say, five per cent.

The object of fat in the body is to provide a reserve of fuel, but it does not make you better off to have surplus reserve. This law is contrary to the accumulation of riches.

The obese person should always bear in mind the basic truth that fat comes from food, and food only; not from water, nor as a gift from heaven; and the sooner this simple truth is recognised, the better. So a restriction of fat-forming food in the daily diet necessarily checks obesity.

Obesity may be due to disturbed functioning of the glands within the body even when the supply of food is within normal limits. The body is more prone to store the fat owing to defective energy formation (lowered metabolism) through faulty or impaired glandular secretions, especially that of the thyroids.

Obesity due to external causes arises from a too abundant intake of food or from insufficient exercise, or both; but it does not exclude cases where metabolic processes, i.e., those concerned with energy transformation in the body, are defective. This type of obesity is encouraged by (1) A decreased response to physical exercise; (2) Faults of posture, temperament or occupation and (3) An avidity for different kinds of food.

The muscles and internal organs are a furnace in which this fuel is burnt, and so long as the intake of food is adequate, there is no need to call upon this reserve. The glands in the body act as bellows which keep on fanning the flame.

Realise how important the bellows are to a furnace. If the bellows be leaky, weak or slow, combustion is slowed down and less fuel is burnt. If a proper balance should be maintained with neither loss nor gain in weight, your intake of food must be equal to the release of energy from this burnt fuel. Different kinds of food produce different amounts of heat, which, the food scientist measures in calorie units.

A potato of medium size is equal to the energy expenditure involved in playing 9 holes at golf. A glass of milk equals a walk of 3 miles; and a cube of tea-sugar equals a walk of 1/3 mile. When you begin to measure food values in terms of such activity, it should not be difficult to note just how much probably you are over-eating.

If, year after year, you eat more food than is required to meet the energy demands you make upon your store, you gradually tire out the bellows and choke the furnace. You will cumber the body with fat. Probably it has taken you years to accumulate that vexing excess of fat. But, do not expect to get down to normal weight in 10 or 15 days. Distrust men and methods that offer to do it for you.

A great physiologist experimented with numerous methods of reduction, advised his obese patients not to waste time and money on Doctors, slimming exercises, fasts, special diets and the rests, but to carry out two simple rules:—

1. Eat everything you don't like.
2. Do everything you don't want to.

But, mind, this is no chart to license! Reducing the obese masculine form to the masculine form divine, which today means a 'perfect physique', requires an extensive and exact knowledge of physiology, hygiene and dietetics. It requires a personal control of habits.

Fatness is disease. It may be due to a lowered functioning of the glands, or to physical inactivity, or to rich fattening foods. One gets fat from one cause and another from some other; but, he does not care to consult a Doctor because, in nine cases out of ten he thinks he is quite normal and getting fat is in the natural course of events. In India a fat man is honoured since it is considered to be a sign of riches, ease and comfortable living.

Within the past 8 or 10 years two drugs of a highly dangerous kind have been discovered by the medical profession; and America made capital out of it selling it to the crazy women who considered slimming a fashion. In some cases this drug reduction resulted in death. These drugs were known as: thyroid extract and sodium dinitrophenol. Even in the hands of skilled physicians these drugs have produced harmful results. The results from the indiscriminate use of thyroid

are very serious. Sodium Dinitrophenol is of course less dangerous. Chemically, it is closely related to Nitro-glycerine and dynamite and is just as dangerous. It is a chemical used for dye-stuffs and making explosives. Both chemicals speed up the metabolism of the body; Dinitrophenol burns up, fat and flesh too. If too much be taken the patient burns himself to death. This drug brings about the cataract of the eyes, injures the heart, the Kidneys and the Liver, permanently. In America, hundreds of women went blind and a large number died early during 1936 and 1937 when this drug racketeering there was at its highest.

Health and longevity can be determined to a large extent by the size of the waist and hip-line. If you eat more than you need, the waist line increases automatically. The contents of the alimentary canal materially increase, calling for greater capacity within the region of the waist line. And increase in the size of the waist-line indicates waste; a waste of energy required to rid the body of surplus foods, and then, a waste in the amount of foods consumed.

It has been definitely proved by statistics that one who is overweight dies earlier than the one who carries a normal weight.

Too much waist line makes one lazy. Physical activity of any kind requires greater effort. The more you eat the more you are inclined to crave. When you develop an abnormal appetite, the gaining of surplus weight becomes a matter of course; and fatty tissue is added ounce after ounce, pound after pound, until one may look like a puffed balloon.

Watch the size of your waist line carefully. When it starts growing bigger, you are definitely eating too much, or you are not taking enough exercise.

Everyone carrying around a large supply of surplus flesh, is loaded with a useless burden that materially lessens his life and makes life less endurable. Do not accumulate fat. You certainly need an amount of solid tissue to round out the body, giving it proper symmetry and outline; and the opposite extreme, the devitalised type that approaches emaciation must be avoided. The body should have a beautiful outline; never angular. There must be enough solid flesh to fill up the 'corners'.

Look out and remember! Your waist line is your life-line. It indicates definitely the time of your death. Keep the size of your waist as near as possible to that of your early twenties.

