

# THE POLICE RECRUIT

A PHYSICAL TRAINING  
MANUAL

1913

BY  
SERGEANT A. WALLANDER

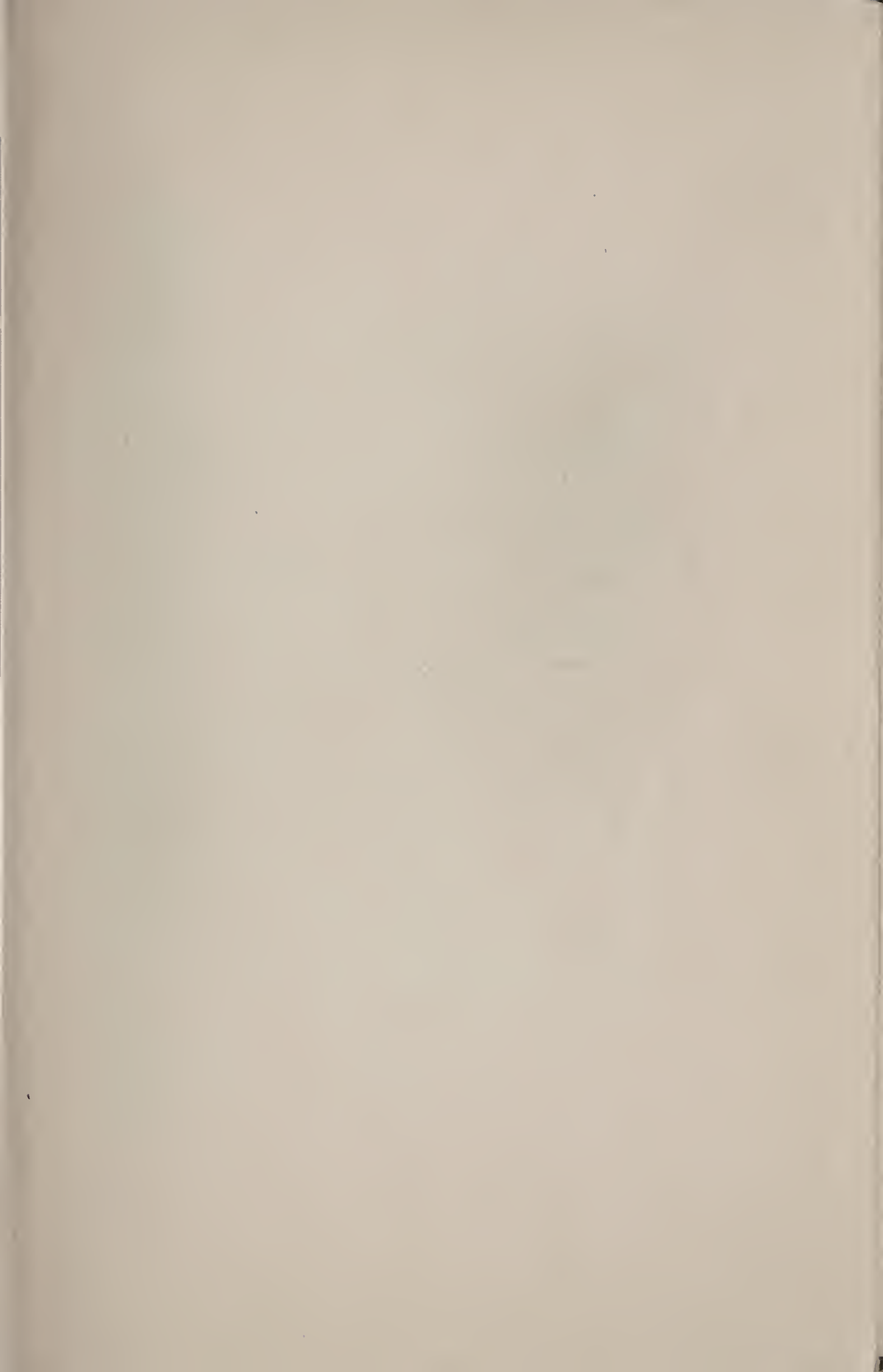


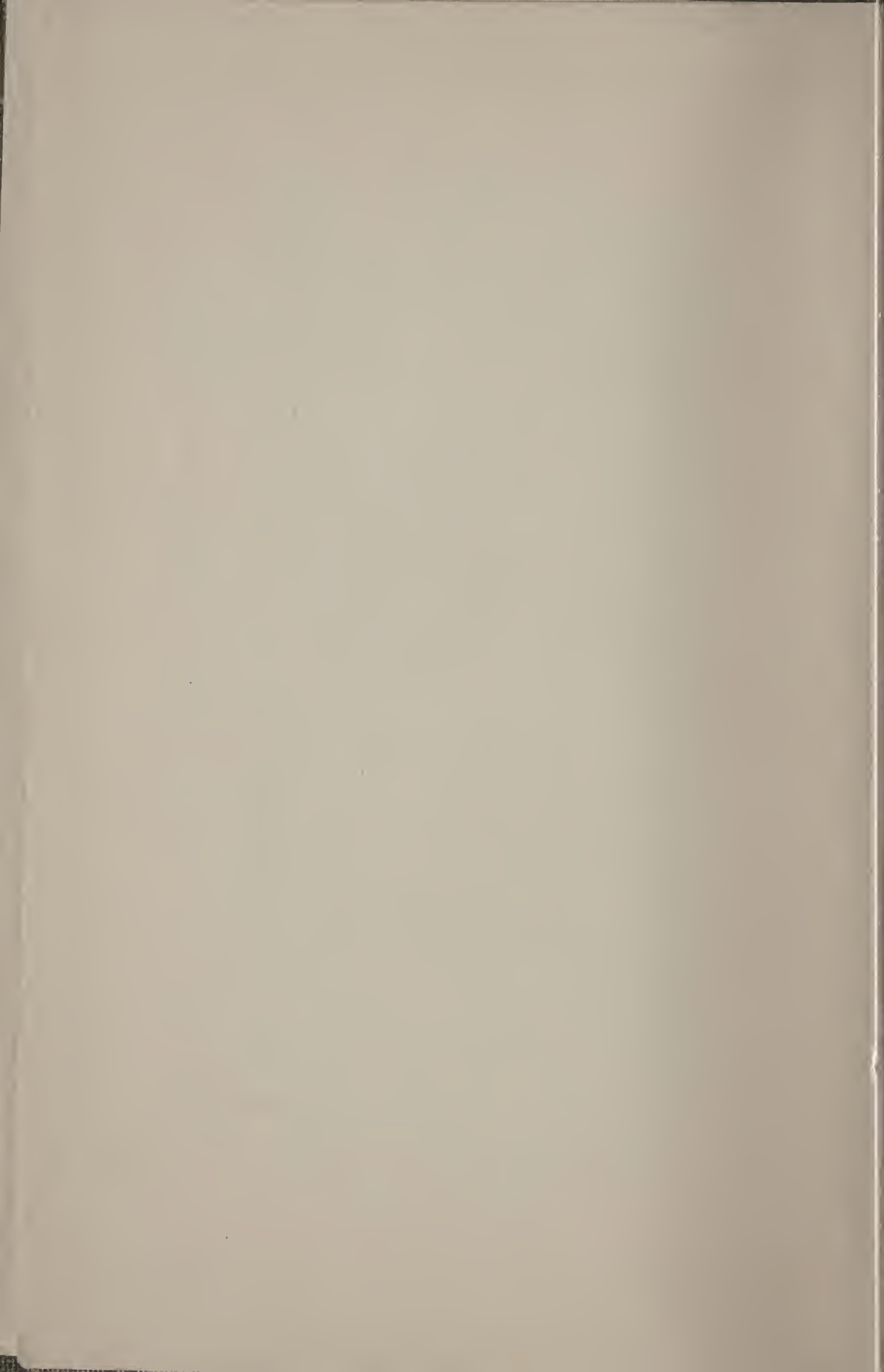
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# THE POLICE RECRUIT

*(Police Manual of Physical Training)*

BY

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## FOREWORD

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*While this book has been written primarily for the enlightenment and instruction of the guardians of communities and cities—the policemen—it also aims to aid those citizens who realize the necessity and value of maintaining a sound body and an alert mind.*

*Without the co-ordination of these two factors—body and mind—there can be no proper realization of ideals, no true happiness, no efficiency. It is therefore essential that health and bodily vigor be maintained at all times.*

*The information contained herein has been gathered in the course of many years of experience in the training of police recruits. In its preparation I am indebted to my co-workers in the training school of the New York Police Department—Military Captain Charles E. Schofield, Sergt. Thomas M. Shaw, Acting Sergt. Isadore Cantor and Patrolmen Julius P. Brilla, William Spengler, John Ruff—for their invaluable assistance and advice in making this book possible.*

*The Author,*

New York, June 15th, 1923

*To the Reader:*

During my long term of years as a police officer, and particularly the twelve years I have been in charge of the training of police recruits of New York City, there have come before my attention scores upon scores of young men who lacked even an elementary knowledge of what it means to possess health and bodily vigor.

Most of these embryonic aspirants to guardianship of law and order were under the impression that all one had to do to become an officer was to pass a civil service examination, be examined by a physician and don a uniform. This is far from the truth. In fact, the crucial test is the physical test. A man may possess the greatest of faculties, have the necessary height and weight, but if he is not physically fit he can never hope to become a police officer.

Without the knowledge of how to keep and stay fit, and without possessing physical fitness to cope with every emergency, a policeman cannot render good service. For most of the work centers mainly in combating the unruly, the rowdies, the bullies. To properly handle this body of law-breaking citizens it is of paramount importance that each candidate for police honors be as perfect as possible

both mentally and physically. It requires an alert mind, coupled with a strong body, to efficiently maintain law and order.

The training required by the New York City Police Department extends over a period of two months. During this time every man is on probation. He is put through a thorough course of physical instruction, and if he fails to fulfil the exacting requirements the fact that he has passed the civil service examinations avails him nothing. He is automatically rejected.

The candidates are instructed by a group of thoroughly experienced officers. The training is exacting, rigorous. By the time the two months period is completed every man is fit to "walk a beat." Those who, through lack of interest or failure to measure up to the standard, do not pass the tests are not recommended for uniform duty and are dropped from the roster.

This book of instruction fills a long felt want. I have noted carefully its contents, and I strongly recommend it not only to those who are eager to become policemen, but also to that vast multitude of citizens who must of necessity maintain a sound, keen, alert body and mind to successfully carry on life's work.

(Signed) CHARLES E. SCHOFIELD,  
Military Captain,  
New York Police Training School.

## THE RECRUIT

The embryo policeman's entrance upon a police career is of importance to the welfare of all with whom he comes in contact, and unless he is properly equipped both mentally and physically and instructed in the necessity of maintaining and improving these qualifications, his efficiency as a police officer will unquestionably be low.

Police heads throughout the country are beginning to realize the necessity for training police recruits for their jobs, and to this end have instituted or planned to institute an efficient system of training.

The present system of physical training which the police recruit receives in the training school of the New York City Police Department (the pioneers in this advanced movement) has been the means of eliminating the flat-footed, big stomach and lazy men, and replacing with

the mentally and physically alert, strong, fleetfooted and soldierly officer. This modern and up-to-date method of training is a big factor toward bringing to the surface the qualifications a policeman is expected to possess, contrary to the old order of things, when no schooling was provided.

A policeman's job is one of the most honorable of all callings. His tasks are many and because of the varied nature of them, he must for the preservation of law and order and for the protection of life and property, be possessed with the qualifications necessary to cope successfully with each case that may come before him. He is sometimes called upon to overtake and overpower desperate criminals, to prevent riots and restore order at riots, to protect life and property against destruction, to rescue persons from burning buildings and persons in danger of drowning, and to assist in the care and removal of the sick and injured, all of which calls upon the physical being for speed of feet and hands, agility and strength of muscle, a

fair knowledge of hand-to-hand fighting, rescue and first aid work. These are only a few of the physical tasks—mentally he has many more, the details of which in any two cases are seldom presented alike.

The task of performing duty almost continually on his feet, day in and day out is one requiring the attention of the individual. He should by a careful system of exercises and diet avoid becoming overweight which very often results in foot ailments and sometimes flat feet. The practice of standing and walking correctly as set forth in this book is a great aid to prevention of this condition, as is also bathing of the feet at regular intervals, and securing of sufficient rest and sleep while off duty.

Men who apply for police jobs are recruited from all walks of life. Some have probably never before been in a gymnasium and are therefore unacquainted with the value of physical training and the importance attached to the physical fitness of a policeman.

A fit policeman is a credit to the depart-



ment he represents, the community he serves and to himself and family. It is for such reasons that police authorities and public-spirited citizens should interest themselves in a matter of such vital importance to the welfare of all, and see to it that police recruits receive sufficient and proper training.

The system of physically training the police recruit now in vogue in the Police Department of the City of New York is an up-to-date, practical and efficient one. Following appointment, the men are assigned to the training school and there formed into squads, platoons and companies, the number of companies dependent upon the number of appointees, care being taken to properly size off the men according to their height.

