

**Japanese Physical  
Training; The System of  
Exercise, Diet, and General  
Mode of Living That Has  
Made the Mikado's People  
the Healthiest**

**Harrie Irving Hancock**

---

**JAPANESE PHYSICAL TRAINING;  
THE SYSTEM OF EXERCISE, DIET,  
AND GENERAL MODE OF LIVING  
THAT HAS MADE THE MIKADO'S  
PEOPLE THE HEALTHIEST,**



Harrie Irving Hancock



[www.General-Books.net](http://www.General-Books.net)

## ***Publication Data:***

Title: Japanese Physical Training  
Subtitle: The System of Exercise, Diet, and General Mode of Living That Has Made the Mikado's People the Healthiest, Strongest, and Happiest Men and Women in the World  
Author: Harrie Irving Hancock  
Reprinted: 2010, General Books, Memphis, Tennessee, USA  
Publisher: New York and London, G. P. Putnam's sons  
Publication date: 1903  
Subjects: Physical education and training  
Japan  
Jiu-jitsu  
Education / Physical Education  
Health Fitness / Diets  
Health Fitness / Exercise  
History / General  
Sports Recreation / Martial Arts Self-Defense  
BISAC subject codes: EDU033000, HEA006000, HEA007000, HIS000000, SPO027000

## ***How We Made This Book for You***

We made this book exclusively for you using patented Print on Demand technology.

First we scanned the original rare book using a robot which automatically flipped and photographed each page.

We automated the typing, proof reading and design of this book using Optical Character Recognition (OCR) software on the scanned copy. That let us keep your cost as low as possible.

If a book is very old, worn and the type is faded, this can result in numerous typos or missing text. This is also why our books don't have illustrations; the OCR software can't distinguish between an illustration and a smudge.

We understand how annoying typos, missing text or illustrations, foot notes in the text or an index that doesn't work, can be. That's why we provide a free digital copy of most books exactly as they were originally published. You can also use this PDF edition to read the book on the go. Simply go to our website ([www.general-books.net](http://www.general-books.net)) to check availability. And we provide a free trial membership in our book club so you can get free copies of other editions or related books.

OCR is not a perfect solution but we feel it's more important to make books available for a low price than not at all. So we warn readers on our website and in the descriptions we provide to book sellers that our books don't have illustrations and may have numerous typos or missing text. We also provide excerpts from books to book sellers and on our website so you can preview the quality of the book before buying it.

If you would prefer that we manually type, proof read and design your book so that it's perfect, simply contact us for the cost. Since many of our books only sell one or two copies, we have to split the production costs between those one or two buyers.

## ***Frequently Asked Questions***

### ***Why are there so many typos in my paperback?***

We created your book using OCR software that includes an automated spell check. Our OCR software is 99 percent accurate if the book is in good condition. Therefore, we try to get several copies of a book to get the best possible accuracy (which is very difficult for rare books more than a hundred years old). However, with up to 3,500 characters per page, even one percent is an annoying number of typos. We would really like to manually proof read and correct the typos. But since many of our books only sell a couple of copies that could add hundreds of dollars to the cover price. And nobody wants to pay that. If you need to see the original text, please check our website for a downloadable copy.

### ***Why is the index and table of contents missing (or not working) from my paperback?***

After we re-typeset and designed your book, the page numbers change so the old index and table of contents no longer work. Therefore, we usually remove them. We dislike publishing books without indexes and contents as much as you dislike buying them. But many of our books only sell a couple of copies. So manually creating a new index and table of contents could add more than a hundred dollars to the cover price. And nobody wants to pay that. If you need to see the original index, please check our website for a downloadable copy.

### ***Why are illustrations missing from my paperback?***

We created your book using OCR software. Our OCR software can't distinguish between an illustration and a smudge or library stamp so it ignores everything except type. We would really like to manually scan and add the illustrations. But many of our books only sell a couple of copies so that could add more than a hundred dollars to the cover price. And nobody wants to pay that. If you need to see the original illustrations, please check our website for a downloadable copy.

### ***Why is text missing from my paperback?***

We created your book using a robot who turned and photographed each page. Our robot is 99 percent accurate. But sometimes two pages stick together. And sometimes a page may even be missing from our copy of the book. We would really like to manually scan each page. But many of our books only sell a couple of copies so that could add more than a hundred dollars to the cover price. And nobody wants to pay that. If you would like to check the original book for the missing text, please check our website for a downloadable copy.

### ***Limit of Liability/Disclaimer of Warranty:***

The publisher and author make no representations or warranties with respect to the accuracy or completeness of the book. The advice and strategies in the book may not be suitable for your situation. You should consult with a professional where appropriate. The publisher is not liable for any damages resulting from the book.

