

WRESTLING - THE BEST ALL ROUND PHYSICAL CULTURE

BY PROF. ANTHONY BARKER

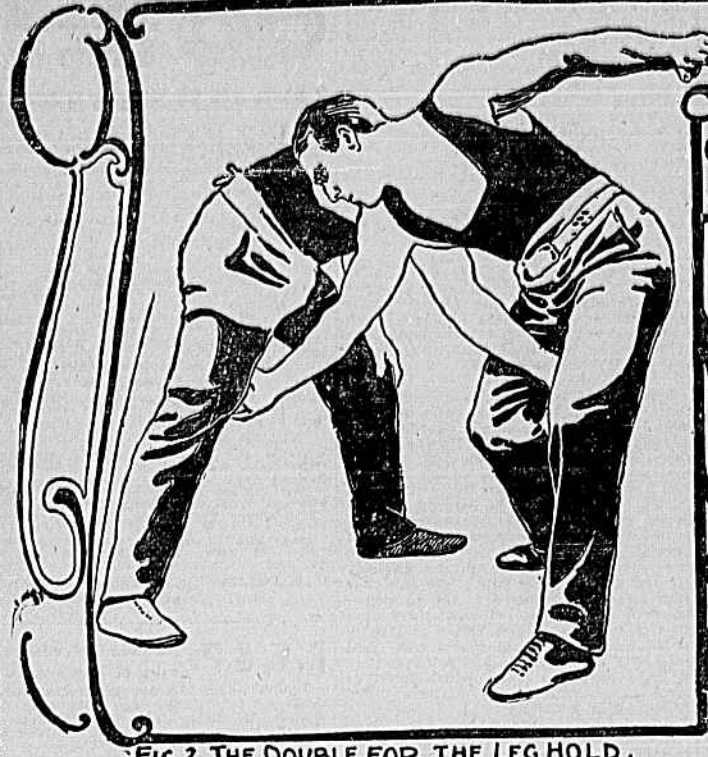


FIG. 2. THE DOUBLE FOR THE LEG HOLD.

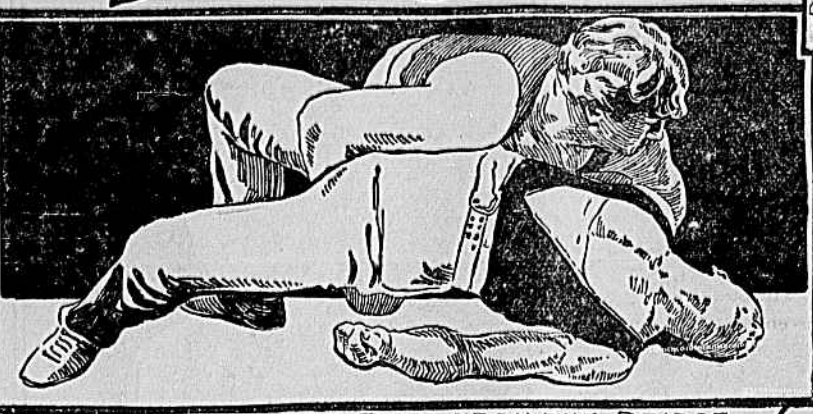


FIG. 4. TO PREVENT A ROLL FROM THE BRIDGE.

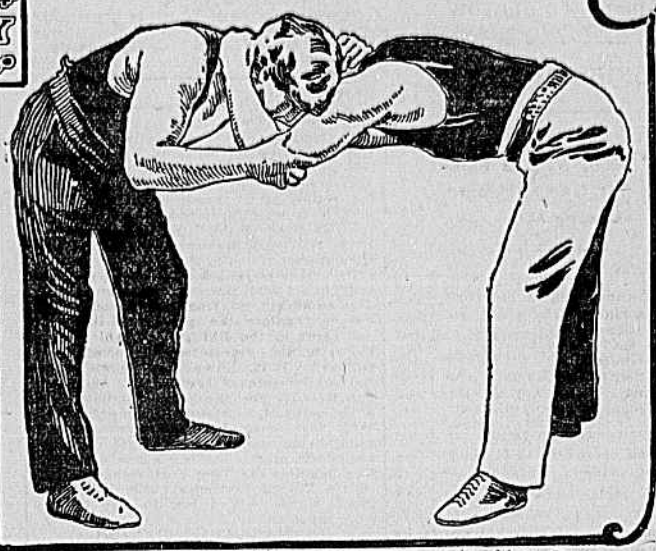


FIG. 1 THE REFEREE'S HOLD.