The school curriculum (physical) comprises instructions in the following subjects:

The school of the soldier, squad, platoon and company is first taken up to inculcate a semi-military spirit and to impart a knowledge of close order military forma-

tions and the orders and commands necessary to form such units. This is absolutely necessary for the proper conduct and organization of men that they may interpret accurately and execute promptly all lawful orders received from superiors, as is necessary in the daily routine of police work—the transferring of men from one place to another.

The rifle is used in the manual of arms and the drill manual without command, to teach them to concentrate and to co-ordinate mind and muscle.

(Calisthenics)—Setting up exercises the foundation of all physical training is taken up for the purpose of developing the muscular system and to create agility and endurance and to correct the posture so important in a policeman's get-up.

The American Art of Self-Defense is the most important subject of the schedule. It takes in class instruction as well as instructions on the mat, whereby the policeman is taught to cope successfully with criminals and unruly persons resisting arrest or detention.

Boxing is taken up to teach the men to protect themselves from the blows of assailants and to counter-attack accurately and effectively should the occasion require such action. As an exercise it develops speed, agility, self-confidence and control in emergencies.

An intensive form of exercise with the rifle is used to harden the body and to remove all traces of superfluous flesh. It also teaches fast thinking and co-ordination of mind and muscle.

Ladder scaling is indulged in to teach men to scale low hanging fire escape drop ladders as is necessary in the case of fire when access to a building by way of the hallway has been cut off by flames and smoke. For the protection of life and property, his presence in the building is absolutely necessary to arouse persons therein or to rescue and assist in their rescue, should they be trapped by the fire. This training in ladder scaling is also an excellent method for developing the arms, shoulder and back muscles of the body.

## HEALTH TALK

A good definition of Health is the ability to do all things proper to the human body in the most perfect manner possible.

A perfect state of health implies that every organ in the body has its due share of exercise; that is, it lives in proportion to its activity. A man breathes in from 3 to 8 times as much air when he is walking or running at top speed as when lying down at rest. The work of the heart is doubled and the blood is flowing twice as fast through the system, with the result that all parts of the body are receiving increased nourishment and stimulation proportionate to the increase of activity, reflecting this nourishment and stimulation through the clearness and brightness of the skin and eyes.

The world's greatest thinkers and geniuses have understood the absolute

necessity of a change from mental to physical activity and for this reason have been able to accomplish huge tasks, and live long to fulfil their realizations and ideals.

Over-indulgence in any act involving the use of the muscles is to be discouraged for the reason that it burns up an excessive amount of vitality which tends to weaken rather than strengthen the body. If we examine all the rules for securing health and the leading secrets of long life, we find that one of the earliest is temperance.

A CLEAR AND RECEPTIVE MIND, a healthy body and the will to do, insures one's earning capacity against poverty. It is the aim of all to be self-reliant and to provide the necessities of life for themselves and dependents by laboring either mentally or physically for the medium by which food, clothing and shelter can be procured. No self-respecting person who is able-bodied seeks charity, but very often people are forced to accept charity when health fails them, thus putting a check on their use-

fulness. Nature always warns one of impending danger and failure to heed her call results in a breakdown.

**BEGINNING WITH EARLY CHILDHOOD** the body requires physical exercise proportionate to the health and strength of the individual. There are certain forms of exercise that will build and strengthen the muscles of the body and others that will create speed and agility. All forms of exercises excite the blood to increased circulation and if taken with earnest effort will induce perspiration that will assist the body to throw off waste matter by excreting it through the pores of the skin. A bath taken after exercising will cleanse the body, causing the skin to glow with a healthy pink color, the outward expression of perfect health.

The internal organs as well as the muscular system are benefited by systematic exercise. This is particularly true of the digestive organs, wherein most diseases of the body due to lack of exercise and improper diet are said to originate.

Children derive the exercise necessary for health through their physical efforts while at play. Adults should adopt some such method, but in another sportive sphere.

FATIGUING EXERCISES, if indulged in with a system, will improve the wind and staying powers. When you have attained a high state of physical perfection by arduous work, it is then a simple matter to maintain fitness by continued light exercise. A man who cannot spend an hour or two in the gymnasium at least three days a week, should indulge in resisting and relax muscle swaying exercises at home, either morning or night for periods of at least fifteen minutes. This work should be done one-half hour before or after meals.

Do not indulge in insipid and trifling pastimes for exercise. While they are not harmful, they are of very little benefit, because the body requires more exercise than these pastimes can give. Such great American games as Handball, Baseball,

Football, Rowing, Tennis and Golf will give a sufficient amount of exercise to excite circulation of the blood, as well as to quicken the eyes and muscles.

DUE TO THE KEEN COMPETITION which exists in the business affairs of today which necessarily involve a great amount of brain work and causes mental fatigue, it follows that relaxation is the road toward restoration of energy expended. Unless some way of diverting attention from the daily grind is resorted to, a breakdown is sure to result, manifesting itself in the physical self by lack of appetite, weakness of body, etc. To avoid all chance of such a breakdown, a form of recreation involving physical effort is advocated, not too strenuous but with sufficient effort to bring the muscles of the body into play to increase circulation of the blood. All such recreative exercises should be indulged in while in the open air to get a maximum amount of oxygen into the lungs, which in itself is a heat generating and vitalizing agent.



Motion expressed in muscular activity is a keynote to health. If we labor by other than muscular activity and pay no attention to exercise of the muscle structure, our health will suffer as a consequence.

As a rule big business men are strong, vigorous, robust and red-blooded. They have a favorite method of taking physical exercise to promote and maintain health, realizing that without health their mental efficiency suffers with the result that big business deals cannot be successfully transacted.

It is not necessary to indulge in an intensive training schedule to bring about health and physical fitness. A system of training involving a form of exercise that will stimulate the heart action and accelerate the circulation of the blood is advocated, so that all parts of the body are thus reached and nourished. The final results of such training are increase in stamina, a light, springy step, a clear head and a contented mind.

The battle of life requires full-blooded,

strong, active and mentally alert men to successfully cope with the ever-increasing competition in affairs of today. It is often, and rightly said, that only the fittest survive, the predominating factor being the proper care of the body.

If we begin each day with a smile and a song, we are automatically adjusting ourselves to a positive attitude of mind. We must dispel a grouch or lack of courage or faith and center attention upon achievement expressed in confidence and will power.

Brooding over gloomy thoughts or reverses is an obstacle to the maintenance of health. The organs of the body cannot function properly when the mind is uneasy, this being particularly true of the organs of digestion and waste elimination.

In summing up, the facts show that an optimistic mind is constructive and a pessimistic mind destructive to health.

## PHYSICAL AND PERSONAL APPEARANCE

Have you ever considered the importance of presenting a clean-cut, healthy figure among people whom you meet in a business or social way, and the impression that is made by just such an appearance? Most people will be delighted to be in your company and be glad to know you as a friend provided, however, you do not make yourself offensive in other ways.

The impression that is made with others when meeting for the first time is important, for it is often said that the first impression is lasting.

You are first sized up in a general way for appearance, next for intelligence usually derived from conversation, again for amiableness and breeding by deportment. These are qualifications that should be developed to a high standard and main-

tained as such. They are of vital importance when seeking employment. The employer usually selects the best material available, judging from the greatest number of these assets in the applicant.

A CLEAN-CUT AND SNAPPY POLICE OFFICER, who is well-groomed, is a picture to look at. His appearance alone can command respect from both the law-abiding and the lawless elements. The law abiding will confide in him and assure him of their whole-hearted co-operation, and the lawless element will for self-security remain away from his post.

## BREATHING

Life is the interval between one breath and another. He who only half breathes, only half lives but he who uses natural rhythm in breathing has control over every function of his body.

Everyone knows that cold hands and feet mean poor circulation, but few know that faulty circulation means faulty or incomplete breathing. To have pink cheeks, warm hands and feet, it is necessary that the blood reaching these extremities should be warmed by oxygen.

The heart is merely a four-valved pump whose sole duty it is to force the tissue building blood to the utmost parts of the body. In most of the cases of cold hands and feet, it is the quality and quantity of oxygen that is conveyed to the blood and not the heart that is at fault. The blood is not receiving its fuel in sufficient quan-

tities to supply all parts of the body, it being consumed before it reaches the extremities. While the circulation of the blood may be good the circulation of oxygen is poor.

The practice of deep breathing as an aid to the heart is of great importance when we take into consideration that oxygen, when taken in by the lung cells, revitalizes and stimulates the blood, increasing the flow which, in turn, relieves the heart of some of its work as a pump.

CORRECT MANAGEMENT OF THE BREATH is of prime importance to the student of physical culture. Breathe exclusively through the nose so that the air may be warmed and purified before reaching the lungs. This habit will in a large measure obviate the disagreeable effects of dry mouth, and sore throat so common to persons who constantly breathe through the mouth. Breathing exercises should be done principally in the open air. Become an enthusiast in a subject so vital to health.

It is now generally admitted by authorities on physical culture that the abdominal method is the natural and correct way of breathing. During inhalation the abdominal wall moves outward, the diaphragm contracts and descends, while the lungs resting on the latter are expanded to their fullest capacity. In exhalation the reverse movement takes place. It is considered incorrect to breathe by inflating the chest and drawing in the abdomen.

Obstruction in the nose passages will cause mouth breathing, a common cause of ill health that will very often impair mental and physical development. A nose specialist should be consulted with a view of eliminating such impairment.

#### SOME OF THE ADVANTAGES OF DEEP BREATHING AS AN EXERCISE ARE:

1—It will cause a body that has become chilled from the cold to respond and become warm.

2—An occasional deep breath taken while engaged in a strenuous athletic con-

test will have the effect of creating and restoring to the body some of the energy expended.

3—Deep breathing will eliminate the possibility of any lung cells becoming dormant and failing to function.

Many of us are subject to colds in the head, throat and lungs, a condition that can be eliminated or prevented by the daily practice of deep breathing.

A police officer who is performing patrol duty during severe cold and inclement weather can prevent the body and its extremities becoming cold or chilled by indulging at frequent intervals in deep breathing.

While on patrol during the late tour or night shift, the practice of deep breathing will take away much of the tired feeling as well as to quicken the observation and create alertness.

In the course of a conversation with a noted Japanese professor of physical culture and Jiu Jitsu, he said that deep breathing as an aid to prevent or eliminate



colds has no equal. His method was to inflate the lungs to full capacity and hold the breath for several seconds, then by quickly depressing the chest and diaphragm, force out the air with a gush. This method has been tried and found to be an excellent exercise to strengthen the lungs and intestinal organs as well as to relieve the throat of any mucous or germ deposits that may have lodged in the air passages.

### RULES FOR PREVENTION OF COLDS

Colds can be prevented by observing the following rules:

1—Breathe exclusively through the nose.

2—Practice conscious breathing.

3—Practice deep breathing.

4—Seek outdoor occupations and recreation.

5—Ventilate every room you occupy.

6—Wear light, loose and porous clothing.

7—Dress in accordance with the weather.

8—Avoid over-eating.

9—Eat slowly, thoroughly chewing your food.

10—Use sufficient water internally and externally.

11—Evacuate thoroughly, regularly and frequently.

12—Take baths after exercising to thoroughly cleanse the body.

## POSTURE

Good posture is the best adjustment of the parts of the body to each other, and the body as a whole to its work. While it is important to organic health, it is also the physical expression of mental alertness. The essentials of good posture are, the erect head, the straight trunk, the high chest, and the weight of the body resting evenly on both feet. (See fig. 1.)

Good posture is nothing more than a habit, the result of daily practice and should be given special attention when standing to speak or recite, also during the course of a physical training period.

The best results are obtained when one becomes aware of physical defects and sets about to correct these faults. Exercises that will strengthen the erector muscles of the body should be indulged in to the extent that it becomes no more unusual in

one's life than eating.

In order that the body may remain in a state of stable equilibrium in any posture, it is essential that the vertical line passing through the center of gravity shall fall within the base of support.

Sitting posture is a restful position, with the hips level, the back of the body against the back of the seat, the trunk erect. The hands may be placed on a desk or grasping the sides of a chair, but never behind the back.

If on account of occupation it is necessary to sit for the greater part of working hours, it will be found refreshing to get up from the chair and indulge in light exercise and deep breathing to increase the circulation of the blood and relieve stiffness of the joints, as is often the result of being seated for long periods.

This small period of activity will have the effect of inculcating mental alertness and accuracy.

An improper standing or sitting position is a bad habit and will distort the diaphragm and prevent the full intake of

breath, a condition that will ultimately cause ill health. A depressed chest rounds the shoulders and gives one a bad carriage to say nothing of the effect on one's physical self.

If, through inattention and carelessness in observance, you have lapsed into habits of incorrect carriage, if your body has slumped and is out of alignment with the abdomen protruding, then if care in the effort to sit, stand and walk correctly is taken daily, the body will respond and again assume normalcy. Learn of your physical defects and set out to eliminate them by corrective exercises.

When standing at ease, the most restful position to assume is to spread the feet about fifteen to eighteen inches apart and parallel to each other, the weight of the body resting equally on both feet, the hands clasped behind the body. This position in addition to being restful keeps the body in perfect alignment.

