

MOST SCIENTIFIC PHYSICAL CULTURE

FORM OF WRESTLING KNOWN AS CUMBERLAND AND NORTHUMBERLAND



FIGURE I—THE FIRST HOLD IN CUMBERLAND.



FIGURE II—THE BACK HEEL.



FIGURE III—THE FLYING MARE.



FIGURE IV—THE HIPEC.

PHYSICAL culture in its most scientific form is found in that style of wrestling known as Cumberland and Northumberland.

This is due to the fact that a fall in Cumberland and Northumberland must be gained from one hold, which must be kept under all circumstances until the bout ends. In view of this distinctive feature of Cumberland and Northumberland, it can easily be realized that every bit of physical and mental ingenuity possible on the part of the contestants must be brought into play both in offensive and defensive work.

This one hold bars all ground wrestling; every fall must be made from the feet. As a result, the agility demanded is even greater than in energetic catch-as-catch-can. Indeed, such activity on the feet is

required, in order to avoid tripping, that the wrestlers must dance around continually. As a test of alertness, endurance and powers of breathing, Cumberland and Northumberland is in the first class.

By reason of the one hold that is fair in this style of wrestling all tendency to violence is practically eliminated. There is no danger from hammer locks or strange holds. The only care necessary is to see to it that the fall, which is from a height, is not too hard. A little experience will show the wrestlers how this can be worked without disturbing or altering either position.

The tall man should be especially adept at Cumberland and Northumberland, and for men of this class it is an exhilarating exercise. Young, overgrown boys, however, should be wary of it, for they are

liable to injure their arms and legs, which are weak by reason of their owners' too quick springing up.

Cumberland and Northumberland gets its name from the two countries in England where it originated and is most popular.

Since the days of knighthood, wrestling tournaments have been held yearly at big fairs lasting several days in these counties. The champions of the different towns take part, and each wrestler is urged on to victory by his partisans, who bet on their favorite as an American on his horse, or a college boy on his alma-mater's football team.

This form of wrestling is little known in this country. It is practiced only by the professionals or those Englishmen who have come here from the boat's home.

The hold is described below, with three movements that are used in every bout.

Others can be easily studied out and will occur to the wrestlers as they strive together.

First Hold in Cumberland.

Each wrestler places the left arm over the others right shoulder, and the right arm underneath the left shoulder, interlocking the hands. To start with, the chin is placed on the opponent's left shoulder, in order to prevent butting or pushing with the head at the beginning. (Figure 1.) The bodies should be separated as far as possible, so that danger from tripping or other sorts of leg wrestling will be lessened. As in all kinds of wrestling, have the feet spread sufficiently to insure a firm base.

This is the only hold in Cumberland, and it must not be changed at any period of the bout. It is permissible to imprison an arm of the opponent by slipping one of your arms over it, or to turn back to back, or to get your opponent on your

back, etc., so long as the same hold is kept. But the moment the first hold in Cumberland is changed the bout must begin all over again. Professionally, changing the hold is a foul.

The Back Heel.

One of the hundred or more distinct movements in Cumberland is the Back Heel. To secure it much sparring and working of arms is necessary, in order to get the opponent close enough. When this is accomplished squeeze in the opponent's back toward your abdomen by slipping an arm down his back as far as possible. At the same time trip with a heel thrown back at the opponent's closer foot, bend forward at the waist, and press on his chest with your head. (Figure 2.) If this movement is correctly done, the opponent must fall straight on both shoulders, and you will fall with and land on top of him, as a matter of fact he will be on top of you. In falling, the grip must not be changed

or broken. It must be kept until the bout is declared at an end.

The Flying Mare or Cross Buttocks.

To accomplish this picturesque and effective movement, slip around the opponent by turning your back to him and getting his head in your arm. Both by pulling down hard and rising up your hips, lift the opponent off the floor, and leave him (Figure 3) over your bended back to the floor again. This time he will be on his shoulders instead of his feet.

The opponent defends himself by pulling upward and backward, thereby trying to keep you from bending and throwing him headlong.

The Hipec.

This is conceded to be the most scientific movement in all wrestling. To execute it properly takes years of practice. The movement is also remarkable for the reason that he who appears at a dis-

advantage really has a great advantage. It is necessary for the wrestlers to face each other in trying for the Hipec, which is executed as follows:

Slide your arms well down over the opponent until your hands are at the small of his back. Then bend backward, and, as you do so, lift the opponent clear of the ground. At the same time lift the opponent's left foot high off the floor on your right and throw him down sidewise. (Figure 4.) As soon as he is entirely clear of the ground, he is at your mercy. Or lift up the opponent's right leg on your left or both his feet on either your right or left foot.