FIG. 3. THE HAMMER LOCK AND CATCH HOLD.

WRESTLING is the classic form of physical culture, in both senses of the word, because it is the natural exercise.

Nearly all animals wrestle in some way or other. Children intuitively learn to toss one another about almost as soon as they gain their first legs. It accelerates their blood, gives their muscles play, and makes them grow and grow strong. Because it is a natural exercise, the ancients, who were but grown children in many ways, practiced it assiduously. The Greeks and Romans were not alone noted as wrestling peoples; the barbarians of the North and East were exceedingly skilful at the bout.

The proof that this is the most powerful and best all-round exercise is found in the fact that the wrestler has been a favorite subject of painter and sculptor since the days of the Grecians. Art recognizes that he who is a good wrestler can have none other than a well proportioned body and glowing health. For a man cannot wrestle without bringing every part of his body into active service, and therein lies the secret of correct proportion, perfect health and ideal physical culture.

For purposes of physical culture take up wrestling moderately. Remember that the object is exercise, not a fall, and curb any tendency to going in too violently and thereby overdoing a good thing.

Take It Up Moderately.

You will not be exercising long before you will discover that wrestling not only builds up muscles and gives grace, but that the incidental squeezing produces a massage effect, which puts the skin in the pink of condition; that the eye and mind are sharpened; that it tends to perfect control of the entire body; and that, as a means of self-defense, it is invaluable. And because you realize all these things, you will give very little or no thought to scraped elbows and knees, or other minor discomforts.

At the present time the most popular form of wrestling in America is that known as catch-as-catch-can. It is all that the name implies; it is fair to change holds as often as desired and all holds are fair.

Catch-as-catch-can is largely in favor, because it is the most active and the most natural style of wrestling, owing to the latitude allowed in holds. For this reason, it is perhaps somewhat better as an all-round exercise than any of the other three well-known forms—Geo-Roman, Cumberland and Northumberland and Cornish.

Beginners should pay no attention to rules governing the length of bouts and rest periods. Simply wrestle until tired and resume again after a breathing spell, if you still feel like it.

It is well, also, not to carry any too violent hold to its ultimate issue. If you secure one and thereby get your opponent in your power, count it a point in your favor, release him, and begin over again.

Dress for the exercise in an athletic shirt, old loose trousers, and tennis shoes or ordinary rubber slippers. Remember that the exercise can be taken in a room or in the back yard of the home, as well as in a gymnasium on a mat. If the bout is held in a room, be sure to have the windows wide open while exercising.

The following are four of the oftentimes employed holds in catch-as-catch-can. From a little study of them, the beginner can evolve many holds of his own.

The Referee's Hold.

In catch-as-catch-can the bout may be started with any one of the thousand and one holds permissible in this style of wrestling. Professionals, however, generally waste so much time trying for a hold that must bear them, that it is better to order to take what is known as the referee's hold. In wrestling for exercise, it is well to start in this way, for the average man hasn't all day before him for muscular recreation.

To gain this position, each wrestler bends until his back almost forms a right angle with his legs. Then he places the left (or the right) hand firmly on the back of his opponent's neck, while his right hand grasps the opponent's left arm at the elbow, the thumb resting on the

lower part of the bicep. In general, the feet are firmly planted about three feet apart, with one slightly in advance, so that they will give a broad base in upright work. The body and hips are as far away from the opponent as possible, so that he will not be able to reach with ease any part of the body for a hold.

But don't keep so far away that you are likely to lose your balance during the attempts of yourself or your opponent to secure a fresh hold.

The Double for Leg Hold.

As the name of this style of wrestling implies, it is allowable to go from the referee's hold to any other, all of which have the common end to bar the opponent to the floor and place him square on his back on both shoulders.