Do not fold the arms across the chest, because it will cause the chest to sag, thereby impeding breathing. It will also

throw the vertebral column out of alignment and in due time produce physical disorders.

To relieve the strain of standing for long periods of time, practice rising on the toes and rocking back on the heels. Practice leg bending exercises, bending to a quarter, half and full bend, for they are invaluable when used for the prevention and cure of flat feet.



Fig. 1



Fig. 2



## WALKING

Walking is an act that involves almost all of the voluntary muscles of the body, either for the purpose of progression or for balancing the head and trunk.

There is no exercise of greater value to health and for prolonging life than walking, if followed up systematically.

To walk nine to twelve miles a day is the equivalent of one day's labor as performed by the average workman, and is the amount of exercise that each individual should perform daily to keep physically fit.

Walking at the rate of four miles per hour, is to take a thirty-inch step at the rate of one hundred and forty steps a minute, which is considered the proper step and cadence for an exercise walk.

When walking for exercise, avoid the city streets with its curb stones and con-

gested pedestrian and vehicular traffic. If convenient, resort to parkways or highways in the unbuilt up sections of the city. This will obviate the necessity of changing pace and continually altering stride.

No particular time of the day is specified for exercise walks. Exercise when you find the time most convenient.

Men like Weston, O'Leary, Day and numerous others who are continually hiking long distances and reveling in it, are fine examples of physical fitness. Exploits of these men should be given publicity to encourage others both young and old to take up walking.

Walking is every man's adventure. It is the most interesting as well as the most healthful pastime. It has one of the chief elements of fun in it. It costs nothing. The amount of fun in any amusement is directly decreased in proportion to the amount of money it costs.

There is no better way to see the country and to lay ones mind close up against nature than to walk the highways. People who skim along in automobiles

hear about as much of the music of nature as a man would who runs in one door of a concert hall during a recital and out another. There is an exhilaration in the broad highway that stimulates the soul, a pleasant freedom that cannot be experienced in the turbulent city streets.

The consensus of opinion among authorities of physical culture as well as foot specialists is, that walking to promote health, to prolong life, to aid digestion, to eliminate the possibility of suffering from falling arches cannot be equaled by any other form of exercise.

The foot should be planted on the ground so that its center line points directly toward the line of travel. In other words, the feet are parallel to each other when traveling. (See fig. 2.)

Walking with the feet pointed outward should be discouraged for the reason that the weight of the body is thrust on the inside of the foot, a condition that will ultimately result in foot disorders and general physical breakdown, whereas walking with the feet parallel will elimi-

nate such possibilities.

The best example of the proper way to walk can be realized when we consider the infant while walking. It commences by pointing the toes slightly inward, later on walking with the feet parallel and it will continue to walk in this manner unless instructed otherwise. From this we must conclude that nature intended that we should walk in exactly this way.

When occupation compels one to stand on their feet for unusual periods of time, foot exercise should be resorted to, to relieve the feet of strain. Policemen, store salesmen, salesgirls, and restaurant waiters are the chief sufferers from foot troubles, and they are responsible to themselves only for any continued suffering when a cure can be effected by natural and simple methods.

Patrolmen who were suffering from falling arches have been assigned to the Police Training School for corrective exercises. These men were on sick report and unable to perform police duty. Their physical and mental condition was such

that they despaired of ever being cured. They were assigned to the school for a period of two weeks, and conscientiously indulged in corrective exercises, leaving the school either cured or well on the road to recovery, so much so that they could walk about without pain and be of service to the department and themselves.

The exercises used for correcting this condition are as follows:

1—Walking with feet pointed inward so that the weight of the body rests on the outside of the foot, this for 5 minute periods and resting for 5 minutes, continuing for 1 hour.

2—With the feet pointed inward, raise the body up and down on the balls of the feet, exercising for 5 minute periods, resting 5 minutes and repeat, continuing for one hour.

3—Raise the body on the balls of the feet and rock back on the heels, with the weight of the body principally on the outer

part of the feet. Exercise for five minutes, rest for five minutes; repeat and continue for one hour.

The intensity of the exercise should be increased as the pains leave.

## VENTILATION

The proper ventilation of living rooms is an important factor in health. If the rooms are not properly ventilated, they become filled with carbon-dioxide gases. These gases that are thrown off by the lungs at exhalation, and which are poisonous to the system, will remain in the room unless circulation is created to drive out the impure and admit the pure air, so vital to life.

The sleeping chamber should be well ventilated when used, by opening the window about 8 to 10 inches top and bottom, being careful to prevent drafts.

During cold weather avoid sleeping in a heated room with the windows closed, as contact with the cold air when leaving the house will make the body susceptible to colds.

Avoid sleeping in underwear. Change

to pajamas or nightshirt. This change will airify the body and prevent the perspiration which may have accumulated and dried in the underwear from entering the bed linen, thus providing clean and healthy sleeping conditions.

Immediately after arising from bed, and before dressing you should indulge in about 10 minutes light calisthenics, the window being opened up wide to permit plenty of fresh air to come into the room. The benefits derived from such exercise taken in the morning are invaluable. It increases the circulation of the blood, airifies the body, creates mental alertness and efficiency, restores memory and brings a spirit of contentment.



## BATHS

Baths should be taken after physical exercise to remove from the body all perspiration and waste matter excreted through the pores of the skin. If the body is heated and the perspiration is flowing freely, hot water will cleanse the body and cold water will brace.

A cold water bath can safely be taken if the body is heated—avoid a lengthy bath. A cold water bath is dangerous to health unless the body is in perfect physical condition and able to withstand the shock. After bath, rub down well and dress promptly, care being taken not to expose the body to drafts or cold. If it becomes necessary to go out-of-doors immediately after dressing, a safe precaution is to rub the body with alcohol or witch hazel. Do not stay in the bath for an unnecessary length of time, two or three minutes being

sufficient.

Do not allow the underclothing if wet from perspiration to dry on the body. Change without unnecessary delay; this will eliminate the possibility of contracting cold.

A hot bath may safely be taken immediately before going to bed.

## THE AMERICAN ART OF SELF-DEFENSE

---

*A Combination of Wrestling, Jiu Jitsu  
and Boxing.*

---

WRESTLING, we are told, originated with the Greeks and Romans in the early centuries. Its popularity quickly spread throughout Europe and it soon came to be recognized by many of the countries as its leading sport. Champions were developed at the various weights and pitted against champions of other countries to decide international supremacy. Keen competition and great excitement was in evidence at each tournament. Today it is recognized as a highly scientific and one of the most strenuous of sports as well as being an excellent body builder.

JIU JITSU originated in the far east islands of Japan. It is the result of a

careful study and development on the part of its Japanese exponents. They studied bone, muscle and nerve structure of the human body with a view of seeking out the vulnerable points for attack, and to develop a system of defense and counter-attack against assaults. This was absolutely necessary to effectively apply leverage and painful twists to the appendages to subdue an opponent.

The application of Jiu Jitsu requires not so much strength or huge bulk, as speed, quick-thinking and co-ordination of mind and muscle. In addition to the above factors, another, if not the most important of all, is the study of balance or equilibrium, in order to determine by noting the position of your opponent's feet, the direction in which pressure should be applied to disturb balance.

BOXING needs no introduction to the boys of our country, almost all of whom indulge in it. Its popularity has rapidly spread to the European countries, wherein leading contenders for championship honors have been developed.

The American Art of Self-Defense as developed and used in the New York Police Training School for the training of police recruits is the result of a close study of the three foregoing scientific sports and is used for the express purpose of developing a defense and counter-attack against assaults in hand-to-hand encounters.

During the past ten years, this method of training policemen has been under the scrutiny of many of our noted physical directors and university athletic coaches, as well as champions in the realm of boxing, wrestling and Jiu Jitsu. All have endorsed it as being a system founded on a sound and constructive basis, for the training of men in hand-to-hand fighting.

#### BALANCE

The body is said to be in balance when the center of gravity falls within the area of both feet placed on the ground.

To be effective in the defense of an attack, consideration must be given to the position of your feet as regards being firmly balanced. The weight of the body

should be slightly more on the balls of the feet rather than on the heels, a position that will enable you to step or skip in a desired direction with ease as is sometimes necessary to avoid an assault.

These instructions being wholly intended for defensive purposes, it follows that your opponent must be the aggressor, and being such his body is in motion, the balance of which can be more easily disturbed than when at rest.

We will assume that you are about to be assaulted by a person who is speedily approaching you with the idea in mind of carrying out his intent by means of the fury of his attack. Now let us assume that you know absolutely nothing of self-defense methods and that you are inferior in size and strength. You see him approach and expect the attack, and not knowing what to do, it would be natural for you to become confused and bewildered with the result that his intent would be carried out with you as the unfortunate victim.

On the other hand, assuming you have

been schooled and become proficient in the art of self-defense and the same opponent should confront you; would you become confused, excited or over-awed by reason of his menacing attitude or superior size or the impending attack? The answer is *NO*. You would probably welcome the opportunity for the practice afforded by your would-be assailant.

When anticipating an attack, face your opponent squarely so that you will be in a position to note any move he may make tending towards an attack. In taking this position, plant your feet firmly on the ground and about eighteen inches apart, the left foot slightly forward, hands at the side, the muscles of the arms set for instant use. Eyes fixed on opponent.

Never take a step backward unless it is for defensive reasons. Keep cool. Try to figure out his plan of attack and quickly prepare to place yourself in a position to guard against it. Be on your guard for any ruse he may attempt to use for the purpose of taking your attention away from him. A little of this strategy

practiced by yourself may have its effect and make you master of the situation.

#### PRACTICE

It is well to call to your attention the absolute necessity of practicing diligently and faithfully to become a master of the methods of self-defense. Practice with your father or brother at home, or if you are a member of an athletic organization, select a fellow-member of such organization who is willing to interest himself in this work and co-operate with you in its practice.

It would be well for women as well as the men folks to know something of the American Art of Self-Defense, having in mind the many assaults committed upon women by the depraved. Many of these defenses are simple and yet very effective, and are known as natural methods of defense which can be used to inflict intense pain and severe bodily injury.

While practicing with partner, care should be taken to avoid causing injury. The partners should commence by alter-



nating in securing a hold and then rehearse the position that should be taken to effect a break. This should be done without throwing each other so that sureness of position can be learned. The aggressor should employ methods of attack in a manner that is as near reality as it can possibly be made without causing injury. In the practice of defensive work, it will not be expected that you be able to work with speed until you have learned accuracy of position for hands and feet. Speed is then taken up and practiced to the extent that all defensive moves are executed by intuition.

Do not sacrifice accuracy of position for speed, because speed without sureness of defense will avail nothing.

Having become thoroughly familiar with the preliminary exercises, you will take up the more strenuous work of throwing each other after breaking a hold. A thick padded mat should be used for this work, covering a floor space of about 12 x 12 feet, the mats to be covered with a thin rug.

Always be particular about your partner's safety. Do not throw him beyond the edge of the mat. It may result in an injury that should have been avoided. When being thrown avoid stiffening of the arms and legs. Relaxed limbs will tend to eliminate the possibility of being injured. Do not fall on the wrists or elbows first with the idea in mind that it will relieve shock, for the opposite effect will result.

The factors necessary for the successful application of methods of self-defense are as follows:

1—MENTALITY, 60%.

2—SPEED AND AGILITY, 20%.

3—STRENGTH, 20%.

MENTALITY includes:

1—A knowledge of the art.

2—The ability to think rapidly.

3—The ability to realize and overcome a dangerous situation quickly.

**SPEED AND AGILITY—**

A very important factor necessary to the successful completion of an act done in defense or counter-attack.

The co-ordination of mind and muscle.

The ability to move around rapidly and without unnecessary effort.

**STRENGTH—**

While it is by all means a necessary factor it does not require super strength. If more than the average strength is possessed by an individual, it is in no way classed as an excess quantity. In 99 per cent of the cases, the average strength is all that is required.

MENTALITY, STRENGTH and SPEED are three separate quantities when spoken of in contests other than hand-to-hand fighting, that is they do not occur with the same synchronized movement. While it is true that they are factors in all athletic contests, nevertheless they do not enter with the same close connection or relation to each other as in the American Art of

Self-Defense, wherein one factor depends upon the other at exactly the same time for the success of an act.

An opponent may be overcome and uninjured at the will of the operator, or he may be so seriously disabled by pressure exerted at a vulnerable point that he will require the services of a doctor.

The American Art of Self-Defense when practiced zealously is the equal of any exercise as a mind and body builder. It creates an active mind, supple muscles and a light, springy step. It will not produce knotty and bulging muscles, but instead will produce pliable and active ones that will permit of extension and flexion with rapidity and grace, developing the body with that smoothness of perfection that responds with ease to the will of the mind. It creates a supple waist that will permit of free and easy bending so necessary to the successful application of self-defense methods. As an exercise it keeps the intestines properly toned that they may rightly function as intended by nature.

