

**INGENIOUS METHODS OF SELF-DEFENCE WITH A WALKING-STICK.**

FROM A SERIES OF ARTICLES BY E. W. BARTON-WRIGHT, NOW RUNNING IN "PEARSON'S MAGAZINE."



In this method of defence the man attacked does not attempt to guard by raising his hands to stop it, but simply by changing from left to right foot by swinging round. When guarding by this means you stand with left foot forward, right leg bent, right arm held about the head, and left arm thrown well out in front of you.

There is another method of defending yourself against an attack by retreating out of distance of your adversary's bludgeon. It is always most desirable to try and entice your adversary to deliver a certain blow and so force yourself at a great distance by being prepared to guard it, and to deliver your counter-blow. To induce your opponent to counter-blow, you should take up the same position of rear-guard as described in the last trick, but instead of exposing your arm so much, you push your head more forward, leaving it apparently quite unguarded.

The student of the art of self-defence with a walking-stick might think it hardly worth while to study any particular method of defending himself which might insure him against an attack by a saviour or foot-boxer. You might suppose that there would be no great difficulty in guarding a high kick, provided you carried a stout stick in your hand. Those who have seen savants at work, however, and realise the extraordinary swiftness of the kicks which they plant on their opponents' bodies, will understand that scientific kicking can only be guarded by a certainty by a scientific method of defence. Taking up a position of rear-guard, with left arm extended to ward off a possible kick to the small of the back, hip, or left side, you describe circular cuts in a left to right downward direction with your stick. Your opponent, with left foot and left arm extended, places his right foot behind his left, so as to enable him to approach within kicking distance if the opportunity presents to break it. If you wish to defend yourself against kicks lower down on the body, you employ exactly the same means of defence, and it is essential that all your movements should be as quick as possible. In the above three sketches the black figure above is the assailant.



In case the student of the art of self-defence with a walking-stick finds himself attacked by a man carrying a much heavier stick than himself, here is an effective method of meeting the bludgeon with a thin cane or umbrella. Appreciating the unreliability of your weapon, you assume the offensive at once, before your opponent has time to discover your disadvantage. You begin operations by striking high at your assailant's head,

and forcing him to guard high. Simultaneously you spring into the position shown in the third sketch, seizing your opponent just below the elbow, thereby completely disturbing his balance, and so preventing him from hitting you. You can now deliver a heavy right-handed blow with your fist before he has time to recover his balance after reaching himself by trying to hit you. The black figure above is the assailant.

When a man finds it necessary to defend himself in a street fight, or the like, he may not have room to swing a stick freely. One of the best methods of using a stick as a weapon under these circumstances is to pass it between the legs of the assailant, tripping him up. In order to carry out the trick effectively on a single assailant, when there is no crowd, you should stand in the front guard position, and make a cut at the side of your opponent's face. While he raises his head to guard his face your stick is uplifted behind your left hand, crouched down and passed through his legs, exerting your full leverage to throw him on his back.

**ELECTRICALLY-FATTENED PORK.**

**WHAT WE MAY SOON BE EATING.**

This is the age of electricity, so that one is not surprised to hear that an electric diet has been discovered. Naturally, you would conclude that it is designed to add vitality of weak digestion; but it is something of a shock to learn that the latest scientific discovery has no milder object than the fattening of pigs! Certainly, there is an element of novelty in the notion of eating electrically-fattened pork. Besides, from pigs we may yet rise to higher things. Anyway, Dr. W. J. Herdman has found out that the galvanic current promotes the growth of tissues—that is to say, the increase of flesh. It had previously been ascertained that plants develop more rapidly under the electric stimulus, and there was no obvious reason why animals should not be equally responsive to it. Hence the idea of Dr. Herdman, which promises well, though its application cannot as yet be said to have passed beyond the experimental stage. The doctor began his experiments with guinea-pigs, half-a-dozen of which he put in each of two cages, taking care that they should all be of exactly the same age, so as to make the conditions of the trial as free from bias as possible.

**A NEW BEER-JUG.**

On this page to-day we give an illustration of a scientific beer-jug which has lately been patented and which we may shortly expect to be brought into general use for the supply of ale and stout. The advantage of this jug over the bottles that are used at present is that it is so designed as to keep the beer fresh as long as it is kept in the jug, and so to prevent the air from getting into the bottle. The inventor of this jug is a Scotchman, and he claims that it will keep beer as long as it is kept in the jug, and so to prevent the air from getting into the bottle.