A hold that often follows is the double for leg hold, which is secured as follows: While each wrestler, from the referee's hold, is keenly watching and endeavoring to pull the other up to him, one of them, thinking that he sees an opening that may prove to his advantage, breaks the opponent's hold on the arm back of the latter's head by lifting the elbow of that arm back and up and over his head. At the same time the aggressor reaches with the other hand for the opponent's leg and grabs it about half way between knee and trunk. If this hand happens to be the right, then the opponent's left leg is grabbed; if the left hand, the right is secured.

To protect himself, the wrestler attacked puts his legs forward, pushes in hard on the aggressor's shoulder and retaliates by also securing the leg hold.

The position is fully illustrated in Figure 2. In this position the left hands were around the necks; consequently, the legs are held by the right hands.

The Hammer Lock and Catch Hold.

The former hold generally results in one or the other being brought to the floor, stomach downward, after a more or less desperate struggle. Then is the time to secure the hammer lock and catch hold, in order to turn him over on his

back, preparatory to getting both shoulders on the mat.

As soon as they reach the floor, the aggressor clasps one arm around the other's waist, who makes steady efforts to rise. Then the aggressor, who is on his knees at the opponent's side, dives his head into the other's armpit, grabs the opponent's hand at the wrist and brings it up on his back. Holding the hand there, the aggressor, first securing a firm hold on the opponent's crotch, lifts all of the opponent's body, except head and shoulders, from the floor and rolls him over on his back until both shoulders touch the floor.

To prevent a fall, the opponent tries to squirm around on his stomach and, by dragging himself about on his head and feet, the aggressor loosens his hold. But once the aggressor firmly secures the hold, he will conquer sooner or later, for no man will care to try very much to turn on his stomach when one of his arms is being pulled gently but steadily in the opposite direction.

Figure 3 shows how this hold works.

To Prevent a Roll From the Bridge.

By some means or other, the aggressor has almost rolled the opponent over on his back and one shoulder. The opponent, realizing his danger, clears the shoulder of the mat by supporting or bridging the body on his head and feet, the legs being bent at the knees. This position gained, he eases himself by putting one shoulder on the floor, at the same time trying to turn right side up in the direction of the lowered shoulder.

The aggressor, in his effort to retain his ground, from his position at the side of his opponent, secures a crotch hold, with the flat of the hand resting on the small of the opponent's back. At the same time with his free hand he grasps near the shoulder (Figure 4.) By bearing down both on the arm and the crotch, the aggressor prevents his opponent's rolling and eventually exhausts him, when he drops to the mat.

This is a fine hold to test powers of endurance. Professionals can often maintain it for many minutes.

(Copyright, 1903, by Anthony Barker.)

Our Warship Construction is Being Strengthened ^{TO} Carry Heavier Guns

(Special Correspondence to The Times-Dispatch.)

BOSTON, May 16.—It is an old complaint against American men-of-war that they are overladen with more guns and heavier guns than they ought to carry. This was the criticism launched by British officers against the wooden frigate Constitution in the years before the War of 1812. Now it is heard again against the steel ships of our battle line, and the recent development of some weakness in the gun deck of the Maine is eagerly hailed as proof that this criticism is a just one—that the hulls of our warships are not strong enough for the weight and stress which they must bear.

As a matter of fact such mishaps as that to the Maine are extremely rare in the United States naval service—more rare, perhaps, in that service than in any other in the world. The fleet which boasts the Oregon has not been plagued by weaklings.

ADVANCE SINCE SANTIAGO.

Since the battle of Santiago a wonderful advance has been wrought in the power of American naval guns. Take the 12-inch 45-ton rifle, for instance. The earlier gun of this weight, when it was first used, sent its projectile rushing then out of the gun muzzle at a velocity equal to 2,100 feet a second, and with a muzzle energy to equal 26,000 foot tons—that is, the energy developed by dropping 26,000 tons one foot. But the improved 12-inch rifle, like that with which our latest battle-ships are armed, gives its projectile a velocity of 2,800 foot seconds at the muzzle of the gun, and develops a muzzle energy of 46,000. This enormous gain is longer and heavier. Instead of 45 it weighs 52 tons.