It is easy to ascertain whether the fat is external or internal or both: (1) by feeling the contracted and hardened muscular wall of the abdomen and (2) whether the abdomen is flat or bulging when lying on your back.

Lie on your back with legs straight, and lift the feet a few inches off the floor. This act contracts the abdominal muscles, and you can feel them with your fingers under the fat. If you feel the musculature tough and resisting, the fat is wholly external. If the hardened abdominal wall is close to the surface, itself bulging, there is a lot of internal fat and it requires careful dieting and much physical training.

A number of persons who have come to consult me about 'reducing their stomach', as they call it, seem to assume that every physical director has some trick by which he can reduce abdominal fat through one or two simple exercises requiring a minute or two a day. But, alas! no such easy one or two minute exercises exist to accomplish the miracle. The only way to get rid of the fat is to burn it. Strong, vigorous abdominal exercises, and fatless and starchless diet would be the only certain way. Drugging is positively harmful to the heart and to the system.

Fat men are usually lethargic; and exercise is not easy for them. They would rather consent to strictest dieting, than to jerk their limbs or flex their muscles. They are averse to physical movements of any kind and it is this aversion to active life coupled with luxurious eating habits that have made them fat. The fat does not merely stay there. It gets in between the fibres of his heart, decomposing the muscular fibres. Medical men call it the fatty degeneration of the heart. Another equally fatal condition is, the fatty degeneration of the Kidneys.

Methods of reducing, are just as numerous as the number who wish to reduce their weight and many methods have been worked out with scientific precision. These methods of reducing weight take into account the necessity of retaining normal health during the period of fasting, and so, produce satisfactory results.

The commonest of all methods of reducing excess weight is by dieting, for, many who are over-weight, take to physical exercising half-heartedly. Many, reason, that if food causes fat, stopping it altogether or reducing its quantity will take away the excess fat. Essentially this is true. At the same time, there are certain minimum requirements of the amount and kind of food which must be taken to maintain life and health. If the reducing diet does not contain these essentials one may expect grave results. In fact, a few deaths have been caused by the prolonged use of reducing diet totally void of vital food elements.

DIET.

Grasp the basic nutritional principles. This means a diet chiefly composed of fruit juice, raw vegetable salads, fruits cooked and raw vegetables (barring potatoes), butter-milk, skim-milk, lean-meat, fish, etc. This type of food provides enough alkaline minerals, Vitamins, bulk and enough protein when milk products and lean-meat are used. Bran is of special value for bulk and contains enough minerals and Vitamin B.

Fat in any form must be avoided. Sugar is the second, Starch the third.

Too much food not only makes one phlegmatic: slow mentally and physically. It slows down the functional processes over the entire body. The great vital organs that have so much to do with maintaining the life become torpid. They lack the life-giving energies essential to maintain spirit and enthusiasm, and the liveliness and animation that come with buoyant health and over-flowing vitality. Slugging the stomach with food is as bad as sousing the body with alcohol. Eating beyond the needs of the body loads the tissues with too much nourishment. It interferes materially with the purifying process of the body and the tissues become loaded with extra foreign matter.

The brain slows down and is often muddled when the stomach is over-full. In fact, brain work is greatly stimulated by extreme abstinence or fasting.

Over-eating is sin. It sends us to our grave prematurely and it robs us of aliveness while we live. The gourmand is a fertile soil for disease. His breath is fetid, and he has unpleasant body odour too.

'Eat to live and live not to eat', if you want to enjoy the good things that life gives you. Gluttons go to graves very early.

Weight reduction is not possible without applying will power to resist the temptation to eat. Such resistance to hunger can be exercised in two forms:—the one is, in not starting to eat; the other is, in stopping eating before one feels satisfied. Decide which is the easier.

Some stomachs, when empty, kick up a fuss; but are appeased with a small peace-offering. Others find that a little calls for more; and that is easier not to start eating than to start it and then quit it.

The Westerner is more addicted to overeating than the average two-meal-a-day Indian. It is easy for an Indian therefore, to keep a one meal plan and make the second an excuse or a total omission. It is possible that the one mealer may eat then more food than he needs for the whole day; but it behoves him to take only that much that he was used to take at each meal and even then avoid fat-forming foods: starches, fats and sugars.

If the stomach is left empty for a long time, it may growl. The blood-sugar may fall low, resulting in both physical and mental inefficiency. During such periods one or two tea spoonfuls of Dextrose or Glucose may be taken. Ideal things are: butter-milk, fruit and vegetable-soups and juice. Whole fruit of any kind may be taken (avoiding the starchy fruits). A glass of tomato-juice is ideal, since it is necessary not to add fuel-foods into the system while one is on a reducing diet. For example an eight ounce unit of milk has fuel value of 160 calories, an eight ounce of orange-juice has 100 calories, and the same amount of tomato-juice has only 50 calories.

The practical point is that the person who has started reducing can indulge in several such hunger quieting meals, whenever necessary.

Skim-milk, butter-milk, fruits and vegetables are the basic suitable reducing foods. If one follows this plan of eating, obviously the main meal must be bulked with vegetables. The making of attractive reducing-menus, hang chiefly upon the quality of the vegetable cookery, including the art of the uncooked salad. To make the vegetables more and more tolerable

is a matter of variety. This should include not only several kinds at one meal, but variety from day to day.

