

Document Detailing Hitler's Daily Routine and Bad Habits Uncovered

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The dictator also bit his fingernails at meal times and nervously rubbed his index finger back and forth across his moustach, the newly discovered papers disclose.

The top secret papers also state Hitler believed Goebbels' own propaganda about himself and genuinely thought he was the "greatest military genius of all time."

The revelations show Hitler had a "streak of passive masochism" in his relationships with women.

The Fuhrer's daily routine and "uncouth" behavior were recorded in notes taken from a high-ranking Nazi who spilled the beans to a British agent.

The document, resembling a psychological profile of Hitler, is dated May 1945 - three days after his death - and states on the front: "This summary must be destroyed within 48 hours." Despite this, the papers were retained by the agent who is believed to have kept them at his home in the south-west of England.

They have now surfaced for the first time in more than 60 years after a recent house clearance. They give a fascinating glimpse into Hitler's everyday life in his bunker and mentions his alleged homosexuality and his fondness for Rudolph Hess.

They tell of how his eating habits led to a "bay window", referring to his expanding waistline.

The Nazi who gave the insight was convinced Hitler was mad and quoted a little girl speaking about the Fuhrer: "Mami, will the lunatic chew up our carpets too?"

The unidentified PoW, who might not have known about his leader's death, had dined with Hitler about 30 times and kept his diary in the bunker.

He stated, "Hitler eats rapidly, mechanically, for him food is merely an indispensable means of subsistence. "he does not smoke and it is strictly forbidden to smoke in his presence as he seems to be very susceptible to laryngitis."

The source said conversation at the dinner table in the bunker had the effect on Hitler that music did on others, and it stimulated his thoughts and relaxed him.

The document continues, "He talks in a mellow baritone, without that raucous, unpleasant stridency of his public speeches. At the table and in his speech he shows many facets of rather uncouth behaviour. He abstractedly bites his fingernails, he runs his index finger back and forth under his nose, and his table manners are little short of shocking."

The Nazi being quizzed said that late at night Hitler retired to his private rooms where he would drink "health tea" and listen to his phonograph.

The document states that Hitler "ate prodigious amounts of cake (this cake eating was responsible for a slight digestive disorder and the addition of a bay window to his already not too fortunate figure.)

"Quite often he would retire into this privacy with some women whom he esteemed? Very much (during later years particularly with a Miss Braum whose relationship to Hitler is quite unknown.)

"It is not believed that in these sessions with women Hitler's attitude intensified to any more than a platonic relationship.

"The rumors about his homosexuality and other abnormal obsessions were rumors and nothing more. If there was any such streak in him, it was a touch of passive masochism in his relationship with women."

With regards to Hitler's relationship with Rudolph Hess, who bizarrely flew to Scotland in 1941, he said the Fuhrer never had a closer friend.

He added, "Hitler loved him like a brother. Instinctively perhaps Hitler felt that Hess carried the germ of latent insanity and it just served to increase the Fuhrer's affection and solitude for the man."

But he added that after Hess's flight from Germany Hitler bore the loss "stoically enough."

Talking about Hitler's delusions, the source states that Goebbels' techniques were so effective that "Hitler himself became very susceptible to this propaganda. He then actually started believing that he was a man of exceptional ability in the science of warfare."

Auctioneer Richard Westwood-Brookes, who is selling the papers found during a house clearance, said, "This is a British Army intelligence summary dated May 3rd 1945.

"It is marked "Secret, Copy No 173" and also clearly marked "This summary must be destroyed within 48 hrs of receipt" - but this one was clearly not destroyed.

"It is a highly important document which has clearly survived through extraordinary circumstances.

"It was found during a routine house clearance and it is possible that the man whose house it was had been in a position to receive this report.

"Rather than destroy it he kept it. Perhaps he then forgot about it or perhaps he chose not to show it to anyone because it was supposed to have been destroyed.

"Possibly the most important element of this document is the statement of a captured German Lt Colonel who kept the war diary in Hitler's bunker.

"He enjoyed a very close relationship with Hitler having eaten at the same table with him at least 30 times.

"The statement provides a vivid personal description of Hitler in his last days and his behavior in the bunker.

"It mentions a digestive disorder which could be a reference to his flatulence, but denies the rumors that Hitler was homosexual.

"This remarkable document is potentially unique, given the requirement that it should have been destroyed within hours of receipt."

The documents are being sold at Ludlow Racecourse on March 5 and are estimated to fetch up to £1,000