Please keep in mind that the book was written long ago; the information is not current. Furthermore, there may be typos, missing text or illustration and explained above.

**JAPANESE PHYSICAL TRAINING;  
THE SYSTEM OF EXERCISE, DIET,  
AND GENERAL MODE OF LIVING  
THAT HAS MADE THE MIKADO'S  
PEOPLE THE HEALTHIEST,**

# JAPANESE PHYSICAL TRAINING; THE SYSTEM OF EXERCISE, DIET, AND GENERAL...

---

PREFACE In presenting this volume to the public the author is aware that he is offering a decided novelty to readers who are familiar only with American systems of athletics. The Japanese system of physical training is so ancient that its origin dates before the time when the authentic history of these people began. Yet, while the Japanese have adapted from Western civilisation everything that they consider to be necessary to their national development, they have retained jiu-jitsu and all its underlying principles as the means by which the nation is to work for its physical well-being. They have done more, for, whereas jiu-jitsu was taught at one time to the aristocratic classes only, it is taught now to all of the people of Dai Nippon who wish to acquire it. The value of jiu-jitsu is proven by the fact that the Japanese, while a diminutive race, possess the greatest endurance of any people on earth.

It may seem strange that the presentation of this science—for such it may be aptly termed—should come through an American. But the author has approached his task with no hesitancy. Something more than seven years ago he began his course of instruction in jiu-jitsu under Japanese friends in this country. Subsequently he studied in Nagasaki, under Inouye San, instructor of jiu-jitsu in the police department of that city. Still later the author took supplementary courses under native teachers in Yokohama and in Tokio. When Inouye San visited this country the author went

once more under the tuition of that veteran, who is considered to be one of the best instructors in Japan.

There are in Japan, to-day, some six different systems of jiu-jitsu taught. In the main, the author has described the science as it is imparted by Inouye San, but some of the best work from the other schools has been included. The aim has been to give a perfect, composite whole of the essential principles of health and of the tricks of attack and defence that are needed by the perfect physical man or woman.

The reader will find much of interest in a careful inspection of the two Japanese models who have posed for the illustrations in this book. The smaller of the two models weighs but one hundred and twenty pounds, yet he is a giant in miniature. His strength excels that of an American athlete of one hundred and seventy-five pounds. This the author is able to state after witnessing actual tests. The secret of such surprising strength is one that is easily mastered by him who will give time and resolution to its acquirement.

There is no need for any man, woman, or child who possesses ordinary health to become a weakling. In Japan weakness or long illnesses are considered to be the misfortunes of only the very aged. An eminent American authority on physical training has declared that "weakness is a crime." The Japanese look upon lack of strength as being a freak or an eccentricity.

In taking up this exhilarating, life-giving work there is one danger against which the reader must be warned. Americans are impetuous, impatient. Some will want to master the whole science in a week. In Japan the full course in jiu-jitsu requires four years time. Many an American reader will skip swiftly over the parts of the book that describe the best diet, the right use of bathing, the wearing of proper clothing, deep breathing, and the necessity for oft-repeated practice in the resistant exercises. These latter are the muscular foundation upon which success in the tricks of combat must rest.

At times the author has taken pupils in jiu-jitsu from among his friends. Almost invariably these pupils have listened impatiently to the fundamental instructions, and have wanted to pass at once to the advanced feats of combat. This is a grave mistake. The foundation must be laid first, and then the superstructure may be built by degrees. There is no danger in jiu-jitsu if each step of the work is taken up thoroughly in its order. In this volume each step is given in sequence.

But there is danger in jiu-jitsu when the advanced work is taken up before the preliminary tasks are mastered. During more than seven years of practice at jiu-jitsu the author has been injured but once in combat. That was when an apt young woman pupil wished to hasten on at once to the advanced feats. The author threw his pupil without injury, and then invited her to make the attack in the manner shown. She took a different style of attack, however, and the only way in which the author could have prevented defeat would have been by inflicting an injury that would have weakened his pupil seriously for a long time to come. He preferred to accept defeat, and the result to him was lacerated ligaments of the right leg. Had the pupil been thoroughly grounded in the preliminary work she would have understood how to accomplish the throw without injury.

In the hands of the ignorant, jiu-jitsu may be made dangerous. With those who will study each step in the sequence given in this volume, and who do not try to advance any more rapidly than is warranted by complete mastery of each successive phase of the science, there is no danger, and perfect physical development will come slowly, but with a certainty that must make for happiness.

H. Irving Hancock.

New York, Oct. 23, 1903.

## ILLUSTRATIONS

### PAGE

The Arm Of A Sample Student Of "Jiu-Jitsu."

