

additional twisting of the hand by depressing the fingers and lifting the thumb certainly does tend to increase the discomfort of the position. (PLATES XI, XII AND XIII).

The principles are comparatively few and simple, but it is in their application that the difficulties appear. Many of the movements take weeks to learn even imperfectly and the majority of people could probably never attain to any degree of perfection in the use of more than the simplest. The idea of teaching such a system by mail is so absurd as to be unworthy of serious consideration.

The holds are so arranged as to pass from one into another almost automatically. If one is successfully resisted, the opponent usually struggles into a worse one. It is very difficult and even dangerous to demonstrate many of them



Spreading the arms of an opponent who catches at the clothing.

with one unacquainted with their possibilities, because he may continue to struggle when it is too late, and so do himself serious injury. The expert knows when it is taken properly and always yields in time by slapping the leg or arm, as a token of defeat. Again, if the hold is not pushed to its limit, the novice is sure to think he could have got away in any case, so that a just estimate of its practical value in actual warfare is hard to get. That a small, puny man could by its means become invincible when pitted against a powerful, active athlete is most unlikely, but with anything like equal