The details of the many methods of defense as well as counter-attack to successfully counteract the varied forms of attack that can be used to assault another are fully explained herein. Do not get the idea that the mere reading of the text matter without diligent practice, will make one proficient in the application of this work. He who enters into this work conscientiously and practices regularly will become proficient. He will be imbued with confidence in his ability to take care of himself and those who may be in his company should he be confronted with a situation that would require skill in hand-to-hand fighting to overcome.

#### HAMMERLOCK (Policeman's Hold)

A hold that can be easily secured and made effective when properly applied. It can be used to subdue and lead away an unruly or combative person, which is done by the application of pressure against the wrist and elbow, which causes a painful and wrenching sensation in the arm. The application of any great pressure will dis-

locate the bones of the arm.

This lock should be thoroughly understood by all police officers who should be able to successfully apply it when the occasion requires its use. This may be necessary when taking into custody a rowdy, bully, bad man or criminal resisting arrest or refusing to walk to the place designated for their arraignment or detention.

The lock can also be of practical use to persons in other walks of life. It is easy to secure, and extremely effective.

### *Method of Application*

(If on the right of opponent.) Grasp his right wrist with your right hand, at the same time advance on right foot to insure balance and accuracy of position. Bring the wrist upward and to the right, quickly thrust the heel of your left hand under and at a point close to the elbow of the upper arm (see fig. 3), the wrist is pulled toward you and allowed to fall into the crotch of your arm, the left hand remaining at the elbow, which is



Fig. 3



Fig. 4



Fig. 5



Fig. 6

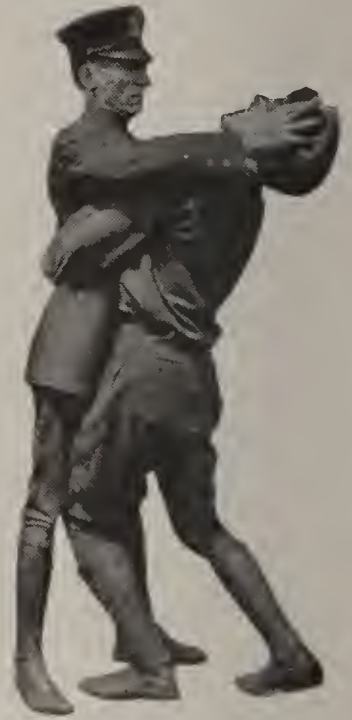


Fig. 7



Fig. 8



drawn in close to your body (see fig. 5). The pressure is exerted downward at the elbow and upward at the wrist. The use of one arm and hand to retain hold is sufficient in most cases. The other hand can be used to make prisoner straighten up and walk, which is done by pulling at the hair and nose.

The above method of securing lock is reversed if on the left of opponent.

(If on right of opponent.) The hammerlock can also be secured by placing the left wrist to the front of opponent's right wrist; next bring the right hand to elbow and quickly draw it forward (see fig. 4). The left hand remains at the wrist and acts as reverse leverage until the elbow is drawn forward as above, the left hand is then brought upward and to the elbow. The forearm and elbow is brought close to the body and the pressure exerted as in fig. 5.

STRANGLE HOLD (Using Both Hands to Neck)

A hold applied to the throat and neck

of another with one of two objects in view, either to produce unconsciousness or death. It is an extremely dangerous hold, as is implied by its name, but only so to the unschooled. Attacks of this nature are frequently made by persons in the heat of passion.

*Method of Attack* . .

Opponent attacks from the front, placing both hands to the neck, the thumbs pressing on the windpipe to check breathing.

*Method of Defense*

Bring both arms quickly upward, between and above opponents (see fig. 6); this to loosen grip on throat. As you close on him, bring hands to hair, jerking it backward with great force, and if he has no hair, use both thumbs to the nostrils and press upward (see fig. 7). The pressure exerted at either of these points will cause intense pain and if your opponent has attempted to secure another hold on you he will quickly abandon his plan.

Or—

Turn your head quickly to the left to relieve the pressure on the wind-pipe, at the same time bring your right hand over opponent's left hand and to the thumb. Grasp the thumb and pull it quickly to the right, twisting it as you pull (see fig. 8). Having thus released the hold, bring the left hand into play to assist in twisting opponent's hand. To bring opponent into submission, place the thumb of the right hand on the back knuckle of the index finger, the thumb of the left hand on the back knuckle of little finger, and with the thumbs so placed, pressure is exerted forward and down so that the wrist bends, and then by twisting the hand slightly to the right, your opponent will be thrown. Care should be taken to avoid supporting opponent's wrist.

Or—

With a quick upward movement bring both arms between and above opponent's, at the same time throw the weight of the upper body to the right and extend the right foot to the right oblique to obtain proper balance. Carry the right arm over

opponent's left arm, his left wrist being locked under the pit of your arm, your right hand grasping opponent's arm at the bicep.

To prevent opponent striking you with his right hand, grasp his arm at the biceps with your left.

To throw, use the heel of your left hand with great force against opponent's chin, at the same time carry your left leg to rear and then quickly back against the back of opponent's legs, this for the purpose of upsetting.

The act of bringing the heel of the left hand to the chin and the left leg against the back of opponent's legs should be so timed that they both occur together.

There are several extreme methods of breaking the strangle hold, as follows:

The knee brought quickly to opponent's stomach.

The foot to groin.

The foot brought down on arch of opponent's foot.

The foot brought against kneecap.

The side of hand brought against wind-pipe.

The use of the fingers to opponent's eyes.

ARM LOCK FROM REAR, OPPONENT'S FINGERS  
BEING LACED IN FRONT OF BODY

This is a form of attack used when acting in concert with another, either for the purpose of robbery or assault, or to prevent a person going to the aid of another in his company who is being unlawfully attacked. Sometimes used to prevent the performance of a legal duty as to prevent the arrest of another.

The effectiveness of this lock can be absolutely discounted when we consider the numerous simple and natural methods of defense that can be used as counteracting force.

*Method of Attack*

The attack is made from the rear, the assailant locking the arms to the side by lacing his fingers in front of the body, this to prevent freedom of action of the arms.

### *Method of Defense*

Freedom of the forearm and hand is almost always assured. Knowing this to be so, bring the hands quickly upward and to the laced fingers of your opponent, and with your left hand bend downward any of the fingers of his right hand, quickly selecting the one that yields the easiest, the pain thus inflicted will cause the hand to open.

Then transfer the finger opened to your right hand, continue to bend it backward so that the pain remains (see fig. 9). Then quickly lower the body to a squatting position and bring his arm over your head and to the front, at the same time take a step to the right with the right foot, to insure balance.

At this juncture, a quick thrust at the elbow with heel of the left hand, and your left foot brought quickly against the front of his right leg will serve to throw.

The following are some extreme methods of defense:

Bring back of head quickly against the face of opponent.

Bring the heel of the shoe against shinbone.

Bring the heel of the shoe down on instep.

Use hand to groin.

#### RIGHT HAND SWINGING PUNCH TO HEAD

As explained in a later chapter of this book, is a blow used by 95 per cent. of all would-be assailants, particularly rowdies and bullies. It is common among this element to discuss and impress upon the uninitiated partner in crime the effect this blow has on the unsuspecting victim. Keep on your guard when confronted with any of this type, and ready to defend yourself against an attack of this nature, keeping in mind the defense as prepared in this chapter.

##### *Method of Attack*

Opponent swings the right hand from the hip, using a wide sweeping motion, the object being to connect with the jaw with great force so that the victim will be rendered unconscious from the result of the impact.

*Method of Defense*

Block swing on the inside with the left forearm held in a vertical position, at the same time step to the left forward with the left foot (see fig. 10).

Lock his right arm under your left, grasping it at the biceps with the left hand.

Bring the heel of the right hand to opponent's chin with a heavy thrust.

With the latter movement, the right foot is carried to the rear and brought back heavily against the legs of opponent, thus effecting a throw.

Or—

Block as above and counter with right hand blow to face, chin or stomach.

When anticipating the attack referred to in this chapter, take a position as follows:

The weight of the body slightly more on the balls of the feet rather than on the heels, the arms and legs slightly flexed so that the muscles of each are ready for instant use, the left foot a trifle in advance of the right, the waist muscles ready so





Fig. 9



Fig. 10



Fig. 11



Fig. 12

that the trunk can be bent with speed and ease. The head and chin slightly drawn in. Eyes fixed on opponent.

You are thus in absolute readiness and in perfect balance defensively.

#### STRAIGHT PUNCH TO HEAD (Right Hand)

Another form of attack commonly used in hand-to-hand encounters. This blow can be delivered quicker than the swing owing to the distance it travels being shorter and which therefore calls for a speedier defense. The impact is not as great as that of the swing. The practice of footwork as skipping to the rear or side and the moving of the body from the waist as well as the head to right and left as is explained in the preliminary boxing notes will greatly aid in building up a defense for this form of attack.

#### *Method of Defense*

Step to the left with the left foot, at the same time carry head and trunk to the left—this to avoid blow.

Bring the right hand to opponent's

right wrist, grasping it and pulling it to the right (see fig. 11).

At the same time, turn to the right, bring the heel of the left hand to the elbow and use the left foot across the front of his right to trip and complete the throw.

#### HEAD AND HIP LOCK (The Left Arm to Head to Secure Lock)

##### *Method of Attack*

Opponent rushes at you from the side or from the front to secure a head lock; having secured the lock he pulls head down to the hip for a "hip throw." In the execution of the throw, the body is catapulted through the air and lands on back.

##### *Method of Defense*

(Body and arm lock using the hip to throw.)

The use of this defense to offset the above form of attack and similar forms of attack wherein an opponent comes toward you to attempt a throw is both practical and simple in execution. Its successful use requires very little strength, but a great amount of speed and absolute accu-

racy of position. Keeping in mind that a body in motion requires but a slight touch to unbalance, let us consider your opponent rapidly approaching to attack. Keep cool, and stand your ground, keep eyes fixed upon him. At about the same time he attempts to take the hold, step quickly to the front of him by placing your right foot across his path, with your back to him.

Slip the right arm about his waist, the left hand going to the biceps of his right arm.

Squat and bend quickly to the left so as to engage the hip (see fig. 12), then draw opponent forward and over the hip, keeping the right arm and left hand firmly in place to assist in completing the fall.

You have thus set up a stumbling block by means of which a body approaching as above can be easily thrown with little effort.

The big factor here is to squat sufficiently low to unbalance, the arm and hand being used to increase the speed of the throw.

INSIDE WAIST AND STRANGLE HOLD  
(Right Forearm to Throat)

Opponent attacks by placing his right forearm across the throat and the left hand around the waist. The purpose of which is to force victim backward and to the ground. It is accomplished by exerting severe pressure at the throat and pulling at the waist.

*Method of Defense*

Step back quickly with the right foot to retain balance.

Turn head slightly to the right to relieve pressure on throat.

Bring the right hand to opponents' right hand, and your left hand to elbow.

(The three foregoing moves are simultaneous ones.) (See fig. 13.)

Next, turn the entire body quickly to the right, and pull opponent's arm to the right to extend it.

Then quickly thrust the heel of the left hand to his elbow with sufficient force to cause his body to pitch forward, retaining hold on his right hand, at the same time bring your left foot forward and then back

against opponent's right leg for the purpose of disturbing his balance.

This last effort will bring your opponent to the ground, whereupon a hammerlock can be secured to hold him there.

REVOLVER POINTED AT STOMACH (Held in the Right Hand and Close to Body)

This method is used in a one-man hold-up, and sometimes to intimidate for personal or mercenary reasons and again to obstruct the law, as to prevent another performing a legal duty imposed upon him by lawful authority.

### *Method of Defense*

With a well timed move, place the left hand over the cylinder of revolver and hold tightly, at the same time step to the left with the left foot (see fig. 14), to prevent the possibility of a bullet entering your body should the revolver be discharged.

Bring the right hand quickly under the revolver and force it backward, retaining grasp on revolver with the left hand.

This sudden upward thrust with assailant's finger still on the trigger will cause him to suffer intense pain, the pressure being exerted against the finger and wrist rendering him helpless and in a state of complete submission.

This method of defense requires quick thinking, a cool head, speed in action and accuracy of position. The hand being placed quickly and tightly over the cylinder of the revolver prevents it turning which in turn prevents functioning of the trigger.

The automatic pistol having no revolving cylinder cannot be put out of service as above, but the same defensive method can be used to disarm.

A ruse that will cause assailant to turn his head and by so doing momentarily take his attention away from you, and if well timed, will leave an opening for a counter-offense.

Even though you may be armed do not attempt to draw your weapon unless you can first distract his attention, if not, a move on your part that would indicate





Fig. 13



Fig. 14



Fig. 15



Fig. 16

drawing a weapon would be a signal for him to shoot. It would be better for you to await an opportunity to seize his weapon by the above method.

ATTEMPT AT ASSAULT FOR HEAD WITH  
KNIFE

(Held in Right Hand)

A form of attack common among people of the Latin race, also the colored race. The slightest provocation will sometimes cause these attacks.

Very seldom is this form of attack committed in connection with robberies or other crimes as its motive. Maniacs and fanatics frequently resort to the use of a knife when on a rampage.