Frontispiece

The Japanese do not care for great lumps of muscle on the upper arms. The little lump just over the bend of the elbow is regarded by the Japanese as being the most important of all. A splendid type of the arm produced by jiu-jitsu. The man stands 5 feet 1 inch, weighs 120 pounds.

The Old-style Japanese Wrestler . 2

The commoner. Height, 6 ft. 3 in. Weight, 280 lbs.

Trained for the work from infancy.

The Arm-pinch 6

Employed in paralysing an adversary's arm.

The Struggle 28

One of the most important Japanese exercises for the development of the entire body.

Wrist-to-wrist Resistant Exercise . 30

Resistant Wrist Exercise As Practised By One Person 34

Back-to-back Work 40

The complement of "The Struggle." A splendid way of developing the back muscles and other muscles of the body.

### PAGE

Leg Resistant Exercise 44

The Hand-grip 98

Used in throwing an opponent.

The Throat Blow With The Flat Of The Wrist . 100

This is a sure "knock-out." (The author has employed it in earnest with results most satisfactory to himself.)

"The Come-Along" 102

A trick employed by the Japanese police for overcoming a troublesome prisoner.

A Very Handy Clinch For Stopping A Threatened

Attack 104 (If the grip is taken too strongly it is possible to break the opponents neck.)

Throwing An Opponent Over The Head .106

The Most Effective Method Of Taking An Ad-

Vf. rsary By The Throat Io8 If the grip is secured the adversary is defeated every time.

How A Throat-hold is Thrown Off Without Difficulty "

Throwing An Opponent Over The Shoulder .112

How An Attack May Be Warded Off By A Clinch Over The Shoulders 114

PAGE

The Method Of Taking A Pistol Away From One Who Intends To Use It 116

The Coat Trick 118

Used for reducing an antagonist to helplessness.

JAPANESE PHYSICAL

TRAINING

CHAPTER I

THE HISTORY OF "JIU-JITSU," WITH A DESCRIPTION OF ITS FIRST PRINCIPLES

There are in vogue to-day many systems of physical training—most of them excellent. At first thought there would seem to be no need of a new volume on the subject.

But the author wishes to present the system that from personal experience he believes to be the most wonderful of all in building up the perfect, healthy body—a body that is capable of undergoing a strain that would seem incredible to a Caucasian. Certainly there is no hardier race in the world than the Japanese.

Throughout the campaign of the Allies in z

China, in 1900, the Japanese repeatedly proved their ability to outmarch our troops by fifty per cent.—and this despite the fact that our American soldiers ranked second in point of endurance.

What enabled the little men from Dai Nippon to outstrip so easily the big, sturdy fellows of the American regiments? Even newly appointed graduates of West Point—where the physical training is so superb—marvelled enviously at the endurance of the little brown men.

The Japanese call their system of physical training jiu-jitsu. Literally interpreted, this means "muscle-breaking." The term is not wholly an apt one, as the reader will discover farther on.

From the earliest periods of antiquity that are recorded, even in the legendary "history" of Japan, there existed a minor class of nobles who corresponded very closely with the knights of feudal Europe. These men, who were known as the samurai, were the fighting men of the Empire. Each of the samurai carried two swords—his most precious possessions. Com-

THE OLD-STYLE JAPANESE WRESTLER.

The commoner. Height, 6 ft. 3 in. Weight, 280 lbs. Trained for the work from infancy.



moners were not allowed any other weapons than sticks or stones. Naturally the caste of the samurai was rigidly preserved. Any member of the caste, man or woman, might marry with propriety into a family of the superior nobility. Any one who married beneath his caste was summarily degraded.

Samurai rank went by heredity. Every son of a samurai, unless he disgraced himself, kept his caste and took up the profession of arms. The comparatively few weaklings among these people retained their caste but did not marry.

In battle the samurai carried no weight other than their swords and the clothing they wore. The commoners, who went along as camp-followers, bore all the baggage. It was considered utterly undignified for a samurai to perform any toil outside of that connected with fighting, or with learning and preparing to fight. As a sequence it came about that the samurai spent much of their otherwise idle time in athletic exercises. /

Of course sword-play came first of all—scientific combat with long and short bamboo swords. Running, leaping, and wrestling also took up much of the time of the Japanese knights. Of course the active outdoor life, combined with frugal, sensible diet, made these samurai powerful men.

But there was yet vastly more to come in the physical development of these little men. One bright fellow discovered that by pressing thumb or fingers against certain muscles or nerves momentary paralysis could be produced. He also discovered that by employing the hardened edge of his hand to strike a piece of bamboo at a certain angle of impact he could break the stick. If he could paralyse his own nerves and muscles, why not anothers? If he could break a stick by a sharp blow with the edge of his hand, why could he not train himself in the same way to break the arm of a dangerous antagonist? And that was the beginning of the creation of the science of jiu-jitsu.