A meal composed almost wholly of vegetables with the exception of a few fruits is a successful basis for reducing fat. It can contain as many dishes as you like; a vegetable soup, cooked vegetables, raw-salad, butter-milk, skim-milk and a few fruits are ideal as a meal for the person who desires to reduce. Two more glasses of butter-milk and a glass of tomato-juice may serve to appease hunger during the day. One or two thin whole-wheat chapathies with vegetables and butter-milk may be taken at night if the person cannot bear hunger.

Dry beans, peas, corn, potatoes, sweet potatoes are to be eschewed, or, be taken in extreme moderation.

Lettuce, celery, cabbage, cauliflower, spinach, and other kind of leafy foods are excellent reducing agents.

The meat-eater may find this vegetable menu suicidal. Meat or fish is permissible, but they should be strictly free from fat either in the meat or in its preparation. But let not the quantity exceed 1/4 lb. per day.

The reducing diet should contain two very important items: enough mineral salts and enough vitamin contents to keep the teeth and other tissues of the body in health. And they should not in themselves produce fat.

These mineral salts are mainly calcium-carbonate and calcium-phosphate. There are many other needs for these minerals in the body, especially calcium-phosphate (which makes up 85 per cent of the bones and which assists in the coagulation of the blood). Lean-meat, fish, water-cress, figs, prunes and greens contain enough mineral requirements, and they are not the fat-producing type.

Vitamins are available in skim-milk, oranges, spinach, Tomatoes, Cabbages, Cauliflowers and Whole-wheat, etc.

Let us suppose that one has started reduction on a menu of lean-meat, bananas and orange or grape-juice. If the proportions were such as to secure some 250 calories from each of these three items, the total daily calcium secured would only be .075 of a gram; while with the same number of calories equally drawn from butter-milk, tomato-juice and a salad of lettuce, celery and cabbages; the calcium secured would be 1.5

grams or more than twenty times as much. The first mentioned diet would furnish but two-thirds of body's iron requirement, whereas, the second one would give $1\frac{1}{2}$ times the body's daily iron need.

Of course both these diets help in rapid reduction but the first one would impair health and the second one would not. An ideal breakfast for the person who wants to start reducing would be $\frac{1}{2}$ to 1 oz of wheat bran, in a glass of butter-milk, a couple of whole-wheat biscuits, a cup of coffee (black preferred) or tea with just a drop of milk and an excuse for sugar.

For mid-day meal. Two thin whole-wheat-chapatties or two slices of whole-wheat-bread, vegetable-soup, a big plate of vegetable salad, a glass of tomato or orange-juice, two or three glasses of butter-milk and a fruit or two.

For the night meal. One or two glasses butter-milk or skim-milk, a glass of tomato-juice (if needed), one or two thin whole-wheat-chapatties with plenty of cooked vegetables. Lime-juice and salt can be used in any quantity. This surely is no starvation diet! and quick reduction is possible on this diet with no danger to mineral starvation.

YOUR POSTURE.

Stand tall. Protruding abdomen is certainly due to the bad carriage of your body. Of course, you were not aware of it; perhaps even now you are not. If over-eating and lack of physical activity played one important part in making you obese, your bad posture did that ten times more. If you had carried your body correctly, you would have never become obese in spite of free eating.

The relaxation of the abdominal muscles gave full scope for the deposition of fat, which as it gathered, distended the abdomen more and more. This brought about a disturbance in the carriage of the body. The head left its natural position over the shoulders and came peering forward. The chest contracted by the forward droop of the shoulders and depression of the breast bone became prominent. The lumbar (small of the back) portion of the spine bent in the opposite direction and became a 'hollow'.

There is a well-known aphorism more apt than elegant which says that "after forty men put on weight in front and

women behind". This is so universal that it is regarded as inevitable, but it is entirely due to indulgence in food and drink and to total neglect of exercise.

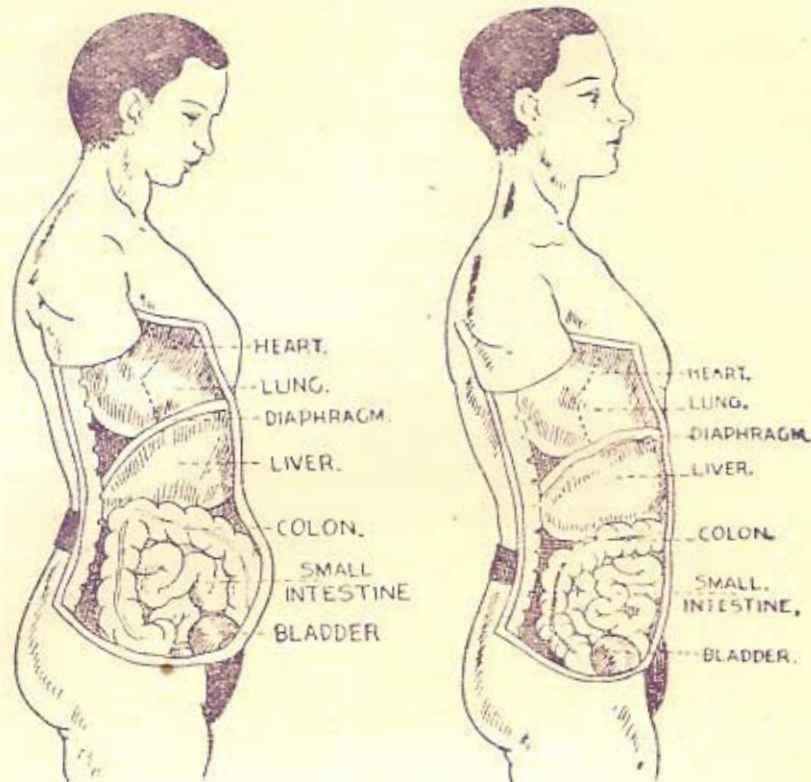
Our own conception of masculine beauty forms after the classical statues of Greece. From then to now, we have not one solitary instance of a beautiful form fashioned on fatness. The modern tailors may tax their ingenuity to the breaking point, but even the best Savile row tailor cannot hide a too evident paunch or hip. The Falstaffs, the Bluffs and Halses are better represented in legends than in one's own person.