*Method of Defense*

Should you find yourself in close quarters with a person of this type and you are unable to step around freely to avoid thrusts as when in a small room, it may become necessary to resort to drastic and extreme methods of defense to protect yourself or another from serious injury. One of the best methods of defense besides

shooting is to back up to a wall as your assailant approaches, bracing yourself by placing both hands to wall, then with unerring accuracy bring the foot to assailant's stomach or groin, thus ending further attempts at assault.

Care should be taken to use this method only in the most extreme cases, for the reason that this form of counter-attack is very dangerous and may very often result in death.

If the knife is held in the right hand and raised above the head to strike, another method of defense is to block the thrust with the left forearm as his hand and arm descends and at the same time counter with right hand punch to head.

Or

As the knife is about to descend, step to the left with the left foot, also carry the head and body to the left, bending from waist to be sure of avoiding attack.

As you step to the left, bring the right hand to opponent's wrist, catching it as it comes down for the thrust (see fig. 15).

Next bring the left hand to back of his

hand, and with the thumbs of both hands placed on the back knuckles of opponent's hand, quickly twist it to the left, and away from you, the pressure being exerted principally against the back knuckles of the index and little finger.

Care should be taken to avoid supporting the wrist.

A twist of this kind when applied to the wrist is extremely painful and will compel assailant to open his hand and release hold on knife. You are then the master of the situation.

ATTACK FOR THE STOMACH WITH KNIFE  
(Held in the Right Hand and at the Side  
After Having Been Drawn from  
Hip Pocket)

When your opponent brings his hand to the hip pocket, you should be put on your guard prepared to meet such an attack. As he comes toward you and lunges for the stomach with weapon, step to the left with left foot and bring your left forearm to the outside of assailant's forearm, thrusting it quickly to the right,

thus avoiding the attack (see fig. 16).

Then bring your right (open) hand to assailant's face with much force, at the same time bring the right leg to the rear of and back hard against the legs of opponent to unbalance and throw. After having fallen, drop on him, seize wrist and hand, and twist to release knife.

#### HEAD IN CHANCERY

This grip is taken to pull the head down and in front of body so that face will be in position to assault with fist of other hand. It is one of the most brutal and dangerous forms of attack known, and unless you immediately sense the danger and prepare a defense, the first blow struck by your assailant may be delivered with sufficient force to totally disable you and result in a severe beating being administered.

#### *Method of Attack*

Assailant uses the left arm to encircle and to bring head forward and down, the weight of the body being used to accomplish this act. The head is held close to the body and under the arm, the face

down. The clenched fist is then brought to the face of victim to beat into a state of unconsciousness.

### *Method of Defense*

As the head is brought down, bring your left hand and arm up and in position to protect face; if possible, try to grip his right arm at the wrist.

Your right hand and arm being free can now be effectively used to stop further attempts at assault, by the use of a counter offense. This can be done by using right hand to hair or nostrils and jerking violently (see fig. 17). Either of these counter attacks will inflict severe pain, so much so that grip on head will be loosened and you will be in position to use other means to bring about the submission of your opponent.

The hand used to groin is an extreme method of defense.

### ATTACK WITH BOTH ARMS AROUND THE NECK FROM THE REAR

The object of this attack is to force victim to the ground and to hold there some-

times for the purpose of preventing the arrest of another, or to aid another to commit an assault. The assailant leaps upon the back of his intended victim, using the weight of his body to carry out the intent, which he will accomplish unless the intended victim is quick to realize his predicament and speedy in the application of a defense.

#### *Method of Attack*

Assailant leaps at you from the rear, placing both arms around the neck so that the forearms are pressed against the throat. The weight of the body used to pull victim backward.

#### *Method of Defense*

As the arms encircle the neck, to avoid being thrown and to insure balance, carry the right foot to the rear and slightly to the right.

Squat slightly, that is to bend both legs at the knees. If your balance has been disturbed, make every effort to regain it before squatting.

After taking the position as explained above, bring hands to biceps of assailant's



arms (see fig. 18).

Bend quickly forward from the waist and bring buttox against opponent's thigh; at the same time pull downward and forward on the arms, which will serve to catapult his body overhead and to the ground.

#### BOTH ARMS AROUND LEGS TO UPSET AND THROW

Used chiefly by persons who, upon finding themselves being worsted in a hand-to-hand encounter, in desperation reach for the legs of an opponent to upset him to ground. This form of attack is also used by persons who are about to be arrested and as a last resort to effect an escape.

#### *Method of Attack*

The arms are brought around the legs from the front. A quick pull bends the legs at the knees, whereupon they are immediately drawn in and held close to the body of the attacking person. This will unbalance the victim and cause him to fall backward, with assailant falling upon him. The shock is severe and may produce un-

consciousness, owing to the manner in which the body strikes the ground.

*Method of Defense*

As your assailant's arms approach the legs, hop slightly to the rear and spread feet about thirty inches. This is to get out of range of arms and to insure your balance; at the same time the body is bent forward from the waist, the hands and arms being held in front of the body and in position to counter attack. By taking this position you have not only avoided the attack, but have placed your body over his and in a position to counter by securing a head-lock.

This is done by thrusting assailant's head downward with the right hand. The back knuckles of the left hand are then brought to the right of assailant's head, resting at the jaw or mouth, the hand being closed so that the knuckles protrude. The right hand is carried to the closed left to support and assist in twisting head and to bring head in close to the body. The head is then twisted to the right and upward (see fig. 19).



Fig. 17



Fig. 18



Fig. 19



Fig. 20

This form of counter attack is a very effective and, at the same time, a dangerous one. The application of sufficient pressure is likely to break the neck of an opponent.

## BULLIES, *Treatment of*

Experience teaches us that 90 per cent of rowdies, bullies and bad men, providing they are not armed with a weapon, will invariably, when attempting an assault upon another, use a right hand swinging punch for the head. In order to deliver this blow with force, it is necessary to draw the right hand, arm and shoulder backward to get additional power.

This form of attack is usually referred to as being telegraphed. The person for whom the blow is intended, if he is alert, cool, and schooled in the defensive, will either get back out of harm's way by hopping 12 or 14 inches to the rear, thus allowing the blow to pass harmlessly by him, and prepare himself for any further attack by his would-be assailant; or step quickly forward and beat opponent to the punch by using a straight right or left hand

punch quickly driven with the shoulder behind it, or he might stand his ground and use the left forearm to block swing and hook the right hand to head as a counter attack.

These blows, when used in countering from an attack and if delivered with sufficient force, will completely surprise and shake up your assailant and serve to take much of the combativeness out of him. Further, it may stop him in his tracks and cause him to quit.

From this you can readily see the necessity of preparing yourself defensively against attacks of the rowdy sort. Having developed a defense, you will be instilled with confidence in your ability to meet emergencies of the hand-to-hand fighting character. It will also have a tendency to create a free and easy mind, knowing that should the occasion require it, you could protect and uphold your honor, or the honor of those in your company.

Almost every section of a city has its bully, who seeks to terrorize the people of

the community, especially in the poor quarters of the city, where lack of parental supervision is responsible for such types coming into the world.

Invariably, the first good licking that the bully receives will take all the starch out of him and he will become as docile as other peace loving citizens.

He probably has had things much his own way. He never had the ill luck to show himself in a fistic encounter with a fairly good man, everyone taking for granted that on account of his bully attitude and chesty demeanor, he must surely be able to give a good account of himself. For this reason, not many will try his game. But it only takes a little courage and sand, along with a fair knowledge of hand-to-hand fighting, to subdue 99 per cent of all the bullies in the country.

Many are under the impression that boxers and wrestlers, on account of their profession, are persons who are naturally of a pugnacious character, and that they are continually carrying a chip on their shoulder. This is not true. To the con-



trary, they are in the majority of cases the most mild mannered and peaceful men about us. This, of course, does not hold good when actually engaged in their profession, because their earning capacity is dependent upon the result of the contests in which they engage. They are the last of all citizens to become embroiled in an altercation, if they can possibly avoid it and still uphold their honor.

The reason for calling this fact to your attention is to show that a boxer or wrestler will very seldom, if ever, take the initiative in a street row. He will never pass an insulting or humiliating remark to you or a person in your company, as sometimes comes from the mouth of a corner loafer. Should you ever be called upon to defend yourself or another from an insulting remark, and you are sure of the individual who made the remark, walk up to him quickly and unhesitatingly, and either make him retract or force him to it. Invariably he will cower and seek to run out. Always bear in mind that you are not dealing with a skilled or scientific man, and your problem becomes easier to handle.

## BOXING

One of the secrets of success in athletic competition is physical and mental co-ordination. This is particularly true of boxing. The best boxers are those whose minds and muscles operate in close relation to each other, execution of thought following immediately upon conception.

Fast thinking is as essential as fast punching; the blow should be synchronized with thought.

Factors that contribute to success in boxing are:

### STRENGTH OF MUSCLE

A rugged frame that is capable of withstanding shock will enable one to recuperate quickly from the effects of a punch without showing any visible signs of weakening.

### ENDURANCE

The ability to carry on; staying power; large supply of energy and vitality. To sustain energy, the breathing apparatus and passages must be clear and in perfect order.

### COURAGE

(Often referred to as grit, guts, and sand.) It is the faculty necessary in boxers to enable them to persevere and to keep trying when the tide is against them. That indomitable spirit that keeps one going in the face of odds.

### OUTWITTING AND OUTGUESSING AN OPPONENT

The ability to feint your opponent into leaving openings, to draw a lead from your opponent with a view of countering. The act of taking your opponent by surprise very often turns the tide of battle in your favor.

### SPEED

The ability to hit quickly as well as to instinctively block punches directed at you. To step out of range of an attack by means

of fast foot-work, as is often necessary when crowded by an opponent.

### PUNCHING POWER

The ability to hit hard and effectively with either hand. There are some who are naturally hard hitters; others have to develop this fighting essential by system of training. Without it the hopes for a decisive victory are small.

### COOLNESS AND GENERALSHIP

To keep cool and be yourself in the heat of conflict is a big factor to success. In generalship we have an essential that permits of one taking advantage of openings, also to be able to stall when tired, without showing any visible signs of your condition.

### VULNERABLE POINTS OF ATTACK

There are certain places of the anatomy which, when struck fair and with sufficient force, will bring an opponent down and possibly terminate contest. Should he partially recover from the effects of the blow and be able to stand up, he will in all

probability be in such a weakened condition that another well directed blow at the same point, or another vulnerable part of the body, will end the affair.

The first of these places is either side of the jaw at the jugular vein.

The second is the solar plexus, situated immediately under and behind the breast bone.

The third is the pit of the stomach, provided the blow is struck when opponent is relaxing.

The fourth is just below the heart.

### TRAINING SHADOW BOXING

Shadow boxing, to develop speed of hands and feet, is considered excellent training, which should engage at least fifteen minutes of your training period per day.

While so engaged, practice skipping around on the balls of the feet, using straight leads, both right and left, with plenty of shoulder backing.

Practice the use of short arm hooks so as to engage the back muscles for added power.

Use swings, starting the blow from the waist at hips, and for added punching power engage shoulder and back muscles to back up the punch.

Practice crouching and weaving the body from the waist; at the same time use a varied assortment of blows.

Use uppercuts and in so doing bring the weight of the body up, on the balls of the feet to increase power.

### ROPE SKIPPING

Is an excellent way to develop the wind and staying powers. It is also considered a good exercise for strengthening the muscles of the legs, and should occupy at least fifteen minutes of your training period per day.

### BAG PUNCHING

Will develop speed and accuracy in punching, and will also quicken the eyes, an essential that will sense danger instinctively and enable you to prepare defense.

Handball is also an excellent game to develop speed of muscle and eye. It is a pastime that will break up the monotonous grind of training, reduce weight and condition the body.

If it is your wish to some day excel at boxing, you should seek out a sparring partner who is possessed of more speed and a greater knowledge of the game than yourself. You will then, by paying strict attention to his work, learn a great deal of what he knows, with a possibility of developing yourself beyond his point of perfection.

#### POSITION OF GUARD

The left forearm is raised to a horizontal position, palm up, elbow close to the side.

The right hand is brought to a position in front of and about six inches below the chin.

Both hands and arms are held in the above positions without constraint.

Left foot flat on the floor and pointed toward opponent, the right foot about six inches to the right and about twelve or eighteen inches to the rear of the left foot.

The knees are slightly bent, the weight of the body slightly more on the left foot than on the right (see fig. 20).

### *Foot Exercise*

Push off with the ball of the left foot and glide backward about six to eight inches, striking on the balls of the feet. The weight of the body is thus off the ground for a fraction of a second. To return to the spot from which you have retreated, push off with the ball of the right foot and glide forward.

To glide to the left, push off with the ball of the right foot. To glide to the right, push off with the ball of the left foot. Keep muscles of the legs slightly relaxed. If tensed and tightened too much, energy will be unnecessarily burned up and fatigue result.

After gliding to the rear and out of harm's way, take a few steps backward, or to the left or right. This is another way of relaxing muscles.

If tired while boxing, and a rest is desired, feint your opponent, then glide to



the rear and take a few steps backward, drop the arms to the side, relaxing thoroughly, even if only for several seconds, it will somewhat relieve fatigue.