If it were possible to verify the guess, it would be interesting to speculate as to how the originator of jiu-jitsu made his first discovery. It is as likely as not that he started from an accidental bumping of his "funny bone"—a mishap so familiar to children. That may have set him to wondering if there were not in the body other nerves and muscles that could be attacked. Probably one of the first additional discoveries was that very severe pain may be inflicted upon the upper arm. Take a point about midway between the elbow and the shoulder, of some one elses arm. Employ the grip in such a way that the fingers dig into the muscles behind the middle of the bone. The thumbs tip should press into the muscles over the front of the bone. Without in any way relaxing the grip, both fingers and thumb should be vigorously pressed over the parallel lines of muscles and nerves. Any experimenter can readily find on his own arm the exact locations of these muscles and nerves, and a little practice with a friend will teach him rapidly how to seize an antagonists arm and to render that arm momentarily helpless.

This is the starting-point of a study of jiu-jitsu. Any one, with a little investigation, may find points in the arms and legs at which very similar grips may be taken. Many of these will be described later on. Once the student has thoroughly caught the idea he may teach himself much. Both for purposes of self-defence and of increasing muscular strength it is necessary for the beginner to seek, at every possible opportunity, for parts of the body that are vulnerable to pain and paralysis when a proper grip is taken. The essential idea in this work may be gained from the arm trick just described. The

student should familiarise himself so thoroughly with every vulnerable locality that he can seize it rapidly and unerringly.

It is a principle of jiu-jitsu that a weaker man should be able to attack a stronger opponent, and to defeat him by the aid of the latter's own greater strength. A little practice with the arm pinch will convince any investigator that when his arm has been seized while in a relaxed muscular state the pain of his opponent's attack will increase as the one on the defensive raises his arm and tautens his muscles. When the student is suddenly attacked, and realises that he is sure to be worsted, it is better to surrender at once and thus escape additional pain. In very few of the Japanese li

E W tricks does the pain last after the opponents have separated. Tricks of self-defence or of attack that maim or cause enduring pain are employed only when severely threatened safety is at stake. Small wonder that the Japanese regard our boxing as brutal, and that they consider their own the only gentlemanly method of fighting!

Of late years there has been much discussion as to the relative values, for defensive purposes, of jiu-jitsu as compared with English or American boxing. Very likely a Japanese who entered the ring with a skilled American pugilist would be defeated—that is, if the little brown man donned the gloves and were compelled to fight according to ring rules. The American boxer would be much more easily vanquished if he were compelled to enter the arena and fight in accordance with jiu-jitsu rules. The samurai method is not adapted to combat with clenched fists encased in padded gloves. The Japanese work must be done with the bare, and, usually, open hand. If a six-foot American boxer were to don gloves and enter into combat with a Japanese descendant of the samurai several inches shorter and of much less weight, and if each were to fight according to his own tactics, there could be but one result. If each were equally skilled in his own kind of work the undersized Japanese would be the victor.

As soon as the principle of the arm pinch is understood and has been applied, through investigation, to all parts of the body it is well for the student to take up the next important step in the system. Press the extended fingers of either hand together. Whether the thumb is raised or is pressed against the forefinger is a matter of no importance. Strike the lower edge of the hand against the knee, giving the outer side of the little finger as much of the work as the edge of the palm receives. It is important not to forget the exercise of the little finger, as, in a blow improperly struck with the edge of the hand, the little finger might be broken if it shared in the impact of a strenuous blow.

This work of toughening the hand may be carried on at all times, and the importance of doing it should never be forgotten. One may do the work as well by repeatedly striking the edge of the hand against the wooden arm of a chair, or upon the surface of a desk. At the outset this work should be done with the lightest blows possible, and the force of the blow should be but very gradually increased as the weeks go by. Whenever the edge of the hand becomes lame it is a sure sign that this exercise is being too severely done. A fairly hard edge of the hand should not be expected within six months. A student who devotes a few minutes at a time to this hand work, on three or four occasions through the day, will find that a year's persistence will enable him to duplicate the Japanese performance of breaking a stick with the edge of the hand. Few of the feats of self-defence can be excellently performed until the hand has

been thoroughly toughened by this and other exercises that will be described in a later chapter.

In Japan every soldier, sailor, and policeman is compelled to take a government course in jiu-jitsu. Now that the samurai have been abolished as the distinctive fighting class, and strenuous life is open to all of the Emperors subjects, the science of jiu-jitsu has been thrown open to all comers—even to foreign visitors.