Fat belly

Fatbelly drawn in

I have given here two illustrations of the male torso, one depicting the wrong carriage: a pot-bellied, round-shouldered type, and the other depicting carriage of the abdomen, back, shoulders and chest. In the figure depicting correct carriage the organs of digestion are held in natural positions, while in the other, each organ has sagged with the result that proper digestion and regular bowel movements are out of question (vide the two illustrations on next page).

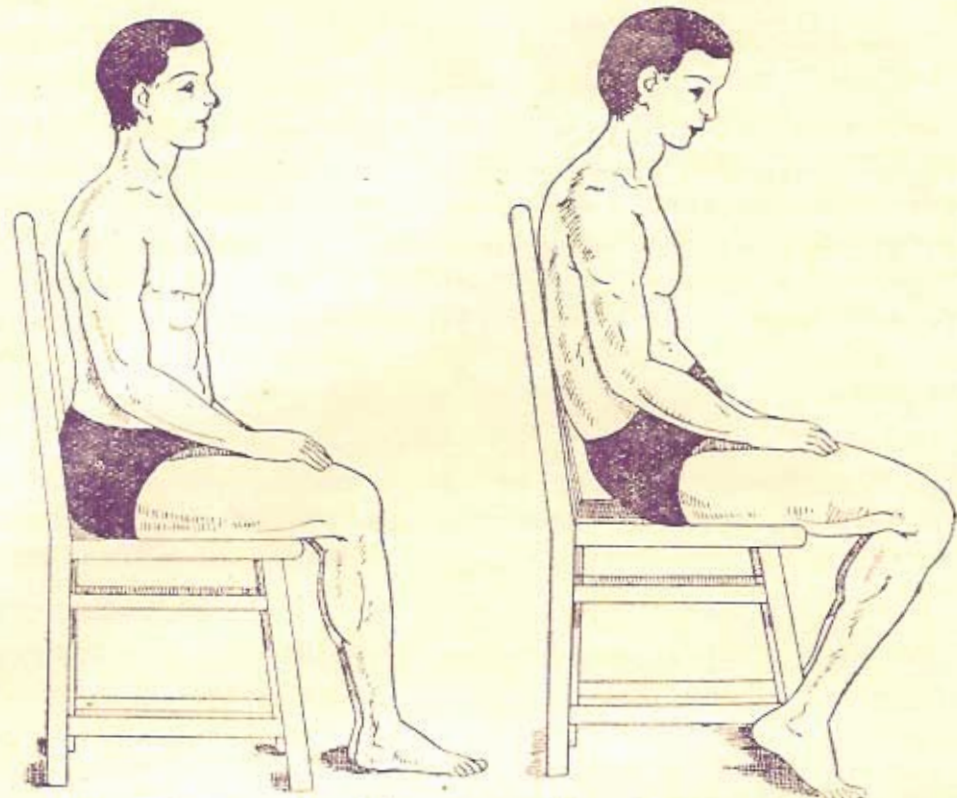


Abdominal organs sagged Abdominal organs in natural position

Cultivate correct posture always. Stand tall and sit tall. Keep the abdomen always retracted—Yes! Keep it drawn in. Give the chance for the over-stretched abdominal muscle to shrink to normal size. You have been continuously relaxing the heavy weight of your Viscera, on these muscles, so much so, they have been over stretched and they must have by now lost all contractibility.

Keeping the abdomen retracted, is I know a difficult habit to cultivate, now; but it is necessary. Massage, exercise, and strict dieting, all put together can help you just fifty per cent, but the habit of keeping the abdomen retracted, helps the other fifty per cent. And if this habit be not cultivated right from now on, there is little chance of help from the other three. A twenty minutes exercise cannot remedy a wrong of 16 hours of bad posture throughout the day.

Promise yourself never to get into that faulty posture again. Possibly you will forget it, again and again, but then



Correct way to sit

Incorrect way to sit

remind yourself each time you go wrong and set yourself right in posture, till it becomes a natural and easy habit.

MASSAGE:

Massage is very necessary if the deposition of fat over the abdomen is external, i.e., immediately beneath the skin. In this case the fat needs to be rubbed off, by friction, kneading, squeezing, rolling, etc. It is easy to get rid of this external fat quicker than the internal kind.

