

head, and threatening "your money or your life" unless you consent to do as he dictates. As he raises the revolver step quickly back, at the same time leaning backwards, and with your right foot kick up his wrist in such a way that his aim is completely "put out of joint," in that, whether he fires or not,

a little Icelder bring about the overthrow of a man who, in a hand-to-hand struggle, would probably have defeated her "with two fingers." The requisite position in which to bring this trick into play can be understood at once by glancing at the illustration. The "zigzag trick" is "laid" by placing the right foot



Fig. 9.—When the foot is quicker than practice it is possible to disarm an armed opponent as shown above.

the shot must inevitably miss its destination (Fig. 9). I do not pretend, of course, that this trick is in any way infallible, for an opponent with firearms and his finger on the trigger must necessarily be possessed of an enormous advantage over an unarmed adversary. At

round an opponent's right leg, when, by quickly gripping him by the wrists and swinging him slightly to the left, he will find himself on his back in a fraction of a second. The value of this trick is derived entirely from the laws of balance, and, if practised a few times, ladies will find it particularly useful as a means of subjugating someone much stronger than themselves.

The "gentle hooligan" who relies upon a knife or dagger to bring about an opponent's downfall can be subdued as follows. As he strikes downwards with his knife (Fig. 12) the person attacked bends slightly backwards, at the same time gripping the right wrist with the left hand and his right ankle with the right hand from the outside, when, by pressing the leg upwards, as shown in the illustration, an opponent, no matter how strong he may be, can be thrown backwards to the ground.

I quite realise that "the hypocritical reader," who, maybe, has never even heard of Glima, will probably scoff at the tricks I have explained, by reason of the fact that in cold, hard print they probably sound far from easy of accomplishment. I would hasten to say, therefore, that every Glima trick explained in this article will be found perfectly simple after a little practice. After all, it is on practice, and practice alone, that each and every form of self-defence depends for its real value in times of stress; and when I point out that a really clever exponent of Glima is more than a matter for an adept at any other form of self-defence, I am merely giving this Icelandic pastime the credit to which it is entitled.

In conclusion, I would lay special stress on the necessity of each trick being performed sharply and decisively.



Fig. 10.—Another method of disarming an armed opponent.

the same time, with sufficient practice, the simple device I have explained can be performed so rapidly that, while the arm is being raised to fire, the foot acts more quickly and reaches the wrist before the revolver is in the requisite position to make an effective shot.

Another extremely useful way of disarming an opponent—if only you are quick enough—is shown in Fig. 10. As the attacker levels his revolver at his adversary's head, the latter quickly bends down and grasps his opponent's right wrist with his left hand and the latter's left with his right hand, the while forcing his left wrist back. With his right leg he then encircles the attacker's left in such a way that he can easily throw him backwards, when, by gripping the wrist of the hand in which he holds the revolver, and by pressing the thumb on the back of the armed hand and gripping his palm with the other fingers, an opponent is inevitably forced to drop the revolver. Try this grip on anyone you like, no matter how strong he be, and you will find it extraordinarily effective.

A trick I would earnestly commend to ladies is known in Glima as the "zigzag trick" (Fig. 11). By this manoeuvre even a child can throw a strong man to the ground with lightning rapidity, and in my native country I have often seen



Fig. 11.—The "zigzag" trick. Mr. Josephson recommends ladies to practise this, as it is particularly effective and quite easy to learn.

The Duke Meets a Colonial.

(From the "Daily News.")

The Duke: Are you going far, sir?
Colonial: To Birmingham.
The Duke: Ah, wonderful city. A truly Imperial city, sir. The last citadel of this poor, lost country.

Colonial: Is it so bad as that? I've only just arrived here, and I thought the old country seemed very chirpy.

The Duke: But haven't you heard? Don't you know that—that they want to take away the Lords' veto, that they want the House of Commons to pass bills, and only to give us the chance of throwing them out twice?

Colonial: Well, twice seems a lot. I suppose you are only elected like the House of Commons!

The Duke: Elected! Elected! Certainly not. We are born. My ancestors have been dukes for centuries. We have governed this country since the time of Charles II.

