

Editorial Notes.

Jiu-jitsu is a complicated system of trick wrestling evolved by the Japanese after centuries of trial and practice by the ruling classes. It depends upon an intimate anatomic knowledge of the joints and peripheral nerves. The wrestler tries to seize his opponent in such a way that he can twist a joint, say the shoulder, so as to give great pain. American school boys have a trick of seizing another's index finger and bending it back until pain causes the sufferer to cry for mercy, and this is typical of jiu-jitsu. It is combined with such tricks as pressing upon exposed nerves or tender spots in joints such as under the lobe of the ear, while holding the opponent in a species of chancery, or an effort may be made to choke the opponent. As soon as the antagonist relaxes his guard in a moment of pain, the other slips behind him, and while back to back, throws him over his head by a dextrous movement. While still stunned, the fallen man is seized, bound, handcuffed, or in the olden times dispatched with the sword. The system was carefully taught to all the samurai or ruling caste, but the mass of the people were kept in ignorance of its tricks. At present it is apparently used by only the police, to assist them in overpowering men much larger than themselves.—*American Medicine*.

Jiu-jitsu is advocated as a system of calisthenics, and there is at present a tendency to introduce it from this standpoint, but its dangers are so great that it would be wise for the medical profession to frown upon it. Only Japanese joints and bones can withstand such usage, and we can rest assured that if the present tendency succeeds, physicians will meet with a series of cases of twisted, sprained and permanently damaged joints and traumatic neuritis. Already there are reports of fatalities from the violent throws upon the floor, and it would seem to be more dangerous to life than boxing and football. Americans who have witnessed jiu-jitsu bouts in Japan, between native experts in their native costume, or lack of it, know that even with the floor heavily padded with mattresses, the exertion is so violent, and a man can be thrown with such force, that it is only by the greatest skill and agility that the Japs themselves escape serious injury. If one is ruined, the others, with Oriental carelessness of life, do not seem to care particularly. Physicians, therefore, should utter a word of warning whenever the occasion arises against this new fad, and though it is not exactly a yellow peril from the Orient, it bids fair