It is a mistake made by many Caucasians to confound jiu-jitsu with Japanese wrestling. There is little or no resemblance between the two. The former was once the art of the aristocrat, the latter the substitute studied by the commoner. Japanese wrestlers begin their careers at the age of two or three years. The most likely looking baby boys are secured and are developed along lines of training that make them giants by the time they reach manhood. It is usual for the fully grown Japanese wrestler to attain a height of from two to four inches over six feet. In other words, he stands about a foot taller than the average of his countrymen.

When jiu-jitsu came out of the obscurity of oath-bound secrecy the wrestlers became jealous of their laurels. The wrestlers had been always looked upon with awe by their smaller fellow-commoners. Some years ago a contest of the greatest interest took place in Tokio. The wrestlers brought forward their best man. The descendants of the samurai selected a man whom they considered a worthy representative of their art. The wrestler was to employ his own tactics, the man of the samurai to enjoy equal privileges along his own lines. Thousands of spectators assembled to witness the affair. At the signal the two men rushed at each other. In fifteen seconds, by the stopwatch, the wrestler lay on his back and admitted defeat. In a point of height there was something like a foot in favour of the commoner. He weighed twice as much as did his little opponent.

From that memorable day the old style of wrestling has been on the decline in Japan. The wrestler still attracts some attention, but he has fallen to the level of the side-show performer. Some years ago a Japanese visited the United States and vanquished all comers among our champions. He was supposed to be a first-class Japanese wrestler. As a matter of fact, he was no more than valet to a Japanese wrestler of the second class. Had his employer come over in his servants stead, our American wrestlers would have been much more surprised. Yet in Japan it is now admitted that a master of jiu-jitsu is the physical superior of a first-class wrestler who has many more inches of height and a great deal more of weight.

That there may be no misconception that jiu-jitsu is nothing but a system of gymnastics and pugnacious tricks, it is well to state that this ancient science includes a thorough knowledge of anatomy, of diet, of the value of both external and internal hydropathy, of proper outdoor and indoor life and of all the other vital principles of right living. The whole really may be summed up in the last two words of the preceding sentence.

All strength rests on the foundation of proper diet. In this important branch of living the Japanese are still far in advance of us. The Japanese soldiers, who were able to march cheerfully fifteen miles to every ten covered by our own Americans on the way to Peking, were supplied with nothing like the commissary stores given to our troops. The Japanese are frugal, sensible eaters.

## CHAPTER II

## A HEALTHY STOMACH THE BASIS OF ALL

**STRENGTH—WHAT THE JAPANESE EAT IN SUMMER AND IN WINTER** In the opinion of the samurai of old Japan the first step to the upbuilding of the physical body lay in the direction of choosing a sound, sensible diet. This did not mean a diet in which meats and condiments figured largely. Unlike the Chinese, the Japanese seldom cared for meat, even when they could well afford it. In fact, meat has but little vogue among the natives of Japan to-day.

In 1899 the Emperor appointed a commission to investigate for determination as to whether it would be advisable to take steps that would bring about taller and bulkier physique among his subjects. The Japanese are notably smaller than their brethren of Europe and of America; and the Emperor had a passing notion that his race might be improved through attainment to greater size. One of the questions that his Majesty propounded to the commission was as to whether the successful encouragement of a partial meat diet would be of advantage. The report of the commission, when its long and arduous labours had been completed, was to the effect that no material advantage could result from increase in height or weight. So far as meat diet went, the commission reported that the Japanese had always managed to do without it, and that their powers of endurance and their athletic prowess exceeded those of any of the Caucasian races. Japan's diet stands on a foundation of rice. This is prepared either by boiling or by steaming. This grain, as it is prepared by a Japanese housewife, bears no resemblance to the sodden mess that is placed occasionally on American tables. The grain comes to the table—which, in Japan, is usually the floor—soft, steaming, and a palatable food that requires no condiments to make it highly acceptable to the stomach. When the rice is boiled it is never stirred. When the rice is steamed it of course requires no stirring. Of late years an attempt has been made to introduce white wheat flour into Japan. While a few of the natives have added this to their diet wheat flour is still unpopular. The Japanese find rice more palatable, more healthful, and productive of greater strength and energy. When these little people crave something in the semblance of bread or cake they make most delicious little "pats" with rice flour as the basis. In one form or another rice finds its way to the Japanese table—or floor—at every meal. Of late years potatoes have found their way into Japan. These tubers are to be found in the markets of all the large cities, but if the Japanese eat them at all they do so mainly as a matter of curiosity. Rice still continues to take the place of white wheat flour and of potatoes. It is the essential thing in the diet of the people of the "Land of the Rising Sun." When making their phenomenal marches Japanese troops often carry no food except a small bag of rice. When practicable, barley and beans are issued in small quantities, though this is done only for the sake of adding variety to the diet. A small handful of rice thrown into boiling water over the camp-fire furnishes a meal that gives ideal nourishment—that is, the sustenance that brings endurance without reaction.

