

MR. BARTON-WRIGHT, OF ENGLAND,

HAS DEVELOPED

A NEW ART OF SELF-DEFENSE.

"The New Art of Self-Defense," published in this, it is claimed, enables a man to defend himself against any form of attack, in the title of an entertaining illustrated article by its inventor, Mr. E. W. Barton-Wright of England, in the latest number of Pearson's Magazine. Its introduction has a few remarks as to the conception of self-defense as generally understood, and other matters than those of Anglo-Saxon origin.

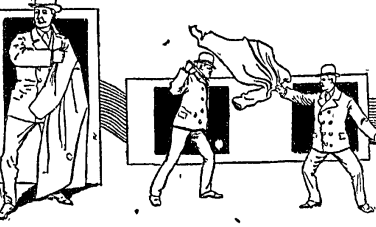
"In foreign countries people," says Mr. Barton-Wright, "never fight for amusement or diversion, as it will be the case in England and the United States. Fighting is the life and soul of many of the people there, and it is so understood that when foreigners fall out and fight they negotiate one goal only, and that is to overcome and defeat their adversaries, and any means is considered justifiable and is resorted to, to attain this end.

"Of course, what constitutes honor in this sense is entirely a matter of early training and education. In this country we are brought up with the idea that there is no more honorable way of settling a dispute than resorting to nature's weapons, the fist, and to score taking advantage of a man when he is down.

"A fighter, however, will not hesitate to use a chair, or a beer bottle, or a knife, or anything that comes handy, and if he has a knife, he will use it. He knows that he would employ what he should consider 'natural' weapons. It is to meet the necessities of this kind, where a person is confronted suddenly in an unexpected way, that I have introduced a new art of self-defense, which can be very terrible in the hands of a quick and confident exponent. One of the greatest advantages is that the exponent does not necessarily be a strong man, or in training, or even a perfectly agile man, in order to be equally very formidable opponent, and it is equally applicable to a man who attacks you with a knife or a stick, or a bullet, or a pin-fist. It can be considered a class of self-defense designed to meet every possible kind of attack, whether armed or otherwise.

General Principles.

"Of course, it is not possible in a short article like this to explain all the manifold ways of de-



HOW TO MEET AN ASSAILANT WHO ATTACKS YOU WITH A KNIFE.

It Protects a Man From All Forms of Attack.

centering or delivering a blow, but the principle may be briefly summed up as follows: 1. To disturb the equilibrium of your assailant; 2) to surprise him before he has time to regain his balance and use his strength; 3) to endeavor to subject the joints of any part of his body, whether neck, shoulder, elbow, wrist, back, knee, ankle, etc., to strains which they are anatomically and mechanically unable to resist. The explanations which follow, with the assistance of the photographs presented, will show what a weak man with a knowledge of leverage and balance can do against a stronger man than himself who has not the same knowledge.

"Some of the facts may, perhaps, even be so obvious that they need not be fully followed, and the positions in the photographs fully understood. I feel sure that steady practice will make them quite easy of performance.

"You may say that it will be impossible to get the assailant into the positions shown, but it must be borne in mind that you are not seeking a quarter of attack, but a direct and unobstructed position. It is quite unnecessary to try and get your opponent in any particular position, and your defense and counter attack will be entirely based upon the tactics of your opponent. The illustrations only show how to defend yourself against some of the most common forms of attack.

"Finally, I cannot emphasize too strongly the fact that these facts can be thoroughly understood and put into practice, whether a policeman is holding a prisoner in a certain position, it is not necessary for him to break the man's arm to show his power, and I have introduced a new art of self-defense, which can be very terrible in the hands of a quick and confident exponent. One of the greatest advantages is that the exponent does not necessarily be a strong man, or in training, or even a perfectly agile man, in order to be equally very formidable opponent, and it is equally applicable to a man who attacks you with a knife or a stick, or a bullet, or a pin-fist. It can be considered a class of self-defense designed to meet every possible kind of attack, whether armed or otherwise.

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that you have to pass through a lightning bolt at night, where there is a likelihood of such an attack, and you do not wish to run the risk of injuring yourself within the day by relying upon a revolver.