Abdominal exercises, however light, are rather tiresome for a beginner who is keen on thinning his waist line. He should begin with these massages and gradually take to the exercises making a slow go at them intensifying his efforts by degrees. He should know that he has to burn up lakhs of calories of fat deposits. At the same time he should take care not to shove in anything more, till all this store is burnt out.

Often I have been questioned by 'reducing' enthusiasts, why in spite of heavy abdominal exercises they do not see any reduction in their waist line. They complain, that this is damping their enthusiasm for exercise, and their belief in

exercise is waning. I do not doubt their sincerity of purpose and their ardour. Their efforts do not go in vain; no honest effort ever will. Sinking my finger deep into the layers of fat I find their abdominal muscles rigid, which formerly were flacid. The abdominal muscles have certainly been benefited, although they do not show up prominently for they are still hidden under layers of subcutaneous fat. Unless these layers of fat are removed, the abdominal muscles will not show up. Exercise alone cannot hasten it, unless it be combined with massage.

This fat lies between the skin and the abdominal muscles. Firm hard massage is necessary to get rid of this fat. Caught between the pressure of the palms from without and the resistance of the well-flexed abdominal muscles from within, this fat has to be rubbed off.

MASSAGE EXERCISES.

EXERCISE 1.—Go exactly into the position shown in illustration No. 1 with feet wide apart, trunk inclining a little forward (to help you tense the abdomen vigorously). Place the palms firmly as in



Fig. 1



Fig. 1 A

the illustration and with the abdominal muscles strongly resisting the pressure of the palms; collect all the loose fat over the abdomen between the two palms. (Observe Fig. 1 A) and give it a firm and good kneading between the palms. Repeat as many times as you can.

EXERCISE 2.—Study illustration 2. Position similar as before. Place one palm firmly over the other. With the abdomen resisting the pressure, massage the abdomen round and round, clockwise, first in small circles, then wider and wider. Again retrace to smaller circles. Repeat as many times as you can. IMPORTANT:— The resistance of the abdominal muscles must be strong.... very strong. The pressure of the palms must be equally strong.



Fig. 2



Fig. 3

EXERCISE 3.—Study illustration 3. Position same as before... Place palms one over the other against the lowest part of the abdomen. With the abdomen well-tensed draw the palms firmly straight upwards, and repeat as many times as you can.



Fig. 4

EXERCISE 4.—Study illustration 4. At first, the position of the left arm and palm will be exactly as that of the right. Now, tensing the abdomen very strongly and inclining the body slightly to the left, bring your palms sharply on your left side and stroke the upper abdomen across to the right side with every possible pressure you can wield. Release the left arm back to starting position. Now incline a bit to the right and with your right palm alighting on the lower abdomen stroke it vigorously across to the left. Release and take the right palm to starting position. Now stroke again with the left palm. Now with the right, again with the left, again with the right, and, so on. Stop not till the arms get tired and the abdomen glows red with friction and massage.

Relax. You may take just enough rest between each massaging exercise, and having finished them all, repeat the exercises once again. And, if you can,... yet again. You may apply a little (just a little) vaseline or oil all over the abdomen before massaging. This helps the palms glide smoothly.

Once and for all let me say: if the abdomen is not vigorously tensed and the pressure of the palms is weak, the massage is useless.

I am now giving you some good abdominal exercises to help you dissolve the internal fat and make the abdominal muscles strong. Those who are not yet able to do these active exercises should persist in the massages alone for another week or more and then begin the exercises, with moderate effort at the start and then gradually tone up their efforts, as they get used to the exercises.