A traveller approaching the Japanese coast will see so many junks that he cannot be blamed for concluding that every family in the Empire must own at least one of these odd, serviceable craft. There is not a point along the inhabited coast where a fleet of junks is not to be seen. One globe-trotting wag of a naturalist has declared that

in the Japanese waters there are forty thousand varieties of fish, all but three kinds of which are edible. He added that there are something more than forty thousand ways of preparing these fish. There are nowhere in the world such prolific fishing-grounds as are to be found around the shores of Japan. The fish are caught in such numbers, and with so little difficulty, that naturally they form an important item in the Japanese diet and apparently with the best of results.

Very often the fish is served raw, either in a natural state or in very mild pickle. When the fish are boiled no condiment but salt is used. Broiled fish is not often met with, but in the wealthier families it is served with a dressing of melted butter. By far the commonest way of preparing fish is first to dry it, and then to boil it with a little salt. Dried fish is served, either with or without boiling, over rice. A bowl of this grain and a handful of fish is considered an ample meal for the coolie who is called upon to perform ten or twelve hours of hard manual toil in a day.

Vegetables and fruits form a most important part in the diet of the Japanese. While rice comes first of all in their estimate of nourishing properties, vegetables play a second part, with fish a good third, and fruit fourth in the scale. With the exception of potatoes the Japanese have an abundance of all the vegetables that grow in the United States. They are fond of lettuce, and especially so at night, their claim being that these green leaves serve excellently as a sedative to the nerves. As nervous disorders are seldom encountered among these little people, their claim is entitled to some respect. Tomatoes and carrots are held in high esteem, and although the Japanese are undoubtedly the most polite people in the world, few of them let a week go by without eating two or three dishes of sliced raw onions. There are some features of the Japanese cuisine that are sure to seem odd to American housewives. While onions are never served in the cooked state—as the Japanese contend that heat destroys their food value—cucumbers are boiled and served hot. Radishes are boiled and offered in a very mild pickle. Celery is served in this same way. Fruit is not often seen at table. It is eaten generally between meals.

Upon first acquaintance a Caucasian who glories in his "three square meals" is not likely to be satisfied with the meals that are served in a Japanese house. A very good idea of the ordinary diet of a Japanese labourer may be gained from the conversation the writer had with a native coal-heaver while visiting a ship in Nagasaki harbor. A coal lighter lay alongside. Native men, women, boys, and girls were working like beavers. The coal was shovelled into baskets, the weight of these loaded baskets running anywhere from thirty to fifty pounds. These baskets were passed up through an open port, the Japanese standing close enough to each other to toss and catch the baskets, which in this manner arrived at their destination in the ships bunkers. From the chattering and laughter of the heavers one would have fancied that it was all play—but it was downright hard work. At noon word was passed, and all the heavers of both sexes and of all ages clustered on the deck of the lighter. Accompanied by a Japanese friend, I crossed the plank to the coal-laden craft. None of the labourers resented my very evident curiosity as to their noonday hour. Few had begun to eat. Approaching one stalwart-looking little man whom I had already picked out as the Oriental Hercules of the crowd, I asked:

"Have you no food?"

"Oh, yes," he answered smilingly, and held up a little fragment of dingy blue cloth in which something was wrapped. He opened the bundle to display his noonday meal—an apple, a tomato, and an onion.

"Is that all you have to eat?" I asked.

"Why, yes," came his reply. "I would not care to eat more just now. I have five hours more of work to do this afternoon."

"How about your friends here? Have they brought no more to eat than you have done?"

"Perhaps," came the smiling, shrugging response. "They will show you."

A woman near by had in a little tin something like three heaping tablespoonfuls of cooked rice. Another produced from her bundle two raw tomatoes and a thin rice cake of a diameter of a little more than two inches. A child had two similar rice cakes and an apple. And this gives a very fair idea of what these hard-working people found sufficiently nourishing food on which to do five hours more work of coal-passing. Returning to the man whom I had first questioned I inquired:

"What did you eat for breakfast this morning?"

"Oh, something very nice—a bowl of rice with a few little strips of dried fish."

"And what will you eat to-night, when your days work is done?"

"I do not know. That is for my wife to say. Probably she will give me some boiled fresh fish, some lettuce, tomatoes, onions, and cucumbers or radishes. But it will be dark before we reach home, for as soon as we leave here we shall go to one of the baths. You know we people who handle coal all day long must be very dirty at night."

