

FOR FAT MEN GRECO-ROMAN WRESTLING IS THE BEST

THIS STYLE WITH HARD AND STEADY WORK WILL BUILD UP HEALTH AND MUSCLE

UNLIKE CATCH-AS-CATCH-CAN IT DOES NOT REQUIRE A GREAT AMOUNT OF AGILITY

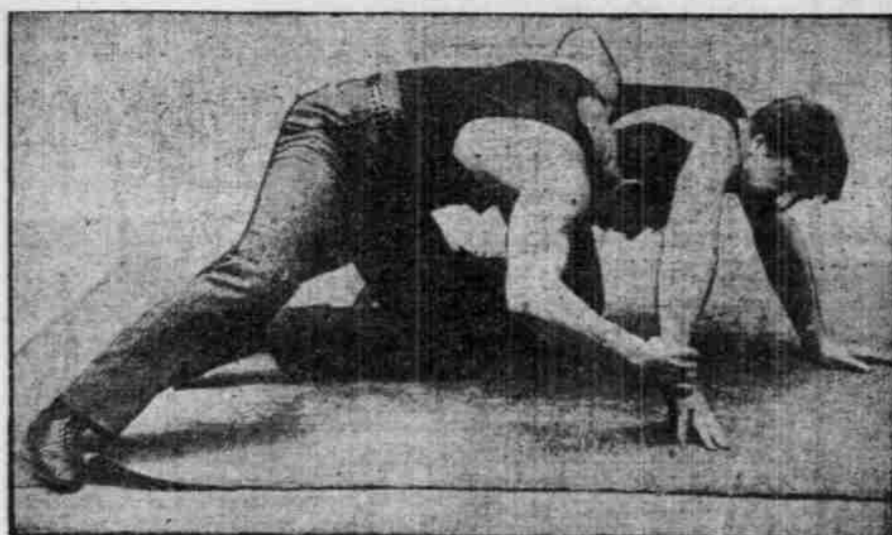


FIGURE III—WORKING FOR THE HAMMERLOCK.



FIGURE I—BREAKING THE WAIST HOLD.



FIGURE IV—BLOCKING THE ROLL FROM THE BRIDGE.

THE phlegmatic, or the stout man, who wants to take up an advanced form of physical culture can find nothing better suited to his temperament and physique than the Greco-Roman style of wrestling. Unlike catch-as-catch-can, it does not require a great amount of agility. It demands hard and steady work, and that is what the phlegmatic man needs, if he is to be developed properly.

Greco-Roman has been made a fat man's exercise by the rule which declares that no hold of any sort is fair below the waist line. There is no leg wrestling whatever, even tripping—fair in the three other recognized forms of wrestling—being barred. The legs are used simply and solely as a base.

Above the waist line, however, any hold is allowable, and, as in catch-as-catch-can, it can be changed as often as desired. As a result, many of the holds are

the same or analogous to catch-as-catch-can holds.

Despite its name, the ancient Greek athletes did not strive with one another in this fashion. They wrestled largely after the catch-as-catch-can style, for all holds were fair with them. They even went so far at times as to allow gouging, kicking, breaking of bones and killing.

How this form of wrestling came to bear a partly Grecian title is not satisfactorily explained. The supposition is that the Romans, who used this modification of catch-as-catch-can, not only named it, but created it. It was exceedingly popular in the latter days of the Empire, and today it is favored above all other styles in those continental countries that the Romans invaded, such as France, Germany and Spain.

In those sections of the United States largely settled by Germans and Scandinavians the Greco-Roman bout is held in all its old-time glory. Each community has its recognized champion who, when farming is not occupying all the time of the immigrants, is wrestling for his backers'

delight with champions of neighboring communities. The Germans are especially adept in this form of wrestling.

According to experts, the defense has a little advantage in Greco-Roman, of which four of the more noted holds follow. As in catch-as-catch-can, many other holds may be worked out by a little study and practice of these holds.

Do not forget that the exercise should be taken moderately, and that holds which might prove too severe should not be carried out to the end. Be careful also to see to it that your lungs will get an unlimited quantity of fresh air while you are exercising, which for best results should be a half-hour or an hour after a meal.

Breaking the Waist-Hold.

The waist hold can be obtained from the referee hold, with which, as in catch-as-catch-can, it is customary to start Greco-Roman wrestling.

To secure the waist hold, put your head against the chest of your opponent and slightly clear your arms around his waist. Press hard from you with your head, and

pull hard toward you with your hands, so that the opponent will be bent backward and borne to the floor.