### *Waist Exercise*

With the legs relaxed and the feet firmly planted on the ground, quickly turn the body to the right from the waist by throwing the left shoulder quickly to the front, the arms relaxed and swinging loosely at the sides; pause for a fractional part of a second, then turn the body completely to the left with the same snappy effort. The position of the feet is not altered. Repeat the exercise twenty times in two counts.

This exercise will tend to improve the elasticity of the waist.

With the hands on the hips, swing the body in a circle, bending first to the front, side, back and side in quick, snappy movements. Repeat the exercise ten times in four counts.

### OFFENSIVE BLOWS

1. Feint with left to jaw, this to bring

opponent's guard up to cover head; as he does this, bring the same hand quickly to region of solar plexus, a point directly under the breast bone.

2. Feint with the left hand to stomach, this to bring opponent's guard down; as he does, bring the same hand quickly to head.

3. Feint with the left hand for head; as opponent's guard goes up, bring the right hand to short ribs just below the heart.

4. Feint with the right hand for jaw; as opponent's guard goes up, hook the left hand quickly to the pit of the stomach. This can be followed up by quickly hooking the same hand to jaw.

5. If opponent leaves himself open, shoot a light left to the face. If it connects, it will bring the head back with the jaw exposed for a right. This blow should follow immediately after the left, and to the left side of opponent's face over the jugular vein. The left is used with just enough force to tilt the head back, the right following with crashing effect.

## TO AVOID SWINGS

1. If your opponent swings right hand to head, raise your left forearm to block it on the inside. Should he swing the left hand, raise the right forearm to block it on the inside.

2. Glide backward to allow the swing to pass harmlessly by. This will throw opponent out of position; you will then glide quickly forward and counter with either hand wherever opening is found.

3. Beat your opponent to the punch by stepping quickly to the inside of blow and hitting straight from the shoulder. This counter is practical if you find that your opponent is in the habit of telegraphing his blows.

## TO AVOID STRAIGHT PUNCHES FOR THE HEAD

1. If opponent leads a straight left for the head, carry your head to the right, bending from the waist, the blow passing harmlessly over the left shoulder.

If a right hand lead, carry head to the left, bending from the waist, allowing the blow to pass over the right shoulder.

2. Again if opponent leads straight left for the head, place your right hand quickly to opponent's forearm from the outside, and thrust it away from you.

If a right hand lead, place your left hand quickly to opponent's forearm and thrust it to the right and away from you.

#### CLASS WORK

1—*Opponent leads straight left for face.*

Bend body from the waist to the right, carrying the head with it, just far enough to avoid the punch; at the same time hook the left to opponent's jaw (see fig. 21). If the left lands with effect, follow with a straight right to the jaw.

2—*Opponent leads a straight left to face as before.*

Bend the body and head as before to avoid the punch; at the same time place the right hand to opponent's elbow from the outside and thrust it to the left (see



Fig. 21



Fig. 22



Fig. 23



Fig. 24

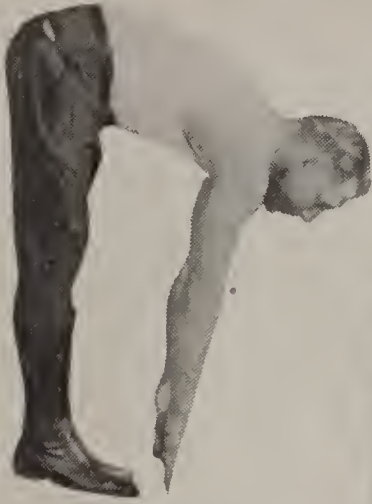


Fig. 25



Fig. 26

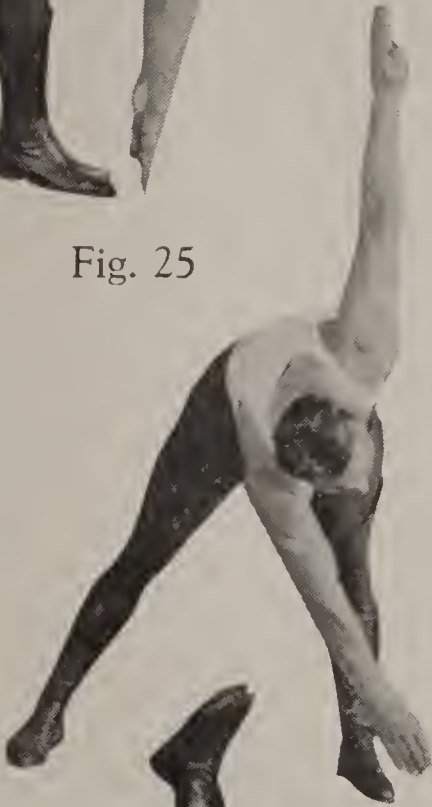


Fig. 27

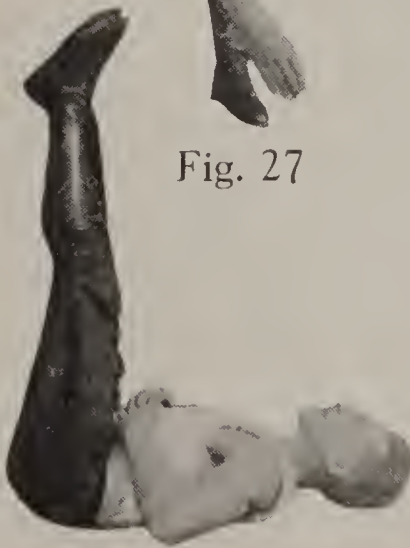


Fig. 28

fig. 22) ; then counter by hooking the left hand to the short ribs. This can be followed by hooking the left to the jaw.

3—*Opponent swings a right for the jaw.*

To avoid this lead, bring the left forearm up to the vertical position to act as guard, the forearm being brought to this position so that it can be effectively used to block punch; after blocking counter quickly by hooking the right hand to jaw (see fig. 23).

If opponent swings a left for the head, the opposite block and counter is used.

4—*Opponent leads a straight right for the short ribs.*

Bring the left forearm quickly down over and to the inside of opponent's lead; this to thrust lead down and away from you; follow this block by countering with right to jaw (see fig. 24).

Reverse blocks and counters are used for leads with other hand.

## CALISTHENICS

CALISTHENICS (setting-up exercises) is the foundation or basic work for all systems of physical training. Its use will materially aid the human structure to develop a good posture, which will in turn result in an improvement in the functioning power of all the vital organs of the body.

There are many benefits to be derived from a systematic series of setting-up exercises, as, first, the building and strengthening of muscle; second, the creating of supple muscles; third, the building up of self-control and confidence and to teach co-ordination of mind and muscle. It will also greatly aid in toning up the body in general.

Many of our prominent athletes in the realm of popular sports favor a strenuous form of setting-up exercises as a heavy



part of their training schedule, claiming that much of their success is due to the excellent condition this form of work helps them to attain.

A ten to fifteen-minute period of setting-up exercises taken immediately after arising in the morning will have the effect of increasing the circulation of blood, thoroughly awaken the body, and create a mentally alert mind. It will bring about a regular bowel movement and create an appetite for breakfast. Deep breathing should always be made a part of the exercise, in order that the lungs may be opened up to their fullest capacity and that a maximum amount of oxygen can be taken up by the blood. Thus the blood is purified.

The exercises explained in this chapter can be used for individual or class instruction.

Alternate in the use of the arm, trunk and leg exercises. Avoid fatiguing of one part of the body, as a lack of enthusiasm and slighting of the movements will result. Fifteen minutes of peppy work per day will suffice.

*Abdominal Exercises*

*First Exercise.*—Place hands on the hips, thumbs to the rear, shoulders drawn back.

1. Bend the trunk forward from the waist; extend arms downward, fingers touching floor (see fig. 25).

2. Bend the trunk back to body-erect position. (Exercise in two counts, repeat six times) recovering with hands to hips.

With the hands on hips as above:

1. Bend trunk to the rear; at the same time extend the arms to the side at shoulder, high.

2. Carry trunk to body-erect position and return hands to hips. (Exercise in two counts, repeat six times.)

(Combine both of the above exercises to four counts.)

*Second Exercise.*—With hands on hips.

1. Bend trunk to the side (see fig. 26).

2. Return to the body-erect position. Alternate right and left. (Exercise in four counts, repeat six times.)

*Third Exercise.*—Spread feet about 24 inches and extend the arms to the side at shoulder height.

1. Bend the trunk forward and touch the left foot with the right hand, turning the body so that the left hand and arm is extended in a vertical position above the head (see fig. 27).

2. Recover to starting position.

3. Touch right foot with the left hand, the right hand and arm extended above the head.

4. Recover to starting position.

(Alternate in four counts, repeat six times.)

*Fourth Exercise.*—While lying on back, place the hands above the stomach.

1. Raise legs to vertical position, the legs straight, the toes depressed (see fig. 28).

2. Lower the legs slowly to the floor.

3. Raise the trunk slowly from the floor, and to a sitting position.

4. Lower trunk slowly to floor. Al-

ternate in four counts and repeat six times.

### *Arm Exercises*

*First Exercise.*—Raise the arms to the forward position, as high and as wide apart as the shoulders, the palms of the hands down.

1. Swing the arms downward and to the rear as far as possible (see fig. 29).

2. Return to starting position. (Two counts and repeat six times.)

From the position of arms forward.

1. Carry the arms horizontally to the side.

2. Return to starting position. (Two counts and repeat six times.)

(Combine both of the above exercises in four counts. Commence with the first and run into the second.)

*Second Exercise.*—Carry the arms to position of thrust (see fig. 30).

1. Thrust the arms forward, as high and as wide apart as the shoulders.

2. Return arms to starting position. (Two counts and repeat six times.)

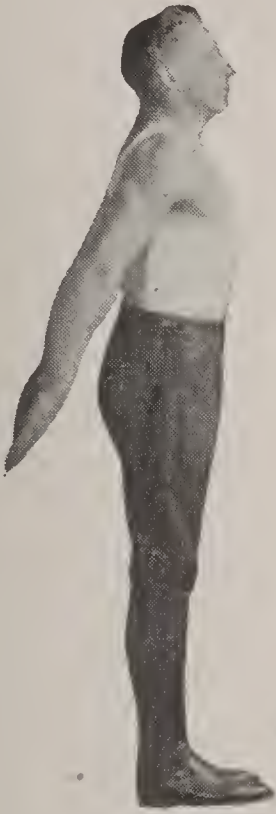


Fig. 29



Fig. 30



Fig. 31



Fig. 32



Fig. 33



Fig. 34

From the position of arms to thrust.

1. Extend the arms horizontally to the side and as high as the shoulders.

2. Return arms to starting position. (Two counts and repeat six times.)

(Combine both of these exercises. Commence with the first and carry on to the second in four counts, repeat six times.)

*Third Exercise.*—Place hands on the shoulders, the elbows well up and not lower than the shoulders (see fig. 31).

1. Bring the elbows together in front of the body.

2. Return to starting position. (Two counts and repeat twelve times.)

### *Leg Exercises*

*First Exercise.*—Place hands on the hips.

1.—Bend legs to quarter bend, the heels remaining on the floor (see fig. 32).

2. Rise to full length. (Two counts and repeat six times.)

1. Bend legs to a half bend, the weight of the body on the balls of the feet.

2. Rise to full length, lowering heels to floor. (Two counts and repeat six times.)

1. Bend the legs to a full bend, weight of the body on the balls of the feet.

2. Rise to full length, lowering heels to floor. (Two counts, and repeat six times.)

*Second Exercise.*—Assume the squatting position by getting down on all fours.

1. Extend the right leg to the rear, the leg extended full length (see fig. 33).

2. Return right leg to starting position.

3. Extend left leg to the rear.

4. Return left leg to starting position. (Four counts and repeat six times.)

From the squatting position.

1. Extend both legs to the rear. (Avoid scraping feet across floor.)

2. Return both legs to starting position. (Two counts and repeat six times.)

From the position of attention.

1. Lower body to squatting position.

2. Extend both legs to the rear, at the



same time bend arms to lower the body, care being taken to avoid resting body on the floor (see fig. 34).

3. Hop back to the squatting position.

4. Rise to attention. (Four counts and repeat six times.)

### *Breathing Exercises*

*First Exercise.*—1. Inhaling: Raise the arms forward and upward above the head.

2. Exhaling: Lower the arms laterally downward and to the side.

3. Inhaling: Raise the arms sideward and over the head and lock the thumbs.

4. Exhaling: Bend trunk forward from the waist and lower the arms so that the hands touch the floor.

5. Inhaling: Raise trunk and arms to third position.

6. Exhaling: Lower the arms laterally downward and to the side.

(Repeat three times, inhaling and exhaling exclusively through the nose.)

*Second Exercise.*—5. Inhaling: Raise the arms forward and upward above the

head, rise well up on the balls of the feet and reach upward with hands to stretch the walls of the chest and to fill lungs to capacity.

2. **Exhaling:** Bring the arms forcibly downward and to the side and deflate the lungs quickly.

