

Introduce the straw carefully within the cut end of the worm, and tie the end around the straw with fine silk. If the operation of squeezing has been successful, it remains to inflate the body for preservation. Prepare a dish of live embers, and over these hold the specimen—using great care in the degree of heat applied. While holding the worm in this way, keep it inflated. The form which the insect is to assume for the cabinet should be considered while this drying process is going on. Some light wooden frame, such as will be readily suggested to the operator, will often be of service to hold the specimen in the proper position. Some worms may require to be curved, or put into a shape characteristic of them while living. Attention to these points will contribute greatly to the value and pleasing appearance of the specimen. The straw, after the drying, is cut off near the body, as it is convenient to allow a small portion to project outside, so that the specimen may be pinned to the cabinet through it, thus avoiding the injury that results from passing the pin through the body.

The specimen is now complete, unless we choose to adopt some method of poisoning it. Corrosive sublimate, which is sometimes used, is likely to injure the colors. A strong arsenical solution may be applied with a brush, safely, as regards the colors. Caterpillars prepared in this manner preserve their color and form nearly perfect, the hairs and other appendages retaining a remarkably natural appearance, which, of course, enhances greatly the beauty and usefulness of an entomological cabinet.

An extended field is open to any one who may practise this branch of taxidermy.

WRESTLING.

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IN the judgment of a large number of athletes wrestling is considered superior to any other form of exercise, by reason of the intense personal antagonism in which one man is pitted against another man. Dr. J. K. Shell, a recognized authority on wrestling, says, "That a man's muscle, brawn, endurance, perception, co-ordination, reasoning and quick adaptability are in direct opposition to similar functions and attributes of his antagonist." In wrestling more than in any other exercise, we have the pushing of weight against weight—the lifting of a live resisting weight; the continually applied *positive* forces and continuous *negative* resistance thus bringing into action almost every known muscle.

The desire to engage in wrestling seems to be instinctive in healthy men and boys. As an exercise it is an ideal one, with the constantly changing positions; the meeting of complex situations *instantly* thus developing a quickness of hand and eye, keeping a man ever upon the alert; speed and accuracy of movement as well as the ability to relax as the occasion allows or demands. Wrestling as well as boxing is a practical system of self-defence, cultivating both courage and self-reliance. Moreover, the heart and lungs as well as the abdominal organs receive great benefit by the very active movements in wrestling. Whereas, sparring and fencing may seemingly be quicker games, depending upon sight, quick control, and coördination, yet both of these games are in a measure one-sided and unsymmetrical. There is much to commend in all these exercises, boxing, fencing, and wrestling, yet the latter seems to develop a man better than boxing,

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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.