To defeat the aggressor, the defense should break the waist hold. He does this by arching his back, interlocking his hands, pressing his biceps hard against the aggressor's elbow, and walking backward. (Figure 1.)

Such tactics will not fail to break the hold, provided the defense has not been drawn in very close by the aggressor. In case the wrestler has been drawn in very close, he should quickly loosen his hold with one hand, and placing this hand on the opponent's face, raise the latter's head up and off his breast.

The Body Heave From Behind.

During the scuffling incident to the referee or many other holds, grasp the opponent by a wrist and throw him forward in front of you. While he is going forward spin him around, get behind him, grab him around the waist, lift him high in the air (Figure 2), swing his feet out in front of you, and throw

him to the floor. Or, while the opponent is in the air, throw your right hand to the back of his neck, taking care to keep your right arm between his right arm and body. This will give you the hold called a half-Nelson when on the floor, and from that you should get a square fall. (Hand back of neck.)

The opponent has poor chances of breaking the heave from behind. Attempting to open the aggressor's interlocked hands by pulling at the thumbs is about his only chance.

Working for the Hammerlock. Perhaps all that you did with the body heave was to land on top of the opponent, who fell on his stomach, and is now on his hands and knees trying to rise, with your left arm clasped around his waist, hindering him. But to make sure that he will not regain his feet, try for the hammerlock.

Keeping the left arm in its original position and your body on its knees by the side of the opponent, place your head in his right armpit, as a fulcrum.

As you push forward with the head, grasp and pull the opponent's left wrist towards you, and lift forward with the arm encircling the waist (Figure 3). If your strength and endurance are greater than your opponent's this action will finally result in your getting his right arm bent backward on his back, which is hammerlock. Then, if you care to, you can easily turn him over on his back and shoulders.

To keep the hammerlock from being secured, the opponent, the moment that the right (or left) arm is in chancery, should place it under his body as far out of the aggressor's reach as possible. Even if the aggressor does get hold of the wrist when it is well under the body, he will be apt to desist in his efforts to secure the hammerlock in a little while, if both wrestlers are pretty evenly matched in strength and skill.

It would be well not to carry the hammerlock to its full issue. In this way severe wrenching, or possible breaking of arm, will be avoided. All this is necessary for the purposes of physical cul-

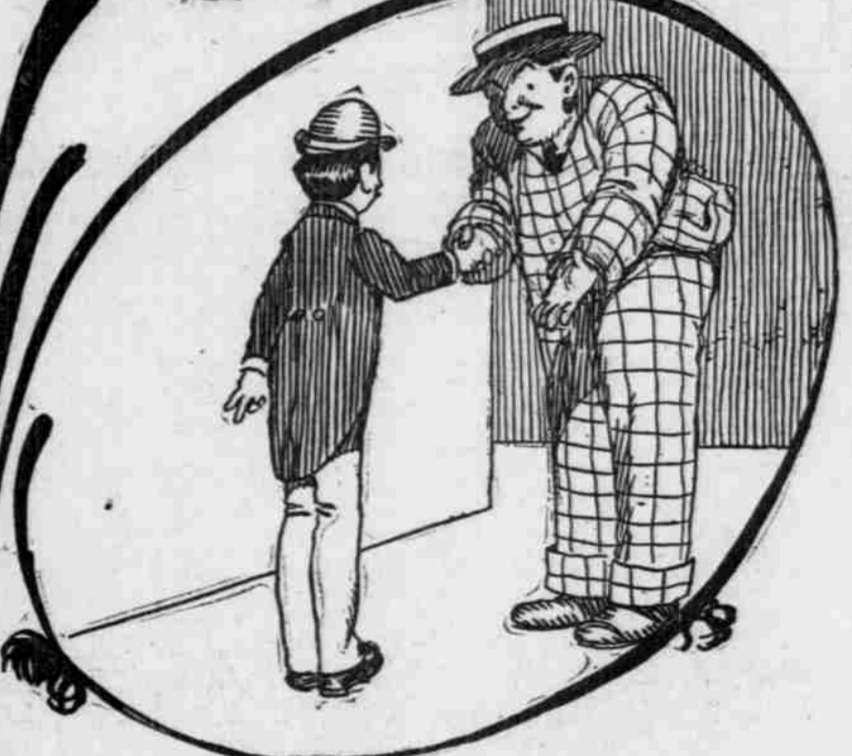
ture is to try for the hammerlock as a point, and then loosen the hold.

In case the opponent is about three-quarters down, with one shoulder and an arm on the floor, work around in front of his head, get one arm under his neck and the other in the pit of his upraised arm and under the middle of his back (Figure 4). This arm is thus put out of business. Put all your weight on his chest and bear down hard, which will prevent him from resting himself by rolling from shoulder to shoulder. The arm under the neck will keep the opponent from supporting, or bridging, the body on feet and head, thereby clearing the shoulders of the floor.