What is true of the great 12-inch rifle is true of the smaller but efficient 8-inch gun which make up the broadside battery

of the latest battleships which we have commissioned. A six-inch rifle, which in 1898 weighed about five tons, now weighs eight tons. Such a weapon was then about 16 feet in length. It is now 25 feet. The muzzle velocity of the 100-pound projectile of a six-inch rifle in 1898 was equal to 2,000 feet a second, and its muzzle energy to 2,700 foot tons. The muzzle velocity of the new six-inch rifle, like that carried by the Maine and to be carried by the New Jersey and Rhode Island now building at Fore River here in Boston harbor, is no less than 2,900 feet a second, and its muzzle energy no less than 5,800 foot tons.

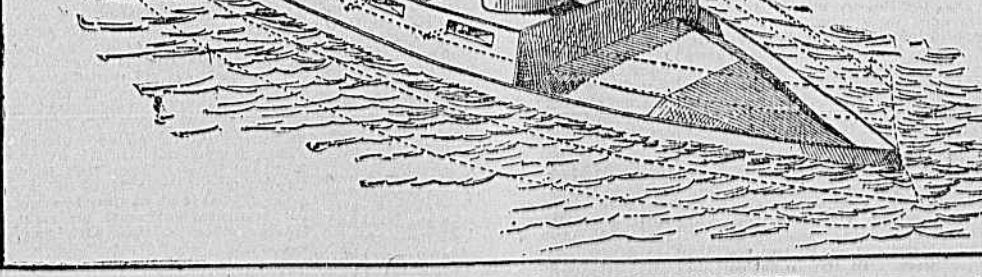
EFFECT OF SMOKELESS POWDER.

This immensely enlarged power is due not only to longer and better rifles but to smokeless powder of a new composition and of great strength. Of course, the naval designers and the shipbuilders of the country know that they are dealing with a tremendous power in this new artillery. The twin battleships Rhode Island and New Jersey will carry armaments even heavier than that of the Maine—indeed, the very heaviest armaments ever launched upon the ocean. The Maine has four 12-inch turret rifles and 16 six-inch in broadside. The New Jersey and Rhode Island will have the four 12-inch and 12 of the six-inch rifles of the earlier ship, and then in place of the other four six-inch rifles of the Maine they will have eight eight-inch guns—of course very much more weighty and more powerful. The projectile of a six-inch rifle weighs 100 pounds; the projectile of an eight-inch rifle, 250. Four of these eight-inch rifles in each of the new ships will be contained in the novel superimposed turrets mounted on the two main 12-inch turrets fore and aft.

In view of the difficulty with the Maine, it may be interesting to note the extraordinary precautions which Uncle Sam takes in his newest ships to see that his mighty guns are securely fastened to the vessel that must bear them. Battleships like the Rhode Island and New Jersey are practically as well as theoretically floating forts and must furnish stable and well-protected gun platforms. The heavy protective deck, a "turtleback" of nickel steel, serves as the bomb proof of the fort, but also as the subfoundation for the gun mounts. The novel superimposed turrets, each containing two 12-inch and two eight-inch rifles, rise from the main deck but turn upon a cylindrical steel foundation which rests upon the protective deck. From the protective deck also rise the barbettes, cylinders of 10-inch steel which protect the turning gear and ammunition hoists. The amidships barbettes for the eight-inch rifles

deck is of steel plate to begin with. Underneath at a distance of several inches is fastened an extra plate. The interval between the two plates—the deck plating and the layer below it—is filled in solidly with hard wood and bolted through again and again, making an extraordinarily heavy cushion. Then this thick deck beneath the broadside guns is supported by steel knees, or by partial bulkheads and brackets. Some of these steel stanchions which tie the gun foundation to the protective deck are five and one-half inches in diameter.

This brief description is sufficient to show the care that is being taken at Fore River to have the guns of the Rhode Island and New Jersey give a good account of themselves in an emergency, and to fall neither in target practice nor in the



A TYPICAL BATTLESHIP WITHOUT HER SUPERSTRUCTURE. Drawing of the Rhode Island Showing the Turtleback Protective Deck, Which Serves as a Foundation for the Guns and Armor.

The True Biographers.

No works of literature are more worthy of the endorsement of the press than the productions of those authors who have addressed themselves to the task of humanizing our Revolutionary heroes. Un-til this reform was undertaken in recent years by reliable historians, the average readers of history and the school children of the land were led to look upon the fathers of the country as demigods and noble people without fault. And today the American boy is educated to the view that our first president was a superhuman being, to whom temptation was a stranger, and whose character as a man was free from the imperfections of human nature. Imbued with this view, he looks upon Washington not as an exemplar, the virtues of whose great life are to be emulated, but as a man of such supernatural powers, that he is to be put upon a pedestal and worshipped as an idol.