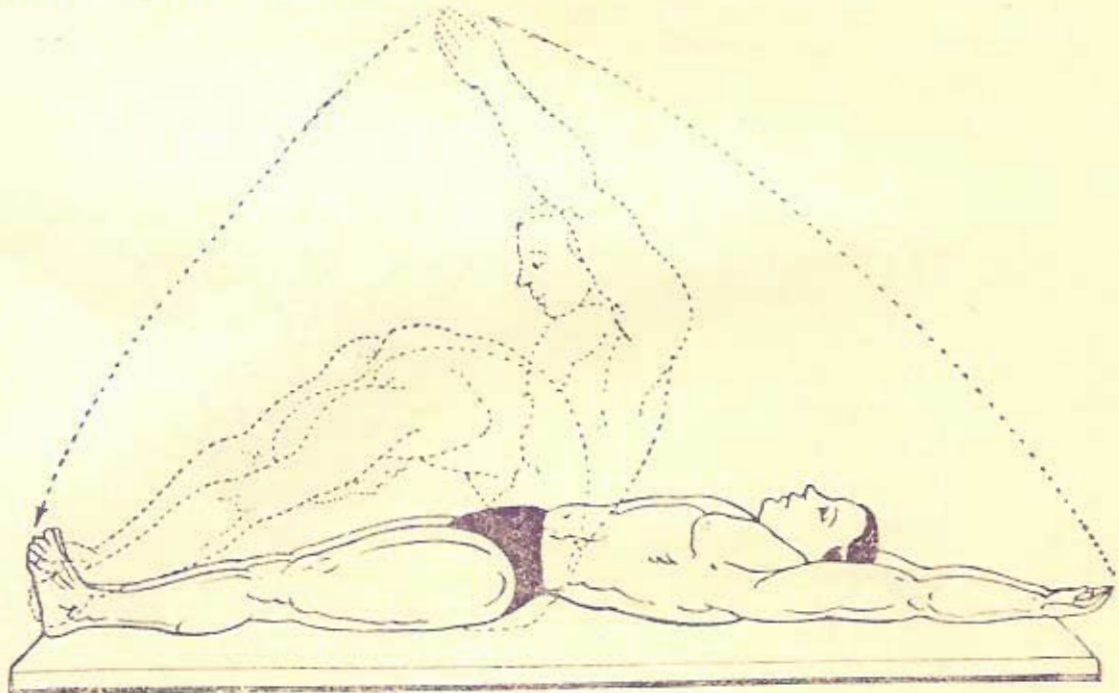


Fig. 5

EXERCISE 5.—Study illustration 5. Lie on your back, legs (straight and together), arms stretched above head. Rise up slowly to sitting position exhaling deeply and drawing the abdomen well in, bend forward and reach for your toes. As you get used to this exercise, catch both toes with your palms. Try and touch your knees with your fore-head and maintain that position for two seconds and retrace to starting position inhaling deeply. Repeat 10 times.
 IMPORTANT:— Pay attention to correct breathing. Maintain the knees rigid and straight and the head between the shoulders (both while bending forward and while going back to the starting position).

EXERCISE 6.—Study illustration 6. Stand with legs wide apart as shown in the illustration. Hook fingers and place them on the head, arms slightly pulling apart. Now get all the muscles of your left side to a state of intense rigidity. Raise your left heel off the ground with knee straight. Bend well on your left, flexing the side muscles well, till the left elbow meets the left knee as indicated by the dotted lines in the illustration. Hold on in that position for two seconds. Relax and come back to starting position. Repeat the movement on the right side as well. **IMPORTANT:**—Exhale well as you bend to the sides, and inhale deeply as you recover to the straight position. Repeat 10 movements on each side.



Fig. 6



Fig. 7

EXERCISE 7.—Study Fig. 7. Stand feet together and go into the position shown in the illustration, with arms stretched straight over head....head thrown back bent as far backwards as possible. Now start bending forwards, exhaling deeply, drawing abdomen in, keeping the knees rigid and the head well between the

shoulders. Go into the position shown in the dotted lines. Hold on for a couple of seconds and then retrace to starting position inhaling deeply. Repeat 10 movements. **IMPORTANT:**— Keep the head always between the shoulders, the knees straight, and exhale as you bend down. Try to take your head near your knees each time you bend down. It may not be possible to place your palms flat on the ground in the beginning (as shown in dotted line position), but that is what you have to achieve.



Fig. 8

EXERCISE 8.—Study Fig. 8. Stand with your legs wide apart (some 24 to 30 inches). The rest of the movement is exactly as in the previous exercise, except that you have to bend more to your left (flexing all the muscles of your left side) while reaching for your left toe; and flexing all the right side muscles while reaching for right toe. Exhale deeply as you bend sideways and inhale deeply as you straighten up. Repeat 10 movements each side. **IMPORTANT:**—Keep the

knees rigid, head well between the shoulders....
 flex all the muscles of the abdomen and sides while
 bending on the particular side; take the head to the
 particular knee, nearer and nearer, until you are
 able to bring them together for at least two seconds.