"Carry your revolver upon your shoulders without passing your arms through the sleeves in the style of a military cloak, with your right hand ready upon your left shoulder, to use your coat in the way of a shield; behind, should the necessity arise, be careful always to walk in the middle of the road. Directly your assailant attacks your head, and wait until he is within a distance of six feet from you. Then raise his head and arms by throwing your coat round him in a sweeping, circular motion of the arm. This will obscure his view somewhat, but not your own, and will give you plenty of time to deliver your attack, which should take the form of a right-handed knockdown blow in the pit of his stomach.

"Or, while he is still enveloped in the folds of your coat, slip around behind him, seize him by the right ankle and pump him under the shoulder-blade with your left hand. You will thus throw him very violently upon his face, and in his endeavor to get his fall and protect his face he will put out his hands, and in doing so inevitably drop his weapon. He will then be disarmed and in a position where you can break his leg immediately if you so like, or, if you wish to be compelled to submit peacefully, you can hold him down in the position shown in No. 4 until the police arrive. This is only one of many ways I have of dealing with a confederate.

"I may state that I have been repeatedly attacked during a long residence in Portugal by men with knives or six-foot quarter staves, and I have in all cases succeeded in disabling my adversary without being hurt myself, although I had not even a stick in my hand with which to defend myself.

"To give you some idea of the scope of this art of self-defense I may state that it is comprised of about 20 different attacks, attacks, counters and tricks based upon balance and leverage. It may be mastered by anyone who gives the matter his attention. It will afford him new confidence and put him in possession of immense power.

A Good Way of Combating a Person Out of a Room.

"There is an excellent method of forcing an undesirable person out of your room. It is a good method particularly in cases

where you attend to strike your assailant to your opponent by the left wrist and your right hand to guard your face from a blow. Pull both toward you with your left arm without altering the position of your feet. Then turn upon your heel and your right arm over his left upper arm. You then pass your right hand over his left forearm, and lock his arm by seizing your own wrist. Finally, by straightening both your arms, you are able to exert such leverage and to throw such a strain upon his neck that you could break it if he attempted to resist; moreover if the leverage be exerted in the proper way, it will also be found that it is quite impossible for your opponent to hit you or retaliate in any way. In case anyone should fight shy of making use of this trick, it may be given in practical use to the experimenter upon. If he resists, would feel such pain that it would be compelled to submit peacefully by long before any serious injury could be done to him.

It will not be necessary to impress upon the reader the importance of knowing how the above occurred in this knowledge of this method would have been of inestimable value. No one could resist the treatment I have suggested, as the reader will be able to understand for himself by test- ing it on his friends.

This is a most useful feat, and the student of the new art of self-defense will find it well worth learning thoroughly. We are assuming that your assailant begins his attack by attempting to strike you in the chest.

The first thing to be done is the most difficult, but the art of doing it may be soon acquired and the rest will follow easily. The student must first stand with his feet wide apart and strike at you with his right hand. You must guard yourself by raising your left arm and receive the blow on your forearm.

Then slip your hand up your assailant's arm and grasp him by the wrist. This quick upward movement of the hand is all that is required, but you must make sure to grasp your adversary at the first attempt. This you take a step to the side with your left foot, strike your assailant in the ear with your right fist and continue the movement by placing your right leg behind his right leg.

Retaining a firm hold of his right wrist with your left hand, pull him toward you. Then press upon the upper part of his arm with your right arm, and, leaning over the right arm into your body, you can throw him to the ground without further trouble.

Of course, the same tactics are applicable if a man strikes you with his left fist. In this case you guard by moving the blow with your right forearm, striking your hand with your arm into your side, his wrist and then proceeding with the trick as already described.

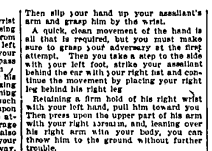
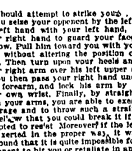
You will be noticed that in the series of photographs on this and the subsequent pages my vest is in dress in Japanese costume. In fact he is a prominent Japanese wrestler, and in Japan, the majority of the facts, I may explain being elaborated from the Japanese style of wrestling.

