

232 SPORTS, PASTIMES, AND PHYSICAL TRAINING

and it certainly makes him stronger. J. Leonard Mason, one of the best wrestlers in our colleges, says: "If I had to choose between the three exercises I would not hesitate to choose wrestling as having the most good points and the fewest objectionable ones, making it the most valuable exercise for the average man in our gymnasiums."

WRESTLING RULES.

Collar and Elbow.

1. The men shall wear short coats or jackets made of canvas, not extending below the hips, with strong collar and elbow, suitable for the grasp of an opponent. They shall wear rubber sandals on the feet.

2. Each man shall take hold of the collar of his opponent with his right hand, while with the left hand he must take hold of the right elbow.

3. Both men shall stand up breast and breast, with limber arms, and show fair and equal play with the feet.

4. Either man breaking his hold with one or both hands, to save himself from a fall, shall forfeit said fall.

5. All falls must be square back falls; either two hips and one shoulder or two shoulders and one hip to be on the carpet simultaneously, to constitute a fall.

6. Striking upon the face, side, or knees is no fall, and nothing shall be allowed for forcing a man from such positions to his back. Going down on one or both knees is fair, as long as no holds are broken.

7. A rest of at least ten and not more than twenty minutes shall be allowed between each fall.

8. The first fall, best two in three or three in five, shall win, according to mutual agreement.

9. The ring shall be twenty-four feet square, and nobody shall be allowed inside except the referee and two umpires.

Catch as Catch Can.

1. The contestants can take any hold, trip, or lock they please.

2. To constitute a fall, two shoulders must strike the floor simultaneously.

3. Long or short drawers must be worn, and nothing heavier for the feet will be allowed than socks and thin slippers.

4. A rest of at least ten and not more than twenty minutes shall be allowed between each fall.

5. The umpires shall take their positions at a proper distance from the contestants, and there remain, and will not be allowed to talk to or advise the principals during the contest. They shall however have the right to call the attention of the referee to any point which, in their judgment, may require his decision.

6. Doing anything to injure an opponent shall be considered foul. For each violation of this rule the offender shall be deemed to have lost a fall, and the referee shall have the power to award the match to the injured party.

Graeco-Roman.

1. Wrestlers are allowed to take hold anywhere between the head and the belt or waist. Grasping the legs is strictly forbidden.

2. The men shall use open hands, and are not allowed to strike or scratch, to clasp one of their own hands within the other, nor interlace their fingers; but they can grasp their own wrists, to tighten their hold around their opponent's body or otherwise.

3. The principals shall have their finger-nails and hair cut short, and must wrestle either barefooted or in their socks.

4. Should a wrestler fall on his knee, shoulder, or side, a new start must be made.

5. Should the principals roll over each other, the one whose shoulder shall touch the ground first is deemed conquered.

6. A rest of not less than ten nor more than twenty-five minutes shall be allowed between each bout.

7. Two shoulders touching the ground simultaneously constitutes a fall.

HELP IN CASE OF ACCIDENTS.

Drowning.—(1) Loosen clothing, if any. (2) Empty lungs of water by laying body on its stomach and lifting it by the middle so that the head hangs down. Jerk the body a few times. (3) Pull tongue forward, using handkerchief, or pin with string, if necessary. (4) Imitate motion of respiration by alternately compressing and expanding the lower ribs, about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently.

(5) Apply warmth and friction to extremities. (6) By holding tongue forward, closing the nostrils and pressing the "Adam's apple" back (so as to close the entrance to stomach), direct inflation may be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expel the air, and repeat the operation. (7) *Don't give up!* People have been saved after hours of patient, vigorous effort. (8) When breathing begins, get patient into a warm bed, give warm drinks, or spirits in teaspoonfuls, fresh air, and quiet.

Burns and Scalds.—Cover with cooking soda, and lay wet cloths over it. Whites of eggs and olive oil. Olive or linseed oil, plain, or mixed with chalk or whiting.

Lightning.—Dash cold water over the person struck.

Sunstroke.—Loosen clothing. Get patient into shade, and apply ice-cold water to head.

Mad Dog or Snake Bite.—Tie cord tight above wound. Suck the wound and cauterize with caustic or white-hot iron at once, or cut out adjoining parts with a sharp knife.

Venomous Insects' Stings, etc.—Apply weak ammonia, oil, salt water, or iodine.

Fainting.—Place flat on back; allow fresh air and sprinkle with water.

Tests of Death.—Hold mirror to mouth. If living, moisture will gather. Push pin into flesh. If dead, the hole will remain; if alive, it will close up.

Cinders in the Eye.—Roll soft paper up like a lamp lighter, and wet the tip to remove, or use a medicine dropper to draw it out. Rub the other eye.

Fire in One's Clothing.—*Don't run*,—especially not downstairs or out of doors. Roll on carpet, or wrap in woollen rug or blanket. Keep the head down, so as not to inhale flame.