The grapevine, which will be described in Cornish wrestling, is permissible in Cumberland and Northumberland. Other movements are the outside and inside click-tripping by placing the heel on the inside and outside of the leg.

FRANK G. CARPENTER.
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RUSSIA'S GREAT BUSINESS MANAGER

SERGIUS WITTE WHO HAS CHARGE OF THE CZAR'S FINANCES AND HANDLES A BILLION A YEAR

ST. PETERSBURG, May 14.—(Special Correspondence.)—I have had an interview here with the greatest man in Russia if not the greatest man on earth. His name is Sergius Witte. He is the right hand of the czar, and the business manager of the great Russian empire. He handles all told in the neighborhood of a billion dollars a year, taking it in from a thousand sources and distributing it with an even hand to the necessities of Russia in Europe and Asia.

He is one of the world's greatest bankers, being at the head of the treasury of Russia and of the vast government banking system whose capital runs into the hundreds of millions. He is one of the world's great railroad men, having an enormous network of state lines in Russia, in Central Asia and Siberia, the longest line in the world. From the czar's crown estates he collects about \$40,000,000 a year, and from the debts owing him gets a revenue of \$16,000,000. He handles the mines belonging to the crown and draws forth gold and silver, iron and coal in the tens of millions from the bowels of the earth. He is in charge of the tax system and the customs duties and he is a mighty manufacturer. Stranger than all he is the greatest saloonist of the world. He does an alcohol business which dwarfs that of the American whisky trust, making and selling, as a government proposition, every ounce of alcohol consumed by more than 100,000,000 people.

although he was a Russian. He told me that the Minister was expecting me, and a moment later opened the door of his excellency's office and asked me to enter. I did so and was in the presence of the Russian Secretary of the Treasury.

Mr. Witte rose, came toward me and held out his hand. He made me welcome and gave me a seat near his desk and then sat down himself and talked with me through an interpreter in response to my questions. I had a good chance to study him during the interview. He is very impressive, but simple and unostentatious. He talks quietly, does not get excited and apparently has himself well in check. He is a big man. He stands six feet one in his stockings, and his frame is strong-limbed and muscular. His forehead is very high and full, with brown hair rising from it and combed straight back without a part. He has a rich brown beard and brown eyes rather thoughtful than otherwise. He was dressed in a morning suit at the time, but in asking for his signature on a photograph he wrote it on one representing him in his court dress, which is covered with medals and gold lace.

He smoked a cigarette as he talked, and I noticed beside his chair a tea table with a glass of tea with a lemon floating upon it, such as the Russians drink everywhere.

The American Invasion.

My first question was as to the American invasion. I wanted to know something as to the chances for American capital and American goods in the land of the czar. His excellency said:

"There are plenty of openings here for foreign capital in the way of manufactures. We already have some American factories, and others could be introduced at a profit. Russia is on the edge of its development. We have a vast number of people and a very large country, and the growth must continue for a long time to come. As to the profits, they will depend largely on the management of the business. Russia is glad to welcome foreign capital, and to do anything that will materially improve the condition of the country."

"Is capital safe in Russia?" I asked.

"It is as safe here as anywhere," said Mr. Witte. "The only questions are those of management and business ability."

"How about American trade with Russia?" I asked.

"That is a difficult question," replied the Minister of Finance. "Russia and the United States are much of the same character. We both have an abundance of raw material, such as grain, lumber and minerals. We have petroleum, and so have you. — result is you do not need what we have to sell, and there is not that mutual exchange of commodities that forms the basis of profitable commerce. Nevertheless many of our manufactures are in demand here. This is especially so with your farming and other machinery."

The Tariff.

"How about the tariff which you have recently put on American goods? Will it affect our trade to any great extent?"

"That tariff was one of the necessities of the time," replied Mr. Witte. "It returns only to certain classes of American goods and does not touch others. It will probably lessen the importation of some things, but other branches of the trade will continue to prosper. It was a business necessity."

The Russians Like Us.

"What is the feeling in Russia toward the United States?"

"Politically it is the best possible. The two governments are on the friendliest terms. Commercially our relations may be somewhat strained, but that is the outcome of conditions which Russia could not control."

"What is Russia doing in Manchuria, Your Excellency?" I said. "It is charged that you are colonizing the country and intend to hold it."