It cannot be out of order therefore for the press of the country to exert its encouraging influence and foster care in behalf of those true biographers who have done and are doing such a splendid work in breaking up the mythologists and literary criminals who seek to deprive the man of revolutionary times of all those human qualities which prove that he has been a member of the great brotherhood of man. These noble tellers do not allow the patriots of by-gone times to say an unbecoming word, or do a sinful deed, or show the one touch of nature that makes all the world kin.

Foremost among these reformers was the late Paul Leicester Ford, the possibilities of whose useful life were cut off in such an untimely way. By careful and painstaking work he produced his excellent book, "The True George Washington," in which he gives the latter day student the nearest view of that great man that can possibly be obtained. From him we learn that our first President was no speaker; that he received invaluable assistance from his brilliant secretary, Alexander Hamilton, in the preparation of his State papers; that, though a filial son to his mother, and one who fully measured up to the requirements of the Fifth Commandment, the sentimentally lavished upon the relations between his wife, and her influence upon his life, partake more of

tion than of the truth, and though charged with incapacity to tell a lie, he never failed to avail himself of the subtle arts of diplomacy in his official life when occasion demanded. But whilst Mr. Ford makes these revelations, he also sees at a real cost the assaults upon Mr. Washington's private life, and adds so many charming qualities and traits that the soldier is made greater to us, the statesman more lofty and the man more lovable; and we more truly appreciate his life, to the point of admiration, than we have done in the past.

These and other writers have identified themselves with this class of literature. They are worthily engaged in expurgating the false and shallow fables dealing with the lives of the fathers of this country and the events that made them great. In the course of time these "literary artists" will have rescued all our heroes, the many-sided Franklin from the shadow boxes of the past, and the school youth will learn their true character, and the school will derive from a study of their lives inclination, inspiration and resolution to become many men and to achieve in their own lives the best results of patriotic American citizenship.

PRO PATRIA.
Berryville, Va., March 23, 1908.

Wrote Pass on His Cuff

"The Raconteur" in the Newport News Daily Press says:

Lewis, Arthur G.—Poet, philosopher, raconteur, bon vivant, art connoisseur, editor, walking encyclopedia of information relating to railway and steamship transportation, dramatic critic, clubman, etc. Born in England. Reported to be descended of royalty, but has never tried to borrow money on the strength of it. Held several responsible positions with various railroad companies before being appointed Southern passenger agent of the Baltimore and Ohio. Known more theatrical people than any other man in Virginia. Writes for newspapers and gets pay for it. Founded and was elected first president of Bohemia, in Norfolk. Herds with clubmen, actors, artists and newspaper writers. Does not believe that every day will be Sunday by and bye, and doesn't insist that boys write Shakespeare's plays.

Has an ear for music and a foot for dancing. Doesn't sing, but will if somebody must and the company insists upon it, rather than have trouble. Tells many good stories at the expense of the other

ARE WELL SUPPORTED.

So, also with the broadside guns of the Rhode Island and New Jersey. They are lighter weapons, it is true—100-pounders of six inches thick. The deck beneath them, to which the gun mounts are attached, is powerfully strengthened. This

sterner work of actual war. Since the New Maine developed a weakness the Bureau of Construction and Repair has taken steps to see that adequate strength is provided to withstand the recoil of the new guns, and it is worthy of note that the cruiser Des Moines, now being completed in the same yard, accurately meets these latest requirements. Naval designers and shipbuilders realize now perfectly well that the shock to which a ship's structure is exposed when a mod-

ern gun "goes off" is almost the striking shock of a locomotive.

There are ingenious devices to "take up" the enormous recoil of one of these high-power rifles. But even then the shock transmitted to the deck on which the great gun stands is a severe one. Something more is required to meet this shock than mere massiveness of construction. The materials that are to be worked into these battleships must be of flawless quality. Here again the government insists upon precautions that seem almost extravagant. Special inspectors are stationed at the works where the steel plates, beams, and so forth, are produced, and all this steel is subjected to both chemical and mechanical tests of great severity. Indeed, so important is