When you have your opponent in this position, all you have to do is to wait until he becomes exhausted and logically lies down.

This hold is analogous to the crotch hold in catch-as-catch-can. Each is used to prevent rolling, and the action is similar, despite the diversity of location. —ANTHONY BARKER. (Copyright, 1903.)

George Ade's Modern Fables



ONCE upon a Time there was a Taphoc. A Relative had died and left him a large Bale of the Carnegie Library Compound. As soon as it was noised around that the Mark was actually carrying Money in his Clothes every Short-Card Man in the Business began to break through the Crowd, saying "I saw him first."

In the Twinkling of an Eye the Legatee was transformed from an ordinary hand-me-down Plug to One of our Prominent Citizens. Many who had been unable to place him while he was feeding at the 24 Oatmeal Resort on a Side Street now dashed madly across the Car Tracks to give him the Joyous Mitt and ask him to come up to the House some Evening.

And he, like every other proud mortal who is being pelted with Bouquets, fancied that his popularity was based upon his own Sterling Qualities and did not arise from the Fact that he was known up at the Bank. Those who doctored up the Bricks for him did not take the Trouble to put any Gold Plating on the Outside. They Nailed his current and then promised to deliver the goods by Messenger Boy so as to save him Trouble.

He learned that a great many Exclusive Organizations wanted to take in a few Members who were Socially Prominent. Every time that he was handed the Social Prominence Gag he fell and signed an Application Blank.

In a Couple of Months he had so many Brothers and Fellow-Clubmen that he could not turn a down-town Corner without running into a Hot Touch. Also he was Pie for the Dignified Gentlemen representing the Eastern Publishing-House. Long ago this species of the Hold-Up Man was known as a Bank Agent, but in these latter Days he is a Special Envoy who brings Glad Tidings of Great Joy to the superior Intellectual Classes who are known to be there with the Coin.

Every Hypnotic Salesman who cornered the Mark sang the old Solo about giving Special Terms to a few Book-Lovers in order to derive a certain Prestige from the use of their Names. Take a Man who never has studied any Volume except the Winter Book and tell

him that he is a Bibliophile and he will swell a few Inches, whether he knows the meaning of the Word or not. Then they would throw the Light on a Creation that had been in the Salon or else tenderly remove the Cotton Batting from a Broker that could not be broken with a Maul. He would try to convince himself that there was a certain Difference between these Masterpieces and the Junk that he saw in the 99-cent Stores. He had to see a Difference or else he could not have got away with the Connoisseur Bluff.

FINE MARBLE FROM AN ALASKA QUARRY

A BEAUTIFUL monument, statue or magnificent building ever has been and always will be a great attraction to the human eye, most especially so when made from stone, invariably eliciting much inquiry, from whence it came, its age, and importance in art. Most rocks have a history extending far back through geological eras and beyond human computation. The perfect adaptability of marble to statuary and to buildings, as evidenced by structures, both ancient and modern, displaying great architectural skill, has yet to attain its highest utility and excellence. How far the superiority of Greek art was due to the native production of marble is a question; but there can be little doubt that the excellence of Parian and Pentelic marbles had an influence in the development of the Attic taste for sculpture and stimulated the Greek artists to aim at the highest results in execution. The marbles of Alaska, equal in every respect to the finest marbles of the Old World, rank next to precious stones for durability, for beauty and elegance in

decoration. But, unlike the precious stones, it is abundant, and of almost unlimited variety. What a surprise to know it is located within the easy reach of all of the cities of the West, and within a few months will be competing with our sandstone and pressed brick for first place in building. There never before was a time in the history of the United States when the demand for marble was greater than the supply. Hundreds of beautiful homes are being built in the East of marble, costing many millions of money. San Francisco has taken the initiative on our Coast, expending the sum of \$250,000 for marble in the Postoffice building, for interior finish only, which marble is being shipped over 900 miles by water from the Rutland quarries, or across the ocean from sunny Italy, in the face of the fact that within two days steaming from the cities of Tacoma and Seattle, and almost on the direct route of the regular steamship line to Skagway, half a dozen empty ships steam southbound past the properties of the American Coral Marble Company, containing millions of tons of the finest marble in the world. These marble properties are located on