How to Overthrow an Assailant Who Attacks You From Behind and Pincions You in Arms.

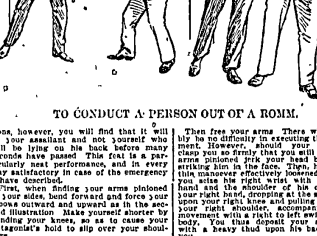
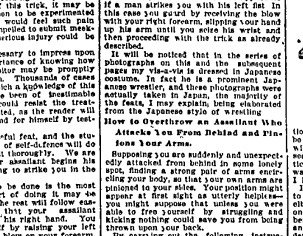
Supposing you are suddenly and unexpectedly attacked from behind in some lonely spot, finding a strong pair of arms encircling your body, so that your own arms are pinned to your sides. Your position might appear at first sight as utterly hopeless, you might suppose that unless you were able to free yourself by a sudden dash and kicking nothing could save you from being thrown upon your back.

By carrying out the following instruc-

HOW TO OVERTHROW AN ASSAILANT WHO ATTACKS FROM BEHIND AND PINIONS YOU IN ARMS.



TO COUNTER A PERSON OUT OF A ROOM.



tion, however, you will find that it will not your assailant and not yourself who will be lying on his back before many seconds have passed. This feat is a particularly neat performance, and in every way satisfactory in case of the emergency I have described.

First, when finding your arms pinned to your sides, bend forward and force your elbows outward and upward as in the second illustration. This causes your shoulder to bend your knees, so as to cause your antagonist's hold to slip over your shoulders.

Then free your arms. There will probably be no difficulty in escaping your grasp. However, should your adversary change you so firmly that you will find your arms pinned to your head back, writhing him in the face. Then, using this maneuver effectively loosened his grip, your side his right wrist, with your hand and the shoulder of his coat. Your right hand, dropping at the same time upon your right knee and pulling him to your right, should attempt to gain your movement with a right to left swing of your right shoulder, accompanied by a heavy thud upon his back and so.

SOCIETY GIRLS OF TOPEKA, KAS.

WRITTEN FOR THE WEDNESDAY REPUBLIC

Among the most prominent of the younger society girls now in Topeka (Kan.) society are the following: Misses MARGERY Wheeler, Louise and Helen Smith, Harriet Jones, Lois Telft, Hester Hayden, John Wilson, Jeanette Lord, Ella Hinckley, Lottie Parkhurst, Emily King, Florence Rossington, Rosa Jewell, Helen Thompson, Margaret Jones, Marcia Holvey, Sue Sharrill, Emily Elliott, Lena McCray, Hazel Fess-

ler, Gertrude Devereaux and Susanna Gay. Several of these young ladies were members of a card club, known as 'The Amaranth.'

The picture here is of this club. In it are represented the most prominent as well as the wealthiest Topeka families.

Miss Margery Wheeler and Miss Louise Smith are now in Berlin, completing their musical education. Miss Wheeler is the daughter of Mr Bennett R. Wheeler. Miss Louise Smith is a daughter of Charles Elliot Smith. Miss Lord is the daughter of John I. Lord, and Miss King and Miss McCray are daughters of well-known newspaper men.

Miss Wilson is a daughter of the late Joseph C. Wilson, one of the receivers of the Santa Fe Railroad. Miss Hinckley is the daughter of a prominent civil engineer

and Miss Jones a daughter of H. C. Jones, a lawyer. Misses Littel and La. Short have recently left Topeka and are now living at Chillicothe, Ill. The former was married in February to a son of Colonel John D. Norton of Topeka.

This younger set of society girls has set a good example in their manner of avoiding gossip. When a young man is introduced he is not "taken in" just because he is agreeable and dresses well, but he must come of good family and bear a reasonably good reputation. Another thing which the young Topeka belles have insisted upon, and that is sobriety. Young men who attend parties or who call upon these young ladies under the influence of liquor are promptly "dropped." This has had a good effect upon the young men, with, of course, a change for the better.