"That is not true," replied the Minister of Finance. "We are doing nothing of the kind, and it is the intention of the Russian government to refrain from extending its rule in that direction. We have a dozen times asserted that we will give the



SERGIUS WITTE, "THE RIGHT HAND OF THE CZAR."

was sold in the past and at a lower rate, and at the same time makes an enormous profit for the czar.

In 1901 the receipts from this source amounted to \$13,000,000. In 1902 they were more than \$21,000,000, and this year, it is estimated, they will be over a quarter of a billion dollars. There will be more than the estimated cost of the Army and Navy and ten times as great as the cost of all the prisons and all the courts. If the percentage of increase keeps up as it has been doing they will in time largely support the government. There is some talk of extending the monopoly to tea, which is universally drunk in Russia, and if so the czar will have money to burn.

I went into one of the government saloons the other day and bought a bottle of brandy, just to tell you how it is sold. The saloon was not far from the American Consulate. I saw the sign No. 6 over it, with Russian characters below it, and I pushed the double doors open and entered a room which looked much like a restaurant and a drug store. There was a network in front of the counter, and on the shelves at the back were bottles of different sizes, from little ones as big as a wineglass to some holding half a gallon. The bottles were round and white, and they seemed to be filled with water. They really contained vodka, or Russian whisky, which is as clear as crystal.

Behind the counter stood a nicely dressed Russian woman, dealing with her customers through a window in the wire network like the teller of a bank. No liquor is allowed to be drunk on the

premises. There were no chairs nor lounging places, and one is expected to leave as soon as he makes his purchase. I asked as to prices, and was told that the smallest bottle cost 3 cents, but that a cent would be paid back on the return of the bottle. Each bottle was tightly corked and waxed with a government stamp. The ordinary peasant buys a bottle, takes it outside and gulps down the contents. He then returns the bottle and gets his rebate of 2 kopecks, or 1 cent. I bought a 12-cent bottle, and for that sum I got almost a tumblerful of vodka. I have not opened it yet.

Russian Brandy Drinkers.

The Russians are great brandy drinkers, for after all vodka is a species of brandy. Drinking is common all over the empire, and I see many drunken men. I do not know that they are as bad as the English in this respect, but they certainly drink more than the Americans. The above figures are the profits of the business and they give a small idea of the enormous consumption, which will probably increase as the people grow richer.

The English are the greatest drinkers on earth. They have more than a billion dollars invested in breweries and distilleries, and their annual consumption of liquors costs more than \$20 for every man, woman and child in their country. Next to them come the Germans, and at the bottom of the great nations come the Americans. Nevertheless, our drink bill is a big one. We produce from 100,000,000 to 120,000,000 gallons of distilled spirits every year, and we count our beer by the mil-

lions of barrels. Every one knows that the business is a most profitable one, and very profitable indeed. It is the creation of an enormous government service we might copy Russia and cut down our taxes at least one-half.

Russian Taxes.

The Russian government, however, is like no other on earth. It raises its revenues in all sorts of ways. It has both direct and indirect taxes and government monopolies. It has heavy customs duties which bring in something like \$100,000,000 a year.

There is a tax on matches which produces more than \$15,000,000, and one on sugar which is expected to yield \$25,000,000 in 1903. Then there are stamp duties and inheritance taxes. If you transfer a piece of real estate 4 per cent of the value of the property goes to the government, and if you do any banking you must use government stamps.

The taxes are different in different parts of the empire. There is a wagon tax, a tax levied on the natives of the Caucasus, and a tax on the land of the freed from military service, and a tax on cattle owned by the Tartars, who live in tents. The taxes on real estate are comparatively light and the customs duties comparatively heavy. There are a large number of licenses, and also certain taxes on incomes and on industrial establishments. A large part of the revenue, however, comes from the government monopolies, the czar being the greatest land owner and the greatest capitalist of the world.

FRANK G. CARPENTER.
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THOUGHTS OF PIONEER DAY

SPokane, Wash., June 8.—(To the Editor.)—The anniversary of June 15, "Oregon Pioneer Day," is at hand, and grateful memories steal into our consciousness as we contemplate the deeds of the noble pioneers of the great Northwest, from Lewis and Clark down to the days when the steam whistle waked the echoes in the Rocky Mountains. Those intrepid spirits redeemed this vast region from primitive conditions and isolation, and gave it in triumph to civilization. Some pessimists will assert that the pioneers came for their own profit, but the results to humanity prove that it was a "divine leading on," for without superhuman courage those weary portages of Lewis and Clark could never have been accomplished, and it is almost incredible that delicate women and little children braved the perils and survived the hardships of the long journey across the plains and over the mountains.