I inquired of the man if there was not something I could get him from the ship. He replied that he would be very glad to have some water, and handed me a bucket in which to bring it. I returned to the lighter with distilled water that had passed through an ice-packed "worm." My man thanked me, took a sip of the water, and spat it overboard.

"Too cold," he remarked. "I will set it in the sun for a little while."

That same evening I had the good fortune to be invited with my native friend to the house of a well-to-do and liberal Japanese merchant. My host, his wife, two sons and a daughter, my friend and myself, seated ourselves in a circle on the floor, while three trim little maids set out before us the evening meal. Just as nearly as I can remember it to-day the menu of the repast ran as follows:

First, a bowl of fragrant tea. The tea was renewed through the meal as often as a bowlful had been consumed. The first dish consisted of a rather tiny bowl of fish chowder. Then came rice, with more fish. With this were served lettuce, tomatoes, and onions, accompanied by boiled cucumbers and celery. A little dish of chopped raw carrot came to each guest. A small dish of some preserved fruit was served with dessert, and, with this, well-browned cakes of rice flour. Still more tea was brought on, and the men lighted cigarettes.

Fearing that my Caucasian tastes in food might not be satisfied, the host asked, early in the progress of the meal, if he should not send one of his people to the hotel for a steak or a cut of roast beef. But the meal was so dainty and appetising that to have tainted it with meat would have seemed like a desecration.

It will be noted in Japan that milk is seldom found in the diet. For this there is a very good reason. The people so seldom use meat that there is no profit in keeping cows. Butter is often met with, but this is usually tinned butter imported from the United States or from Australia. Practically the only difference between winter and summer diets is that in the former the food is used to obtain heat, hence more fish is used in winter. Rice is more frequently served in baked or toasted cakes. The fruits are dried for winter use. Hard-boiled eggs are much eaten as heating food. The amount of food is slightly increased in winter, but at first the beef-eating Caucasian would find any Japanese meal too light. The Japanese believe that at all seasons we eat too much, give the stomach too much work to do, and therefore cannot develop the utmost strength. Undoubtedly they are right; at least they have proved the value of their own system of feeding.

Meat is not used as a heating food even in the coldest days of winter. Neither are potatoes. The Japanese do not heat their houses. If they are cold they dress to meet the requirements of the outside weather. On rare occasions they light hibachi. These are little charcoal stoves that do not add greatly to the heat of a room, and are used principally as a means of lighting pipes or cigarettes. The Japanese do not believe in artificial, external heat as a means to health in cold weather.

Here are sample menus of the food eaten by a healthy adult person in a Japanese family where the cost of living is not a troublesome consideration:

#### SUMMER

Breakfast.—Fruit, a bowl of rice, a small portion of cooked fresh fish, and a bowl of tea.

Luncheon.—Very often nothing is eaten but fruit, sometimes augmented by a very little rice; or vegetables in small quantity, either alone or with a little rice are taken.

Dinner.—Rice with fresh fish, and two or three vegetables, such as tomatoes, onions, carrots, radishes, celery, lettuce, turnips, cabbage (raw), and spinach either uncooked or boiled. Tea, of course, is part of the meal.

#### WINTER

Breakfast.—Rice with fresh fish, or more often with dried fish; possibly a hard-boiled egg or two, and browned rice cakes, with tea. Dried fruits, either uncooked or stewed are often served.

Luncheon.—Rice cakes or boiled rice, with stewed fruit and tea.

Dinner.—Boiled rice and fish, stewed dried fruit, hard-boiled eggs, more rice cakes and tea.

This is the diet of the Japanese—the kind of food that kept the samurai in the best of health, in phenomenal strength, and with muscles that defied strains that would be appalling to the average Caucasian. If any hearty eater among the white races believes such a diet would prove weakening, let him try it for a few weeks, and he will discover that his strength is on the increase. Such stomach troubles as indigestion will have disappeared. The man who goes to Japan with a dyspepsia cure, unless he can find trade enough among the foreign residents, is sure to fail.

Since all strength must come primarily from the stomach, the Japanese teacher of jiu-jitsu soon loses all patience with a pupil who is not willing to follow the diet



that will give the most force and best tone to his system. This the Japanese diet unquestionably does.

### CHAPTER III

#### FEATS THAT STRENGTHEN THE HEART AND LUNGS—WORK THAT BRINGS THE ARMS TO A CONDITION OF MAGNIFICENT DEVELOPMENT

Once the health of the stomach is assured, or is even conscientiously undertaken, the next step of importance is to do everything possible to develop the heart and lungs—for how can one hope to develop into the best type of athlete if these two latter organs are not as strong as they should be?