**VEGETABLES AS MEDICINES.**

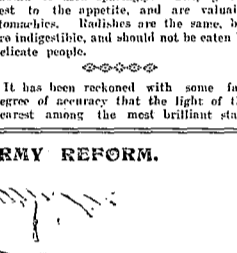
As most people are aware, vegetables possess various medicinal qualities. Here are some worth bearing in mind. Asparagus is very cooling and easily digested. Cabbages, cauliflower, Brussels sprouts, and broccoli are cooling, nutritious, and purifying to the blood, and also act as a tonic, but should not be eaten too freely by delicate persons. Celery is good for rheumatism and is fattening for nervous people. Tomatoes are health-giving and purifying, either eaten raw or cooked. Chili, cayenne, horse-radish, and mustard should be used sparingly. They give a zest to the appetite, and are valuable stimulants. Radishes are the same, but are indigestible, and should not be eaten by delicate people.

**A HUMOROUS VIEW OF A CERTAIN ARMY REFORM.**



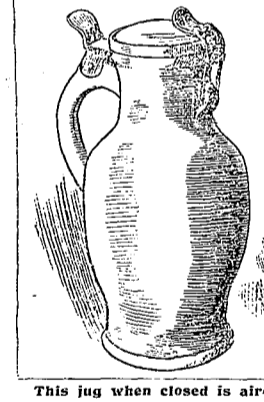
Plans for a Temperance Tent to be substituted for Army Canteens have been forwarded to the War Secretary. (From the "Brooklyn Daily Eagle.")

**KING EDWARD'S MAIL VAN.**



This is one of the new Post-Office Vans, bearing the King's initials, now to be seen in our streets.

**A PATENT BEER-JUG.**



This jug when closed is air-tight, and will keep beer fresh for any length of time. (See "A New Beer-Jug.")

**FUTURE POSSIBILITIES.**

Nobody can say what may be the final influence of this new discovery upon the market. The imagination extends to the application of Dr. Herdman's discovery to almost any lengths. Why may not the day come when every cow in her stall shall have her own electric wire? But her sense were grown persons who are desirous of increasing their appetites, and thus most interesting possibilities for the improvement of the human physique are opened up.

**CHAPTER XIII. THE RESCUE.**

Nell fought the waves. The strength of the water was against her, heading as it was towards the outlet at the lower end. The reservoir emptied itself by the valvulose down a series of concrete steps to a filter. Happily the inanimate object for which she was risking her life—hopeless and hapless as life to her now—was aloft, and bearing rapidly towards the overfall. She did not see it, but she knew it was there. She was a brave girl, and she had a strong sense of duty. She would not leave the man who was in danger.

**CHAPTER XIV. THE RESCUE.**

With no light to guide her, she turned the body on its chest and confined the wet hands. She held the strap in her teeth and ran on all fours. She was a brave girl, and she had a strong sense of duty. She would not leave the man who was in danger.

**CHAPTER XV. THE RESCUE.**

Then she gazed at the truth. It was for sheer robbery that this fell deed had been done. She felt that her father had done the wrong. She would not let her father's name be stained by such a deed.

**The Baptist Ring.**

**By WEATHERBY CHESNEY.**

**CHAPTER XVIII.—Continued.**

Nell Gill knew the oyster well, for she had imagined herself deeply in love with her. He was a good fellow, and she was sorry for him. As the elegant passed her that remaining lamp threw a warm flood of light over her, and the horse reared. "Ha," cried the driver, "What's that?" He checked the horse. But Nell sprang up and clanked in an agonised whisper: "Don't stop for Heaven's sake—if you love me, Jim!" The oyster nodded, and went on. And Nell came nearer to liking him than ever she did before.

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**THE BAPTIST RING.**

Nell came down as near as she dared. She saw the light go out, and heard the lamp put down in the bottom of the boat. She was certain that a crime was about to be committed. She would not let her father's name be stained by such a deed.

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**SPECIAL NOTICE.**

Owing to the enormous demand for Part I. of THE HOME ARTS SELF-TEACHER, the supply was exhausted shortly after publication, and it was found necessary to go to press with a second edition, which is now ready, of this part. In consequence of this unforeseen circumstance, Messrs. Pearson have decided to postpone the publication of Part II. until March 1st. It is hoped that it will be found possible to issue this valuable Self-Instruction in the Arts and Crafts regularly on the 1st and 15th of the month thereafter.

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