Colonial: You have had a good innings. I fancy we shouldn't have stood you so long in our country.

The Duke: What country is that?

Colonial: Australia.
The Duke: But Australia is loyal—it's one of the colonies, and we Conservatives, you know, are always pointing to the colonies as our friends.

Colonial: I don't think I should mention the colonies if I were you.

The Duke: But why?
Colonial: We don't have Houses of Lords in the colonies, you know. We haven't got a duke in Australia, we haven't got an earl, we haven't a lord of any sort. And we don't mean to have any. But if we had them we should take care that they did not become masters of the people as they are here. We believe, you know, in old Abe Lincoln's maxim.

The Duke: What was that?
Colonial: "Government of the people, by the people, for the people." It seems to me that what you've got here is "Government of the people, by the Lords, for the Lords." We Australians can't make out how the old country has stood it so long.

The Duke: But you've got a Second Chamber.
Colonial: Certainly; but our Second Chamber is elected. And you have just told me that you only need to be born.

The Duke: Yes, but we are going to reform ourselves. We are awfully keen on reform—just now.

Colonial: And how are you going to do it?

The Duke: Well, we are going to have a half-and-half house, you know—half born and half—well—half made.

Colonial: And who will elect the born? The people?

The Duke: Oh, dear no, the other born.
Colonial: I see. That is, the present House of Lords will elect whom it likes from itself.

The Duke: Yes.
Colonial: A charming arrangement. Gets rid of the Liberal peers altogether, doesn't it?

The Duke: Well—we don't say that; we should be quite fair, you know.

Colonial: Yes, quite fair, I know. You remember what happened in Scotland after the Budget, don't you?

The Duke: Well, not exactly.
Colonial: I'll remind you. The Scotch peers, as you know, elect sixteen representatives from their number to sit in the House of Lords in each Parliament. One of the sixteen supported the Budget—the other fifteen opposed it. After the last election the only peer not sent back by the Scotch peers was the one who had supported the People's Budget. Oh, yes, you are fair enough when things are looking black.

But what about the other half—the half made? Will that be elected?

The Duke: Well, in a way.
Colonial: By the people.

The Duke: Oh, no. We shall put in distinguished gentlemen who have done public service, like—like

Colonial: Lord Milner?
The Duke: Just so.

Colonial: Ah, I see. What you are after is the same old Chamber with the same old powers—and the people in the cart. Well, it's a good idea. I wonder if it will come on. If it does, we Australians will give England up as hopeless.

The Duke: But we are your friends. Don't you realise that? We are the true Imperialists. What will happen to the Empire if the House of Lords is beaten? How shall we get Tariff Reform and stem the tide of Radical Socialism? What will the colonies say to that?

Colonial: I repeat, don't mention the colonies. Our Prime Minister is Mr. Fisher, a Labour representative and a Free Trader. South Africa's Prime Minister is General Botha, a Liberal and a Free Trader. Canada's Prime Minister is Sir Wilfred Laurier, a Liberal and a Free Trader. You really must not talk about the colonies.

The Duke: Dear, dear. Where are we to turn then?

Colonial: Well, Birmingham seems about all that is left you. And here it is. Good-day.



Fig. 12.—How a lady can ward off an attack from an opponent even armed with a knife.

Had space permitted I could have explained many other tricks which might possibly have come in useful at some time or another. If, however, my readers will be content to thoroughly master the various "self-defence" exercises set forth in this article, they will find that they are armed with a stock-in-trade of defensive tactics which will assuredly serve them in good stead should necessity to bring them into play arise.

No special gymnasium is required in which to practise Glima tricks; any ordinary-sized apartment will serve the purpose; in fact, a plot of level ground anywhere furnishes an excellent school, providing there are no stones. I would mention, too, that no carpet is required, and the tricks may be practised in ordinary clothes, though, until they become fairly expert I would counsel beginners not to wear too heavily-soled boots or shoes. Soft shoes, or the stockinged feet, are best when commencing to practise Glima tricks, as, speed being so essential to their successful accomplishment, unnecessarily hard knocks are sometimes given when heavy foot-gear is worn.

EVERYDAY ACCIDENTS.

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