For training the lungs deep breathing is the finest thing taught in the jiu-jitsu school. Deep breathing means that the breath must be drawn in so far that the lowest muscles of the abdomen move vigorously at every inhalation and exhalation. The ancient samurai was accustomed to going out into the open air as soon as he rose in the morning. There he devoted at least ten or fifteen minutes to continued deep breathing, standing with his hands on his hips in order that he might feel the play of the muscles.

Then there came a second step in breathing. This consisted of deep breathing in such fashion that the muscles just over the hips expanded at the sides like bellows, while the shoulders did not rise a fraction of an inch with inhalation. This second exercise is the more valuable in breathing work, but it cannot be readily mastered until the first essential idea of breathing as deeply as possible at each inhalation is understood. Deep breathing is practised by the dumb animals, as may be ascertained by watching the play of the muscles along the belly of a cow or a horse when walking. Savages who possess a fairly high type of physical development breathe deeply and properly. Civilised man is in danger of losing the art.

Deep breathing should be practised not to the point of fatigue at first, yet so constantly that after a while it will become an unconscious habit. Even when this is the case, ten minutes on rising in the morning should be devoted to especially applied effort along this line, and the same amount of time just before retiring at night. In the jiu-jitsu schools of Japan the student, even when he has acquired the right method of breathing, is obliged to devote a few minutes at the beginning of the lesson to deep breathing, closing the lesson in the same way. Beyond this and exercise little is needed to make a normal pair of lungs reach their highest perfection.

Nor is the proper development of the heart of much greater difficulty. Assuming that the stomach is in good condition from right diet, and that the lungs are acting properly on account of deep breathing, the heart has made an excellent start. In all exercises care must be taken that the heart is not made to palpitate severely. Should there be undue uneasiness around the heart, the Japanese instructor, after listening to its sounds, orders the student to lie flat on his back, with arms and legs extended—the arms at right angles with the sides of the body, and the feet as far apart as they may be placed with comfort. In this position the sufferer breathes gently but deeply, with the result that the heart is soon in normal condition. Even then, for a few minutes more the student continues in that position. When he has advanced farther in his course he has learned not to overtax the heart. Eventually he strengthens the heart to such a degree that there are few kinds of physical tasks that can trouble his heart in the least.



One of the first exercises to be taken up is one that should be practised daily as long as the study of jiu-jitsu is continued. This task is known among the Japanese as "The Struggle. The two opponents stand face to face, stretch out their arms laterally and clasp hands with palm to palm and fingers interlaced. Each falls forward, placing his chest against his antagonists, feet as far back as possible, so that the body is in a slanting position, and at the same time with the feet spread as far apart as possible. In this attitude the opponents begin to struggle, each striving as hard as he can to press his chest so forcefully against the others as to drive him back. Victory belongs to the man who can gradually force his adversary from the middle of the room to the wall. Out

of doors the same feat can be practised by starting at a middle line, with "goal" lines drawn in the soil behind each contestant.

Just how much of this strenuous exercise is beneficial must be left largely to the judgment of those engaged in it, always bearing in mind what has been said above about not overtaxing the heart to the point of severe palpitation. At the outset, not more than three or four struggles " per day are to be recommended, nor should any one "struggle " last, at first, more than two minutes. There will come a time, when, if jiu-jitsu is faithfully kept up, two well-developed and equally matched opponents can struggle for twenty consecutive minutes without either gaining material advantage. At first not so much attention should be given to victory as to the training of the muscles. If one of the students is decidedly the superior of the other in strength, then the stronger one should offer just enough resistance to continue the "struggle," and should allow the weaker contestant to slowly gain the victory once in a while. No exercise known in jiu-jitsu will do more than this one for gradually toughening all

#### WRIST-TO-WRIST RESISTANT EXERCISE.

the muscles of the body. Yet when practised in moderation the main benefit goes to the heart and lungs.

Just as soon as the "struggle" has been mastered, arm exercises are given. These are many and varied; in fact, all exercises that involve the use of the hands belong to this class. The arm should be developed in sections, and all of the exercises that are to be described in this chapter should be taken in the same lesson.

First of all, let the antagonists stand facing each other in such attitude that the right arm of one is opposite the right arm of the other. Now let each take a short step to the left, extending right arms at the side so that the clenched fists are a little below the hip. Let each antagonist press the inside of his wrist against the inside of his opponents wrist. The arms must be held rigid, with all the muscles tense. Now let one of the opponents begin slowly to swerve his man around. The assailant will have to take a few short steps as he slowly succeeds. The man on the defensive will have to move his feet a trifle, but should be as pivotal as possible. The one who is being moved should resist just enough barely to avoid defeating his adversary.

As soon as the one on the defensive has been swung around as far as can be done without radically changing the position of his feet, a moments breath should be taken, and then the one lately on the defensive should swerve his late assailant back to where the affair started.