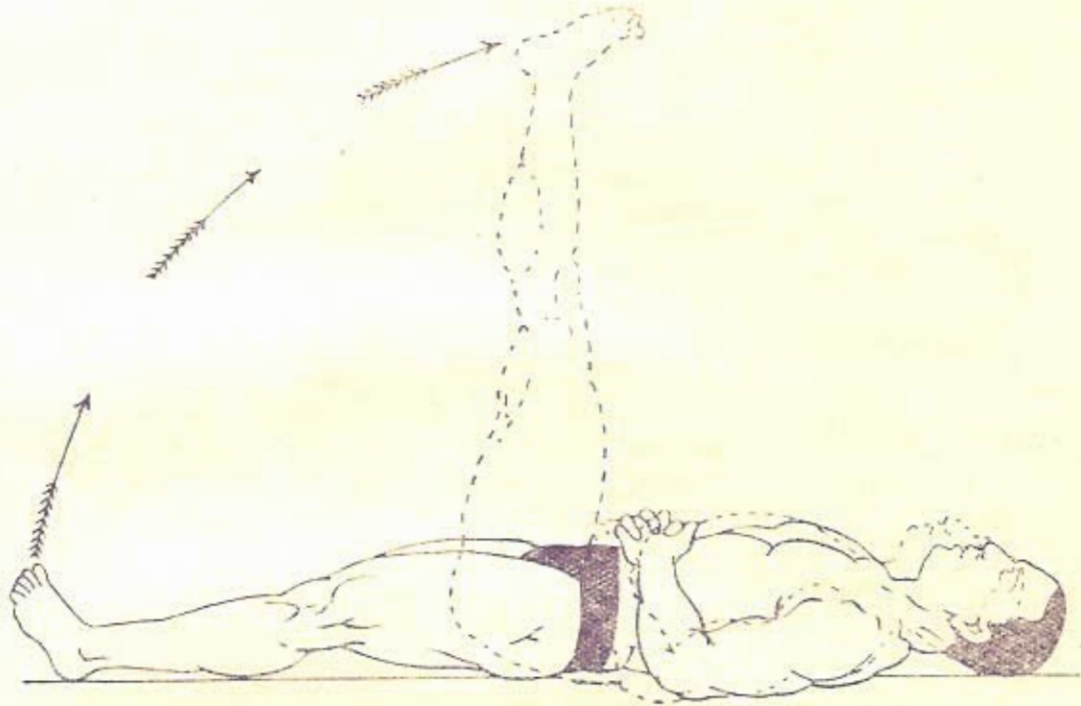


Fig. 9

EXERCISE 9.—Study Fig.9. This is an exercise combined with massage. Lie on your back, legs together and straight. Place the palms with fingers interlaced, or one upon the other, firmly on the lowest part of the abdomen. Start raising both legs together (knees straight and toes inclined towards the body) while exhaling, until they are brought to a right angle to the body (observe dotted line position). While the legs are thus being raised, draw the palms firmly upwards collecting all the loose flesh and fat of the abdomen into a lump. Hold that lump firmly in that position for full two seconds. Now start inhaling and let the legs go slowly back to the ground (Fig. 9A), while letting the collected flesh and fat slip slowly under the pressure of the palms.

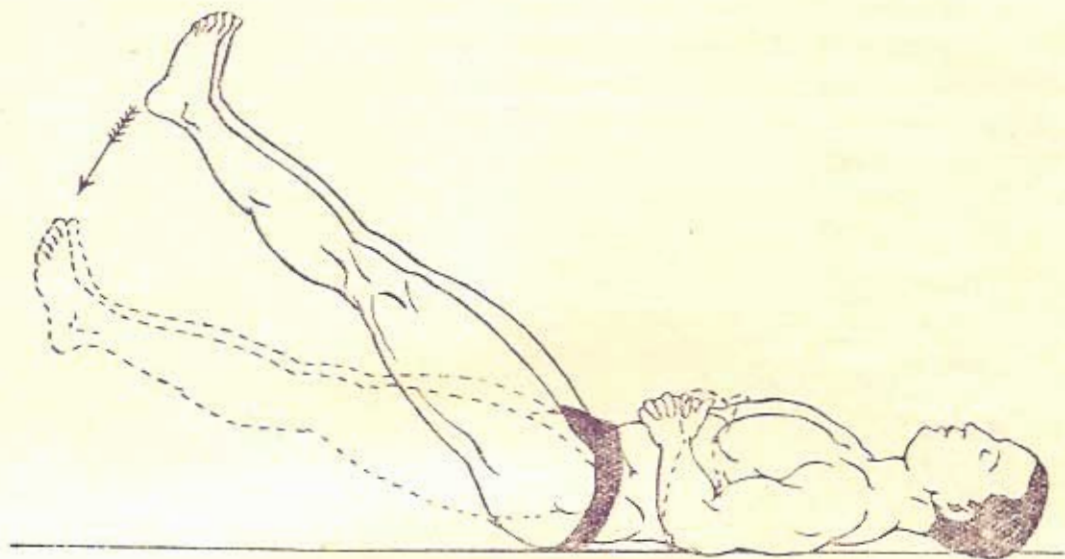


Fig. 9 A

In short collect all the loose fat over the abdomen into a lump, by drawing the palms firmly upwards while the legs are being raised, and let it slip between the pressure of the palms and resistance of the abdomen from within, while the legs are lowered back to the ground. Exhale as you raise the legs up, and inhale as they are lowered to the ground. Take 6 to 8 seconds to finish each movement and repeat 10 times.

EXERCISE 10.—Study Fig. 10. Lie on your back, legs together and fingers interlaced on the crown of your head. Now, go into the position shown by the black line in the illustration; the legs A and B representing the left and right leg respectively, and your upper body exactly to the position shown in the illustration. This will bring the abdominal muscles into a tensed state. Now, exhaling sharply bring your left leg (A) up vigorously to position (a) and meet the knee with your left elbow strongly tensing the muscles of your left side. As you retrace the left leg to starting position A, bring the right leg (B) up to the position (b). (Refer to Fig. (10 A) and meet the right knee with the right elbow. While this right leg is let down to position B, the left leg is again shot up position (a) Fig. 10 (and the left elbow meets the left knee again). Then again the right knee and the right elbow. Again the left knee and the left

