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*A Lady Correspondent of "The Onlooker" writes:—*

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# THE WORLD WE LIVE IN.

## Self-Defence.

Whatever the future may have for us, there is no doubt that the average woman is weaker, in muscular strength, than the average man. Yet in modern life it is not actual muscle that tells. Agility, alertness, dexterity, and endurance are usually of more importance, as the lessons of the Russo-Japanese war have taught, and it is the Japanese fine art of ju-jitsu or self-defence that has proved more than a match for mere brute force, and that is, therefore, not only a good accomplishment, but a necessary safeguard for the woman who has to defend herself through life.

Ju-jitsu, which literally translated means the "Soft Art," is the art of balance and leverage, as easy as A B C, and as easily learnt as a child learns to walk. It has been practised in Japan for more than 2,000 years, but has only been taught to the populace during the last forty years; till then it was only known to the "Samuri"—the great fighting men of Japan—by whom it was taught by father to son, and so preserved.

It was introduced into this country about ten years ago by Mr. Barton Wright, who brought over the two Japanese champions, known as "Uyenishi" and "Tani." These men are quite representative of their race. Uyenishi, being of a good family, learnt the "art" from childhood as a sport; Tani, the son of a policeman, had lived all his life in a dogo (wrestling school), and mastered the science as a business. So taking the two different aspects of the "art" as taught by these two men, and all the lessons I could get from other clever Japanese—Myaki, Ono, Maida, Chiba San, and others—I have done my very best to apply Japanese methods to English wants, and I do not think there is any form of attack which cannot be dealt with, nor any opponent who cannot be defeated with surprising ease.

The great secret of ju-jitsu is to use an adversary's strength; for instance, a man rushes at a woman, he is aiming at a certain spot—that is, where she is standing—if she steps in to meet him and turns her head under his arm, he has wasted his strength on empty air, and she is close to him, in such a position that she can pull him over with ease, because his balance, after hitting nothing, is not true.

The leverage lies in twisting wrists, elbows, or knee joints the way they are not meant to go, and it is quite surprising to find how easy it is to apply this, because if one is being pulled, the joints of the person pulling are in a bent position; therefore, one suddenly comes forward in the very way one was being pulled, but further than the assailant meant, so one bends his joints back further than nature intended them, thus holding him helpless, and, should he attempt to struggle, causing him pain.

In this way one can regulate the punishment meted out; that is to say, one need only throw him and hold him helpless by a lock, or one can make it worse by breaking the limb. Another side of this art is that the student is taught to fall without hurting herself, and as use becomes second nature, it is a very useful thing to know.

This is but a very slight sketch of what this great art will enable those who master it to do; it provides for every emergency, and can meet every form of attack.

How surprised that man at the Reading meeting would have been if the woman he struck had ducked her head, caught his arm before he drew it back, and pulled him off the platform. I believe that everyone of the audience would have approved!

Physical force seems the only thing in which women have not demonstrated their equality to men, and whilst we are waiting for the evolution which is slowly taking place and bringing about that equality, we might just as well take time by the forelock and use science, otherwise ju-jitsu.

In this art all are equal, little or big, heavy or light, strong or weak; it is science and agility that win the victory. Is not this a forecast of the future? Science, quickness, vitality, and brains are surely equal to brute strength in politics as well as in fights.

EDITH GARRUD.

## TWO HUNDRED YEARS AGO.

A correspondent sends the following quotation from Nicholas Rowe's "Fair Penitent." "Written," she says, "by one of the tyrant sex and in the year 1702, it expresses most concisely the sentiments of the woman of to-day":

How hard is the condition of our sex,
Through ev'ry state of life the slaves of man!
In all the dear delightful days of youth
A rigid father dictates to our wills,
And deals out pleasure with a scanty hand.
To his, the tyrant husband's reign succeeds;
Proud with opinion of superior reason,
He holds domestic bus'ness and devotion
All we are capable to know, and shuts us,
Like cloister'd ideots, from the world's acquaintance,
And all the joys of freedom. Wherefore are we
Born with high souls, but to assert ourselves,
Shake off this vile obedience they exact,
And claim an equal empire o'er the world?


# Spring Fashions

This perfectly cut Tailor-made is a new Spring model specially worthy of note. It is made in Tweeds and Serges in all the correct new colourings. The coat is lined with satin, the skirt is "plain gored" and unlined. Serviceableness is its special feature. It is made to stand all kinds of weather, and is, therefore, particularly adapted for country wear. The price is quite moderate—

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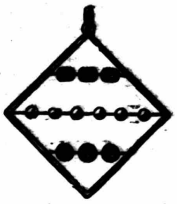

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