(Repeat three times, inhaling through the nose and exhaling through mouth.)

An excellent exercise to clear out mucous or germ deposits which may have lodged in the air passages.

## MARCHING CALISTHENICS AND LEG EXERCISES

Marching calisthenics and leg exercises is a form of training used principally in class-work. It is admirably adopted for training of policemen. It teaches co-ordination of mind and muscle and develops a body rhythm. It creates endurance, agility and speed and will build and strengthen muscle tissue. The various parts of the body will thus become adjusted to each other and the body properly aligned, resulting in a correct posture.

These exercises are conducted in the quick and double time march, commencing with the quick time in the first, second and third series, and ending with the double time in the fourth series.

The cadence for the quick and double time marching is fully explained in the chapter on "School of the Soldier."

The exercises can be made intensive or light at the discretion of the instructor. Severe muscular strain and stiffness will result from early intensive training, whereas a gradual building up process will entirely eliminate this possibility and produce quicker and better results.

The pupils should be formed in a column of twos and caused to march in a circle. If more than one hundred men are in training, they should be divided into two or three classes.

Fifteen minutes of the daily physical training schedule should be devoted to each class for marching exercises.

The instructor should keep time for each exercise by counting, as for instance, 1-2 or 1-2-3-4, according to the number of moves necessary for the exercise, such exercise count should be in time with the marching cadence.

The pupils should be advised to breathe exclusively through the nose while in class session.

CLASS WORK  
*The Quick Time March*

Leg Exercises

Counts 1, 3, 5 and 7 are preparatory, 2, 4, 6 and 8 are commands of execution.

*First Series.* Command. 1—Hands on hips. 2—PLACE. 1—On toes. 2—MARCH. 1—Knees extended. 2—MARCH.

At the latter command, the class will march with legs straight, the weight of the body well up on the balls of the feet.

1—Knee high. 2—MARCH.

Marching with a straight leg the feet are alternately raised to the front and to the height of the knee (see fig. 35).

1—Waist high. 2—MARCH.

With straight leg, the feet are brought forward and to the waist high.

3—Quick time. 4—MARCH.

This latter command arrests either of the foregoing exercises. If the above exercises are used in series, the command is given at the conclusion of the last exercise.

*Second Series.* Command. 1—Cross step. 2—MARCH.

Marching on the balls of the feet and with legs extended, cross the legs alternately in front of the body, commencing with the left leg, the hips and body straight to the front (see fig. 36).

3—Quick time. 4—MARCH.

Command. 1—On heels.  
2—MARCH.

Raise the balls of the feet and march on the heels, the body erect and head up.

3—Quick time. 4—MARCH.

1—Knees up. 2—MARCH.

Alternately raise the knees to a waist high, the upper leg horizontal, the lower leg vertical, the toes depressed. Commence the exercise with the left leg, and when replacing strike on the ball of the foot to relieve shock.

3—Quick time. 4—MARCH.

### ARM EXERCISES

*Third Series.* Command. 1—Arms to thrust. 2—PLACE.

Bring the arms to the position of thrust, fingers closed, backs of the hands down, the forearms horizontal and close to the waist line, the elbows drawn well back.

3—Ready. 4—EXERCISE.

The command to exercise is given as the left foot strikes the ground, an additional step is then taken with the right. As the left foot again strikes the ground the arms are thrust forward and at full length, the forearms are turned so that the backs of the hands are up. As the right foot again strikes the ground, return the hands and arms to the starting position and repeat the exercise.

5—Quick time. 6—MARCH.

This command arrests the exercise.

7—Arms. 8—DOWN.

Command. 1—Vertical arm exercise, ready. 2—EXERCISE.

The command of execution is given as the left foot strikes the ground, an additional step is taken with the right and as the left foot again strikes the ground, raise the forearms to the vertical position, the elbows close to the body (see fig. 37). At

the next step of the right foot, raise the arms full length over the head, at the next step of the left, carry the arms to the first position as the right foot again strikes return the arms to the side. Continue the exercise in four counts.

3—Quick time. 4—MARCH.

Command. 1—Hands on shoulders. 2—PLACE. 3—Ready. 4—EXERCISE.

The command of execution is given as the left foot strikes the ground, then take an additional step with the right, and as the left foot again strikes bring the elbows forward and together returning them to the first position as the right foot strikes. Continue the exercise in two counts.

5—Quick time. 6—MARCH. 7—Arms. 8—DOWN.

#### LEG EXERCISES IN THE DOUBLE TIME

*First Series.* Command. 1—Hands on hips. 2—PLACE. 3—Knee high. 4—MARCH.

At the command MARCH given as the left foot strikes the ground the feet are



alternately raised in front of the body to a knee high, the legs are extended and the knees locked.

5—Double time. 6—**MARCH**.

The latter command arrests the exercise and the regular double time is resumed, the arms are carried to the position of thrust as in running.

Command. 1—Turn to the right. 2—**MARCH**.

At the command **MARCH** turn to the right and run sideward, the right foot crossing in front of the left, the hands are brought to the hips without further command.

3—Double time. 4—**MARCH**.

The latter command arrests the exercise and the double time is resumed to the front. The hands are removed from the hips without command.

3—Command. 1—Turn to the left. 2—**MARCH**.

At the command **MARCH** turn to the left and run sideward, the left foot crossing in front of the right, the hands are placed on the hips as before.

3—Double time. 4—MARCH.

The latter command arrests the exercise as before.



Fig. 35



Fig. 36



Fig. 37



Fig. 38

Fig. 39



Fig. 40

## RAISING AND CARRYING AN UNCONSCIOUS PERSON

A safe and easy method of raising and carrying an unconscious person should be thoroughly understood by all, especially by a police officer. By using the method explained in this chapter, no difficulty will be experienced in raising and carrying a person who outweighs the operator up to fifty pounds.

Of the many duties of a policeman, one is to protect life. This phase of his work compels him to go into burning buildings to rescue persons who have been overcome by smoke and in danger of death. He may come upon an unconscious person lying in the street who has been the victim of an assault, or a person who is unconscious from the effects of a stroke, alcohol poisoning or an accidental injury for whom it will be necessary to give first aid. If

there is a drug store or other first aid station near at hand such unconscious person should be taken there with all possible haste, and first aid administered pending the arrival of an ambulance surgeon.

Additional injury and unnecessary jarring may result from an inefficient method of raising and carrying a person suffering as above. If such person is suffering from a fracture or broken bones care should be taken when in the act of lifting to avoid engaging a broken member of the body during such operations.

#### METHOD OF OPERATION

With the body face down, raise it to a sitting position, draw the right arm of the unconscious person tightly around your neck, the left hand being used to his right wrist. Your right hand is then placed to the small of the back to grip the clothing or belt, and to assist in raising, then by bringing into play the muscles of the arms, legs and small of the back, raise yourself and patient to full height.

With the patient's feet resting on the ground, squat quickly to get under him and then allow the body to fall across your shoulders, the left hand remaining at the patient's right wrist so that the arm can be drawn in high and tight across the shoulders, the right arm being used to encircle the patient's legs and to keep them close to your body.

Next, lift your load and come to a full standing position (see fig. 38). The arm, leg and back muscles are again brought into play to successfully accomplish this act.

If you carefully follow out these instructions, you will find upon rising that the weight of the patient's body is evenly distributed across the shoulders and that no difficulty should be experienced in carrying your load for many blocks.

If you are convenient to a wall or any other upright fixture, use it to aid you in raising the body.

Should it become necessary to carry a patient from a burning building and down a stairway or fire-escape ladder, one hand

and arm will be sufficient to hold the arms and legs in place, the other hand and arm can be employed to assist you to make your way to a place of safety.

## TO LOWER THE UNCONSCIOUS PERSON

Step forward with the right foot for the purpose of maintaining balance, lower your body to kneeling position, left knee on the ground, at the same time swing patient's legs to the left by pulling them into place with your left hand and arm the right hand and arm going to patient's back, thus forming a cradle of your arms. (See Fig. 39.) You will then lower the body gently to the floor, due care being taken to prevent head striking ground with unnecessary shock. The patient lies face up, a position which is most easy and restful to a person suffering from injuries.



## DRILL REGULATIONS

### *Discipline*

All police organizations are conducted along lines of a semi-military order, and the members thereof should have a knowledge of regulations governing drills in order that units can be formed and marched to and from a designated point with precision and despatch.

This adds to the discipline of an organization, a factor that is essential to the success of the department.

The necessity for discipline and unbroken ranks at riots, uprisings and other disturbances is of great importance, acting as an aid to the successful handling of each such situation.

The information contained in this chapter is of the close order nature, and is given to you as an aid, and for your guidance while in ranks.

*School of the Soldier*

## 1. Position of a Soldier:

Heels on the same line and as near each other as the conformation of the man permits.

Feet turned out equally and forming an angle of about 45 degrees.

Knees straight without stiffness.

Hips level and drawn back slightly; body erect and resting equally on the hips; chest lifted and arched; shoulders square and falling equally.

Arms and hands hanging naturally, thumb along the seam of the trousers.

Head erect and squarely to the front, chin drawn in so that the axis of the head and neck is vertical, eyes straight to the front.

Weight of the body resting equally upon the heels and balls of the feet.

## 2. The Rests:

Being at a halt, the commands are: **FALL OUT; REST; AT EASE**, and, 1, **PARADE**; 2, **REST**.

At the command, "Fall Out," the men leave the ranks, but are required to remain in the immediate vicinity. At the command, "Fall In," they resume their former places at attention.

At the command "Rest," each man keeps one foot in place, but is not required to preserve silence or immobility.

At the command "At Ease," each man keeps one foot in place and is required to preserve silence but not immobility.

1, Parade; 2, REST.—Carry the right foot six (6) inches straight to the rear, left knee slightly bent; clamp the hands without constraint, in front of the center of the body, fingers joined, left hand uppermost, left thumb clasped by the thumb and forefinger of the right hand; preserve silence and steadiness of position.

To resume the attention: 1—Squad. 2—ATTENTION. (The men take the position of the soldier.)

3. Eyes Right or Left:

1—Eyes, 2—RIGHT (LEFT), 3—FRONT.

At the command "Right," turn the head to the right oblique, eyes fixed on the line of eyes of the men in, or supposed to be in, the same rank.

At the command "Front," turn the head and eyes to front.

4. **Facings:**

To the flank; 1—Right (Left), 2—**FACE.**

Raise slightly the left heel and right toe; face to the right, turning on the right heel, assisted by a slight pressure on the ball of the left foot; place the left foot by the side of the right.

Left face is executed on the left heel in the corresponding manner.

To the Rear: 1—About, 2—**FACE.**

Carry the toe of the right foot about a half-foot length to the rear and slightly to the left of the left heel without changing the position of the left foot; face to the rear, turning to the right on the left heel and right toe; place the right heel by the side of the left.

5. **Salute with the Hand:**

1—Hand, 2—**SALUTE.**

Raise the right hand smartly till the tip of the forefinger touches the lower part of the headdress above the right eyes, thumb and fingers extended and joined, palm to the left, forearms inclined at about 45 degrees, hand and wrist straight; at the same time look toward the person saluted.

(TWO) Drop the arm smartly by the side.

#### 6. Steps and Marchings:

All steps and marchings executed from a halt (except right step), begin with left foot.

The length of the full step in quick time is 30 inches measured from heel to heel, and the cadence is at the rate of 120 steps to the minute.

The length of the full step in double time is 36 inches, the cadence is at the rate of 180 steps per minute.

All steps and marchings and movements involving march are executed in quick time unless the squad be marching in double time, or double time be added to the command; in the latter case double

time is added to the preparatory command. Example. Squad right, double time, 2—**MARCH.**

7. Quick Time:

Being at a halt to march forward in quick time: 1—Forward, 2—**MARCH.**

At the command "Forward," shift the weight of the body to the right leg, left knee straight.

At the command "**MARCH,**" move the left foot smartly straight forward 30 inches from the right, sole near the ground and plant it without shock; next in a like manner, advance the right foot and plant it as above; continue the march. The arms swing naturally.

Being at a halt or in march in quick time, to march in double time, 1—Double time, 2—**MARCH.**

If at a halt, at the first command shift the weight of the body to the right leg. At the command "March," raise the forearms, fingers closed, to a horizontal position along the waist line; take up an easy run with the step and cadence of double time, allowing a natural swinging motion

to the arms.

If marching in quick time, at the command "March," given as either foot strikes the ground, take one step in quick time and then step off in double time.

To resume the quick time: 1—Quick time, 2—MARCH.

At the command "March," given as either foot strikes the ground, advance and plant the other foot in double time, resume the quick time, dropping the hands by the sides.

8. To Mark Time:

Being in March, 1—Mark time, 2—MARCH.

At the command "March," given as either foot strikes the ground advance and plant the other foot, bringing up the foot in the rear and continue the cadence by alternately raising each foot about two inches and planting it on line with the other, the sole of the foot striking first to eliminate shock.

9. The Half Step:

1—Half Step, 2—MARCH.

Take steps of 15 inches in quick time,

18 inches in double time. To resume the full step from half-step or mark time, 1—Forward, 2—MARCH.