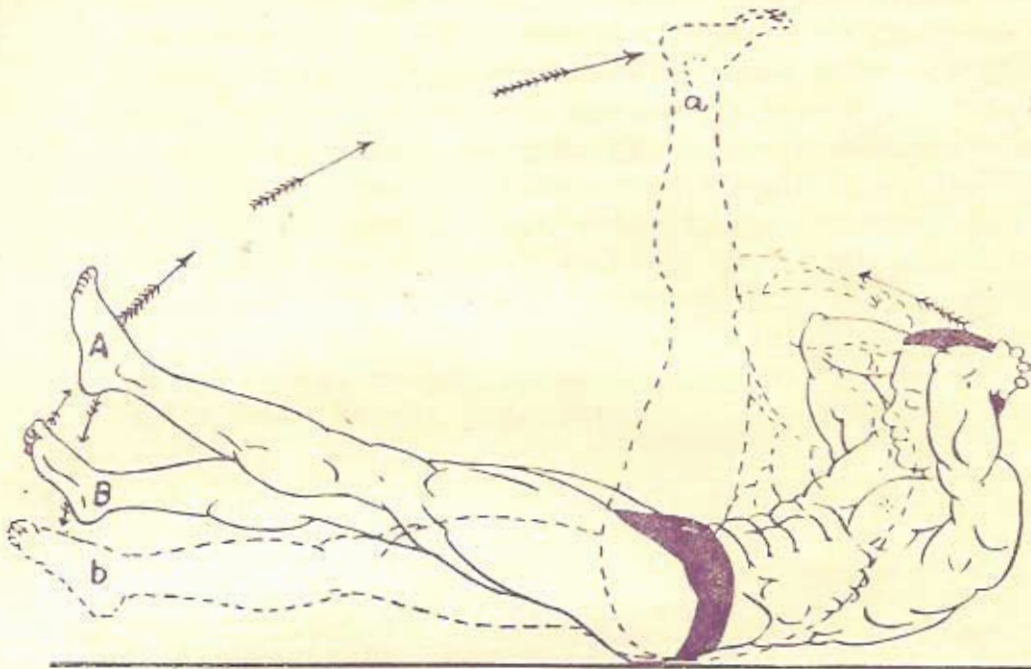


Fig. 10

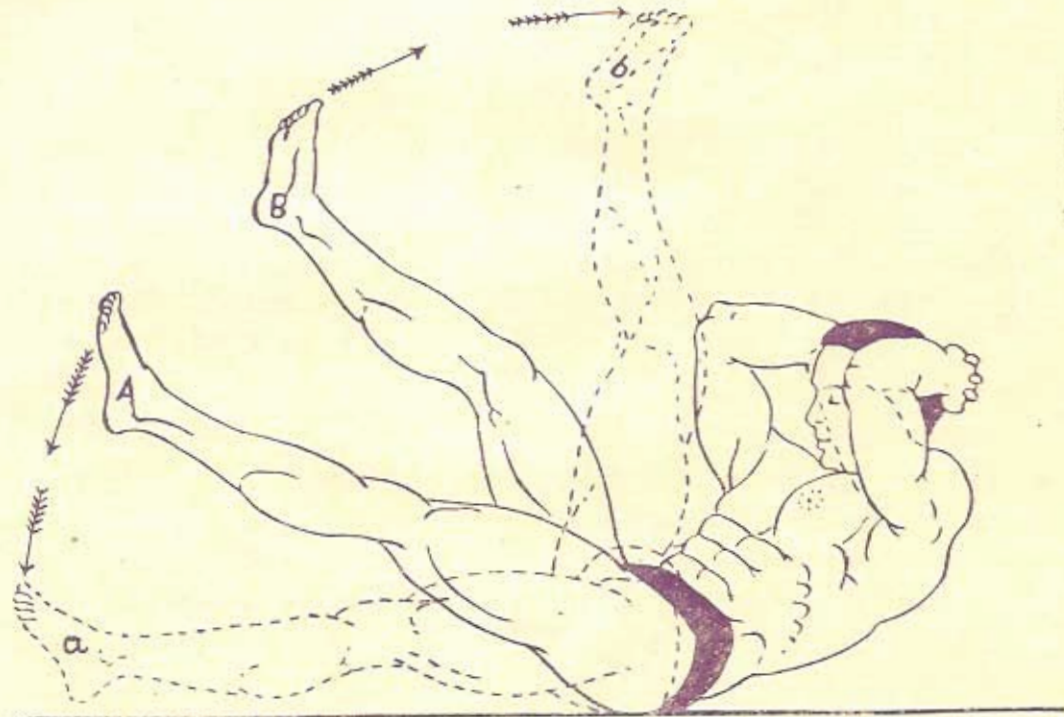


Fig. 10 A

elbow. Thus the movements are carried, alternately and in quick succession, with normal or fast breathing as found necessary. Neither the legs nor the head should rest on the ground till you are fairly tired. With each meeting of the knee and elbow the muscles on the particular side should flex strongly. It is only natural that while one knee meets the elbow the other leg moves down; but care should be taken not to let it reach the ground. After doing one round say 8, 10 or 12 movements on either side, rest, relax, and do it again. Relax and repeat;—yet again all the six exercises.

If you desire quick reduction, you must pay attention to all these three: Diet, Massage and Exercise. One little caution. If you are over-weight and get exhausted, consult your doctor regarding the condition of your heart. If you have any tendency for Hernia, do not do any of these exercises. Although the massage is in most cases helpful, consult your doctor. If your adiposity is entirely due to the hypo-functioning of the glands (thyroids, gonads and pituitaries), there is little chance of reduction. Still, an honest trial for at least a couple of months may increase the activity of the glands and restore the body's metabolic balance.

After having followed this weight-reduction lesson for a month or two at least, you may commence the regular lessons of my postal training course and make your body symmetrical and muscular. Keep on with the massage, exercise and dieting till you finish the 1st and 2nd lessons of the course. After that you may drop this weight-reducing lesson entirely from your programme and take to normal diet and continue the exercises of the 'Course'.

To sum up: Do not ever forget to

1. stand tall.
2. sit tall.
3. keep the abdomen drawn in.