the southeastern portion of Prince of Wales Island, at the town of Dolomi, and on the north arm of Moira Sound, marking the Sound an affording navigation to deep sea-going vessels for a distance of a mile and a half. These marbles belong to the Jurassic age, and are associated with crystalline schists, which forms both the northeast and southeast walls. The deposit, prior to its metamorphic state, was very likely the bed of the ocean, the marbles having been originally formed by sediment-carrying currents principally consisting of corals, crinoids, mollusks, and other lime-secreting organisms; later, during a state of metamorphism, was changed into crystalline or saccharoid marble of finest texture at the time when the island was being forced from the bed of the ocean into a high range of mountains. The marble lies in one great belt, or unity of belts, divided by small sheets of shale, of a heavy blue, soapy character, much resembling hornblend or serpentine. These division sheets of shale vary in thickness from one inch to several feet, but there is no place visible within the quarry where the shale does not merge into the marble property. The outcrop of this marble is colossal and incalculable. The entire body of

marble disappears into the Sound, showing between high and low tide, the various characters and colors of the several divisions of marble, which are here united and aggregated into one solid belt, over 800 feet wide, the subdivisions or smaller belts determining the various colors and characters of the stone. From where the marble disappears into the Sound, going northwesterly, for the whole distance of the property, this belt of marble gradually rises until it attains a height of more than 400 feet, and all along that distance the outcrop stands in ridges and cliffs, over every portion of which is a heavy growth of moss. Upon removing this moss one could, with some degree of reason, imagine that he is standing upon some ancient marble ruins, as the removal of the moss reveals the stone in nature, not polished, but as smooth as thought it had been sand rubbed, the various colors so perfectly presenting themselves that it would be easy to suppose that at one time the marble had been polished. There are no sharp corners, and neither is there any disintegration visible, other than that brought about by the gradual wearing away, little by little, by the heavy rains and rapidly melting Winter snows in the early Spring. This marble is of many colors, the gray, or mountain-dark, predominating;

but there are many places where the stone is of a pure white, and also a velvety, coal black, and a yellow or ivory cast, a Connemara green, a very pretty light pink with a veiling of green, also a wonderfully beautiful sea-shell pink, clouded with orange, which is equal to the finest Mexican onyx, and numberless other colors which are commonly found in large marble deposits. A number of samples of the marble are to be seen at the office of the American Coral Marble Company, Tacoma, and also at their office, 22 Washington block, Portland, Or. These properties have been very thoroughly examined at different times, and each succeeding time has tended to inspire greater confidence as to the facts, first: The marble is of exceptionally fine grain; second, harder than most other marbles; third, will take a higher polish and hold a sharper arris than any other marble; fourth, is perfectly sound, and will stand a very great pressure; fifth, perfect tones of the largest possible size that machinery could handle can be extensively extracted from the quarries. The properties have been prospected by Portland capital with diamond-core drill to a depth of 118 feet, with very satisfactory results, leaving no question as to the final outcome of the proposition. There are two streams of water coming

down and meandering through the quarries, carrying about 20 inches of water; and about a mile away is a waterfall about 200 feet high, carrying from 300 to 400 inches of water. There is abundance of timber on the properties, consisting of red and yellow cedar, hemlock and spruce. The available transportation facilities will enable this quarry to compete with any known marble quarries in the world, and place within easy command of the enterprising builder a castle that will glow with splendor. SCENIC ASTORIA ASTORIA is one of the most picturesque of American towns, quaint and old, having been founded by the early explorers and trappers who came to this country nearly 100 years ago. Long the outpost of John Jacob Astor's trading company, it was once taken by the British and held as a frontier fort. Placed here on the steep river edge, where there was rightly no room for a city, and finding it difficult to crowd its way up the hill, the town has reached out over the river, many of the streets, banks, stores, hotels, canneries and warehouses being set up on piling, with the tide sweeping through underneath. Step off the sidewalk, and drop 20 feet into salt water; look through the cracks in the little court of the hotel, and see the dark river swirling beneath and smell the barnacled piling. Even the railroad that now reaches the town comes in on logs, centipede-like, a long bridge of piers across a river bay. It is a strange, interesting, not unambitious old town, set about with net-drying platforms, slippery fish wharves, canneries exhaling the odor of cooking fish, the little, low homes of fishermen and net-makers of many nationalities, from Norwegian to Portuguese; the crowded tenements of Chinese and Japanese workers in the canneries; and, higher up the hill, the more pretentious homes of the packers and business men. Here and there an Indian or two, remnants of a passing tribe, look on imperturbably at the usurpation of their ancient fishing places. When the tide favors, the river beyond the wharves is busy with the heavy boats of the fishers, and often, more distant, on the mighty river, one sees an ocean craft bound up for Portland or down again to the sea. —Ray Stannard in the June Century.