Settlers are trooping into this favored region, but those who come West now, seeking fortune or a competence, find the path strewn with roses compared with the pioneer's journey, and instead of Indian guides the locomotive pilots them on their way, leaving blizzards behind, and instead of 18 months of weary wandering, three days' traveling and of feasting their eyes in wonder upon the vast slopes and valleys and mountains of an unparalleled region brings them to the rich one beds, the fertile valleys, great water power and magnificent forests of the Pacific Northwest.

Many who have, for the first time, turned their attention to this part of the states, have perhaps never heard of the brave pioneers, and it is profitable that those who are recently seeking homes in this delightful land should pause and give a thought to the sturdy hand headed by Lewis and Clark.

The pioneers of this vast region were a God-loving and liberty-loving people, and so erected the church and schoolhouse side by side, and from the footprints of Lewis and Clark civilization properly begins, for the policy of peace pursued by the pioneers in dealing with the Indians now prevails, though many who came after Lewis and Clark abused the confidence which the pioneers inspired, and

where churches now rear their spires. Our young men and women have every facility for a most thorough education. There is enterprise and energy and they are not afraid of the hard work share had not disturbed the soil, and beautiful homes and magnificent business blocks poke their roofs where then the lumberman's ax had not scarred a tree, and where the Indian came to trade his superb citizenship, for from "the states" came the children of pioneers who but a generation before founded great commonwealths, the men and women who by intelligence and training possessed the mental, moral and physical endowments that could endure the vicissitudes of a new country and blossom into the highest type of humanity. We are proud to say that many of our most prosperous, highly cultured and broad-minded settlers are pioneers, and children of pioneers.

But there are good grounds for the assertion that the masses are just beginning to realize the vast possibilities for successful business and home building in the Northwest. The wealth-producing power of the individual is unparalleled. But the world is beginning to know of this glorious heritage, and the drought in Australia has forced the inhabitants of that distant country to look to the Pacific States for flour.

What changes since the pioneers built their log homes and tramped out their first wheat crop with oxen! Those who come now find other changes besides turning wild land into prosperous villages and wheat fields and blossoming orchards and great cities, for we have a daily mail service, here in pioneer days it took 18 months to get a letter from the dear ones "back in the States," though now we find ourselves very much annoyed if the mail is one-half hour delayed or "central" returns to our call—"Line is busy."

Nowhere is opportunity so boundless, where fabulous fortunes and fortunes can spring from humble beginnings. Opportunity is master of human destinies, and the pioneers hewed the pathway by which young men and women would leave the sleepy old villages where splendid raw material goes to waste, and thousands of them have made far more of themselves than it was possible for them to achieve had not this opportunity been vouchsafed to them by the true pioneers. This is no tradition; so all honor to the sturdy pioneers who braved the unknown dangers and hardships and made it possible for the present generation to come in and possess this favored land; and now let

the whole population greet the pioneers "Pioneer Day" with royal hospitality, and help to shed a ray glow over the crown of their sunset splendor, and thrill their hearts with gladness.

FRANCES MORELAND HARVEY.

JEWEL "BEAUTY DON'TS"

DON'T wear jewels without first making a study of your style and coloring.

Don't wear too many diamonds. They detract from the brilliancy of eyes and teeth. If eyes are dull, they will appear more so by putting sparkling gems near them.

Don't wear rubies, emeralds and sapphires with any shades of red. They are not for the maid or matron with Titian-hued tresses, or with hair that is frankly red.

Don't be afraid of pearls. Of all precious stones they are the best to soften the face. Another equally becoming stone is the opal. Unfortunately "pearls are tears," and the lovely line from the nose of the neck is broken and its value lessened by a necklace.

Don't wear rings recklessly. Many or none is the rule. An exquisite hand requires no jewels, but the charm of one less perfect in shape is enhanced by a blouse of gems.

Don't wear a broad gold band. A narrow one is much more becoming to the hand. The present fashion in wedding rings demands a slender circuit.

Don't wear bracelets unless you have the knack of turning the wrist to display the jeweled shackles to advantage.

Don't wear a necklace if you have a beautiful neck. The lovely line from the nape of the neck is broken and its value lessened by a necklace.

Don't wear a string of pearls unless the neck is white. One less clear in color may have rubies or sapphires as the most becoming stones.

Don't wear a broad band—one of seven strings of pearls, for example—unless you have a swan throat.

Don't wear earrings unless the ear is a dainty sea-shell. Then, if wisely chosen, the rings emphasize the best points in hair, features and complexion, and lend light and color to the face.

Don't wear a long or pendant earring, if the neck is long. This style is for the woman with a short neck.