10. The Side Step:

Being at a halt or mark time; 1—Right (Left) Step, 2—MARCH. Carry and plant the right foot 15 inches to the right; bring the left foot beside it and continue the movement in the cadence of quick time.

The side step is used for short distances only and is not executed in double time.

11. Back Step:

Being at a halt or mark time: 1—Backward, 2—MARCH. Take steps of 15 inches straight to the rear. The back step is used for short distances only and is not executed in the double time.

12. To Halt:

To arrest the march in quick time or double time: 1—Squad, 2—HALT.

At the command "Halt," give as either foot strikes the ground, plant the other foot as in marching; raise and place the first foot by the side of the other. If in double time drop the hands by the sides.

13. To March to the Rear:



Being in march: 1—To the rear, 2—**MARCH.**

At the command "March," given as the right foot strikes the ground, advance and plant the left foot; turn to the right about on the balls of both feet and immediately step off with the left foot.

14. School of the Squad:

Men are grouped into squads for purposes of instruction, discipline, control and order.

The squad proper consists of a Corporal and seven Privates.

The movements in the school of the squad are designed to make the squad a fixed unit and to facilitate the control and movement of the Company. If the number of men grouped is more than 3 and less than 12, they are formed as a squad of four files, the excess above 8 being posted as file closers. If the number grouped is greater than 11, then 2 or more squads are formed and the group is termed a platoon.

For the instruction of recruits, these rules may be modified.

The squad executes the Halt, Rests, Facings, Steps, and Marchings as explained in the School of the Soldier.

15. Alignments:

To align the squad, the base file or files having been established: 1—Right (Left), 2—DRESS, 3—FRONT.

At the command, "Dress," all men place the left hand upon the hip (whether dressing to the right or left); each man, except the base file, when on or near the new line executes Eyes Right and taking steps of 2 or 3 inches, places himself so that his right arm rests lightly against the arm of the man on his right, and so that his eyes and shoulders are in line with those of the men on his right, the rear rank men cover in file.

The instructor verifies the alignment of both ranks from the right flank and orders up or back such men as may be in the rear, or in advance of the line; only the men designated above.

At the command "Front," given when the ranks are aligned, each man turns his head and eyes to the front and drops his

left hand by his side.

16. Right and Left Guide:

To preserve the alignment when marching: **GUIDE RIGHT (LEFT)**.

To preserve their intervals from the side of the guide yielding to pressure from that side and resisting pressure from the opposite direction, they recover intervals, if lost, by gradually opening out or closing in; they recover alignment by slightly lengthening or shortening the step; the rear men cover their file leaders at 40 inches.

Being in line to turn and march: 1—Squad Right (Left), 2—**MARCH**.

At the latter command, number one (1) of the front rank turns to the right in marching and marks time. The other men of the front rank oblique to the right placing themselves abreast of number one when they also mark time. In the rear rank, number three followed in column by numbers two and one, moves straight to the front until directly behind his front rank man, when all will face to the right in marching and mark time. Number four

of the rear rank takes four paces straight to the front and then places himself alongside number three of his rank. Men on the new line will glance toward the marching flank while marking time, and as the last man arrives on the line, both ranks move straight to the front without further command.

## CARE OF THE FEET

(Courtesy of Chief Surgeon Patrick  
J. Murray.)

Without healthy feet the patrolman, like the soldier, cannot perform his duties without special effort, causing more or less pain and discomfort and considerable curtailment of his efficiency. In the recent war among unseasoned Europeans troops fully ten per cent were disabled by minor foot ailments on taking to field duty.

Without a doubt, the duties of a soldier in modern armies tax his physical and mental capacities to the utmost. In the infantry a soldier's feet are especially taxed. However, insofar as his feet are concerned, his lot is infinitely easier than that of a patrolman in a large city. Neither in field nor in camp do the duties of a soldier require him to use his feet for more than two consecutive hours without being

allowed a rest period. Moreover, his duties are varied and ever-changing, thus eliminating the monotony.

On the other hand, the duties of the patrolman are usually the same, day after day; namely, standing or walking on the hard pavements from seven to nine consecutive hours. Depending upon the temperature, be it high or low, the hot or cold, pavements have considerable effect upon the feet and are a predisposing cause of many foot ailments. Prolonged standing or walking on hot pavements may cause blisters, while cold pavements may cause chilblains.

#### FOOT STRAIN

The question might arise as to whether a patrolman should not be in good physical condition due to his standing and walking in the fresh air and sunshine daily. Here we must differentiate between exercise and work. Exercise may be defined as the physical effort that the individual exerts for his amusement and recreation. When exercise is the main element in an

individual's daily duties it is, of course, not performed for recreational purposes. It is usually too prolonged, causing a body fatigue with a strain of the muscles which have been taxed the greatest. Exercise, thereupon, becomes work which is well illustrated in a patrolman's daily duties.

At the beginning of his patrol, the standing and walking is exercise. However, after the first four or five hours the feet become fatigued and strained, the intensity depending upon the presence or absence of minor foot lesions, and muscular and bone disturbances.

We will assume that the patrolman suffers from fatigued and strained feet from his first day's duties. If he does not rest sufficiently after performing this duty so that the strained foot muscles can recuperate, but reports for duty the next day, his feet still feeling fatigued and he does this day after day, never allowing the muscles of his feet to fully recuperate from the strain of the previous day's duties, an acute or chronic foot strain results. This is the forerunner of arch disturbances,

bone displacements, muscular spasms and other conditions.

It is very important that patrolmen avoid foot strain by walking and standing correctly, feet parallel, and by resting completely after a day's patrol.

Exercises and contrast baths are measures which yield splendid results in preventing or curing foot strain. The exercises are as follows:

1. Stand with the feet parallel and rise on the outer borders of the feet. Repeat 20 times.

2. Do the same exercise walking ten steps on the outer borders of the feet.

3. Walk thirty steps on the toes.

4. Stand on a board with the toes protruding over the edge. Flex the toes up and down thirty times.

Contrast baths tone up the muscles and stimulate the nerves. It is done by placing the feet for a minute in a receptacle containing hot water, taking them out and immediately placing them in cold water



for a minute. This should be done alternately for about ten minutes.

If a certain point on a bone is subjected to continued irritation, a growth called an exostosis or spur may be formed at that point. When this bone functions, the spur irritates the soft tissues surrounding it, causing pain and inflammation in that region.

Patrolmen should avoid wearing shoes in which are protruding nails and elevations and also supports, and braces. These may be the cause of a spur formation.

When subjected to severe and prolonged strain sometimes the bones on the inner side of the foot constituting the longitudinal arch are displaced downward accompanied with an inward rolling of the foot, giving rise to severe pain. It may be caused by continuous standing and walking with the weight of the body thrown on the inner side of the feet. The body weight should at all times be carried so that it is distributed on the heel, the outer border on the foot and the ball of the five toes.

## PRIMARY CAUSES OF MOST FOOT AILMENTS

### *Ill-Fitting Shoes*

Shoes that are pointed, not constructed anatomically correct and are fitted on the individual so that they are either too large or too small, cause the bones to become displaced, the muscles and ligaments strained and irritation at special points, resulting in the formation of corns and callouses, etc. Shoes should be constructed anatomically correct, fitted in the right size, of soft durable leather with no nails or seams protruding within the shoe.

### ARCH SUPPORTS

The practice of wearing various types of arch supports and braces on the advice of shoe clerks and non-professionals is to be severely condemned. It is obvious that neither relief nor cure can be effected in any case by the use of appliances, unless a correct diagnosis of the case is first made. Non-professionals, as a rule, are not competent diagnosticians. Patrolmen have

been frequently inveigled into buying arch appliances which do not give them relief or effect a cure of their case, but on the contrary, further disarrange the structural defects of their feet. Patrolmen should not wear arch appliances unless so advised by a surgeon or podiatrist.

### *NOTE*

This article has not been written for the purpose of conveying technical or detailed information on foot ailments. Its purpose is to make the reader realize that healthy feet are very necessary to achieve success, and that a foot lesion, no matter how unimportant it appears, may be the direct cause of complete foot disability if not attended to.

### SYMPTOMS OF FLAT FOOT

The feet burn and become fatigued, which is accompanied by profuse sweating and stiffness after being seated. This is followed by pains in the instep or heel after a period of walking or standing, a pain that is often mistaken for rheuma-

tism. During the morning and after prolonged periods of sitting the feet become sluggish and clumsy. The feet become larger and difficulty is experienced in getting shoes to fit. It will be found that walking is easier than standing.

The following are symptoms not so common as those described above:

Pain and stiffness in the great toe joint.

There is a pain in the outer part of the ankle.

At night, cramps will occur in the calves of the legs.

## SWIMMING

Everyone should be able to float, to tread water and finally to swim and swim well. A person who has learned to swim is possessed of a great amount of confidence when in or about the water regardless of depth, and no one can deny that such a feeling of security is a mighty fine feeling. It is not alone an asset to oneself, but can be of material aid in rescuing others in imminent danger of drowning.

Each year the beaches, lakes and waterways claim a great number of persons, the victims of drowning. This condition is appalling and should never exist, especially as it does in big cities of our country, where swimming instructions can so readily be had both at municipal baths and private natatoriums under competent instructors.

Policemen as well as civilians should be

able to swim. In fact, a policeman is paid by the community he serves to perform such tasks as will safeguard life and limb. Unless he can swim sufficiently well to rescue or aid in the rescue of drowning persons, he cannot possibly be 100 per cent efficient in his police work.

It is just as important that persons in other walks of life be able to swim, first for the protection and safeguarding of themselves and loved ones; second, in the interest and welfare of others.

A body that has been rescued from the water is not necessarily rescued from drowning. If the person is unconscious and apparently lifeless, it does not follow that life is extinct. The immediate and continued application of an artificial method of respiration will have the effect of restoring normal breathing provided the body has not been submerged for too long a period.

Untiring efforts on the part of rescuers in the application of artificial respiration has often times resulted in bringing back life into the body of a person who has been

unconscious for an hour or more. Operators should work in relief periods, changing every fifteen minutes.

### RESCUE OF DROWNING PERSONS

When called upon by someone in the water for assistance do not plunge in unless you can swim well and know what you are about. If possible, toss a life preserver, a log or anything that will keep the struggling persons afloat upon grasping it.

In any case, before entering the water pull off your shoes, coat and vest; this to relieve some of the weight caused by saturated clothing and to permit of freedom of action.

Shout words of encouragement as you swim towards him. Do not get near enough for him to seize you until he is quiet or begins to sink, then coming upon him from the rear, seize him by the hair, pull him over on his back. In this position with his head held in front of your body, you can swim backwards with him to safety or keep him afloat until help ar-

rives. In the case of a person with short or no hair seize him by the collar of his clothes, if undressed under the arm pits. If a person is calm enough to be trusted, he can support himself with one hand on your back and you can then swim in the ordinary way.

If obliged to dive for a drowning person, take several deep breaths as fast as you can before doing so. This will enable you to stay under much longer. Keep your eyes open under water and the location of the drowning person may be known by a series of rising bubbles. Seize the person by the hair or collar and rise to the surface by quick pushes with the feet.

Remove the body at once from the water.

Persons have been known to recover after prolonged submersion and hours of insensibility; therefore do not despair of restoring life, even in the most desperate cases, and do not give up trying unless death is certain. Absence of the pulse or of the heart sounds to the unpracticed



observer is no proof that life is extinct.

Treatment for drowning persons should be carried out on the spot and without unnecessary delay, except that during severe inclement weather the body may be carried to a place of shelter. If the services of a physician are necessary, send for one.

#### TREATMENT

1—Roll the person in a blanket.

2—Apply stimulants quickly.

3—Open all clothing about the neck.

4—Turn the person to a face-down position.

5—Clasp your hands beneath the stomach and lift as high as possible, the head will hang down and the water that the drowning persons has taken in will run from the stomach and out through the mouth. Hold thus a few seconds, then turn patient on his back.

6 Wipe all foreign and mucous matter from the mouth and clean out the back of throat with the finger. (Cover finger with several thicknesses of cloth while wiping out throat.)

If breathing has not commenced, there are certain simple methods to be applied to excite natural respiration.

1. Give the patient several severe slaps on the chest with the open hand.
2. Tickle the nose with a feather or straw.
3. Dash cold water on the face and chest.

If natural breathing is not established by these methods apply artificial respiration.)

## ARTIFICIAL RESPIRATION

Schaefer Method. See fig. 40.

1. The patient is layed stomach down, the arms folded under the head; the face to one side; the mouth opened and blocked.
2. Straddle the patient at a point about the center of his body, facing toward his head.
3. Place the hands on the ribs so that the little finger encircles the last rib. The fingers are joined, the thumb alongside the forefinger.

4. Commence respiration by pressure downward on the ribs, thus forcing all air out of the lungs.

5. Release the hands quickly, relieving the pressure on the ribs which will cause the air to rush in and fully inflate the lungs, which will take up the work of a bellows. Repeat the operation at the rate of about 16 to 18 times per minute.

The above method is to be used only in the absence of a Pulmotor.





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