Fire in a Building.—Crawl on the floor. The clearest air is the lowest in the room. Cover the head with a woollen wrap, wet if possible. Cut holes for the eyes. Don't get excited.

Fire in Kerosene.—*Don't use water*, it will spread the flames. Dirt, sand, or flour is the best extinguisher; or smother with a woollen rug, tablecloth, or carpet.

FIRST AID TO THE UNCONSCIOUS.

NOTE.—The distinguishing expression of intoxication is the fast pulse as compared with the slow pulse of sunstroke, concussion, and apoplexy.

Send for a physician at once and apply the treatment given below until he comes.

Under each heading in the top line is given the symptom expressed for the causes in the first column. It will be noted that each cause of unconsciousness has some peculiar expression that distinguishes it from others, while other expressions may be alike for several causes. As, for instance, inequality of eyes and motion for apoplexy—full, fast pulse for intoxication, etc. These peculiar expressions should be looked for before deciding on any cause, as what might be taken for a case of intoxication may be sunstroke, requiring prompt and skillful treatment.

This diagram was arranged by Dr. G. T. Swarts, R. I. State Registrar and Secretary State Board of Health, for First Aid Classes.

DIAGRAM FOR FIRST AID TO THE UNCONSCIOUS.						
	FACE	EYES	MOUTH	RESPIRATION	PULSE	MOTION
CONCUSSION COMPRESSION APOPLEXY	FLUSHED	UNEQUAL TO LIGHT & TOUCH & IN SIZE	TO ONE SIDE	SNORTING	VERY FULL SLOW	ONE SIDED
INTOXICATION	FLUSHED	ALIKE NORMAL	—	DEEP	FULL FAST	PRESENT
SUNSTROKE	FLUSHED	ALIKE	—	DEEP	FULL SLOW	PRESENT
EPILEPSY	PALE	ALIKE NORMAL	TWITCHING	IRREGULAR	NORMAL	RIGID
FAINTING	PALE	ALIKE	—	SHALLOW	WEAK	MORE OR LESS PRESENT
OPIUM POISONING	OFTEN PALE	LIKE PIN HEADS	—	DEEP	SLOW	MORE OR LESS PRESENT

Brain Concussion, Compression, or Apoplexy.—Lay the patient down, head slightly raised, loosen clothing, keep the head cool and feet warm. Keep quiet and don't give stimulants.

Intoxication.—Give an emetic. If the skin is cold and pulse feeble, apply heat and friction.

Sunstroke.—Lay down in shade. Apply continuously ice or cold to the entire surface of the body. Ice pack behind ears and about head.

Epilepsy.—Lay the person down and keep him from injuring himself.

Fainting.—Lay down with head lower than body—apply smelling salts to nose and sprinkle cold water on face.

Opium Poisoning.—Empty the stomach. Keep the patient walking, slapping with a towel. Keep him awake.

Lightning, or Electric Shock. treat as in resuscitation for drowning.

Venomous Insect Stings.—Alcoholic solution of menthol.

WHAT EXERCISE WILL DO FOR THE BODY

By MARY TAYLOR BISSELL, M. D.

When we ask what exercise can do for the human body we put into the word exercise a very definite meaning. We do not mean for instance the occasional walk that a girl may take on the beach, or the single riding or fencing or gymnasium lesson that she takes once or twice a month. The meaning of the word involves the idea of repeated practice,—something, whatever it may be, that we do once and again and again, possibly for pleasure only, but generally with the additional idea of perfecting ourselves in the practice. And it is only when these muscular movements are repeated and practiced that we can dignify them by the name of exercise, or demand of them any results, either in skill or strength or agility or general bodily vigor. So we shall be understood here as speaking of the regular practice of muscular movements in some fashion or another, and muscular movements which, either through design or accident, bring into play a large part of the body, and do it systematically; for the need of repetition is as necessary in educating the body as in training the mind. If we want to impress anything upon the brain, that thing has got to be repeated until the impression has sunk in; and if you want to make any definite impression upon these thousands of muscle fibres and train the coördinating power of all these nerve centres, and improve the conformation of the skeleton, and develop the capacity of all the organs, you will have to keep at it until the physical impression lightly made today, repeated tomorrow, has at last become an indelible memory, and the habit of the body. "What can you promise that systematic exercise will do for me?" ask a young girl of fifteen, seeking for some definite answer as to results. Well, it will simply make you more of a woman in every sense than you could possibly be without it. It will do this by improving every organ you use in movement; it will supple all your joints so that grace and ease will belong to them; it will make fatigue less frequent, and breathlessness uncommon; it will give you a bigger chest and more supple limbs and some force in your arms; it will clear away the fog in your brain, and the dyspepsia in your stomach, and bring you a rose for your cheek; and when your example has been followed by the