

## **Goethe, Johann Wolfgang von**

### **Publication/Creation**

19th Century

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MSS notes  
of various  
books

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Goethe

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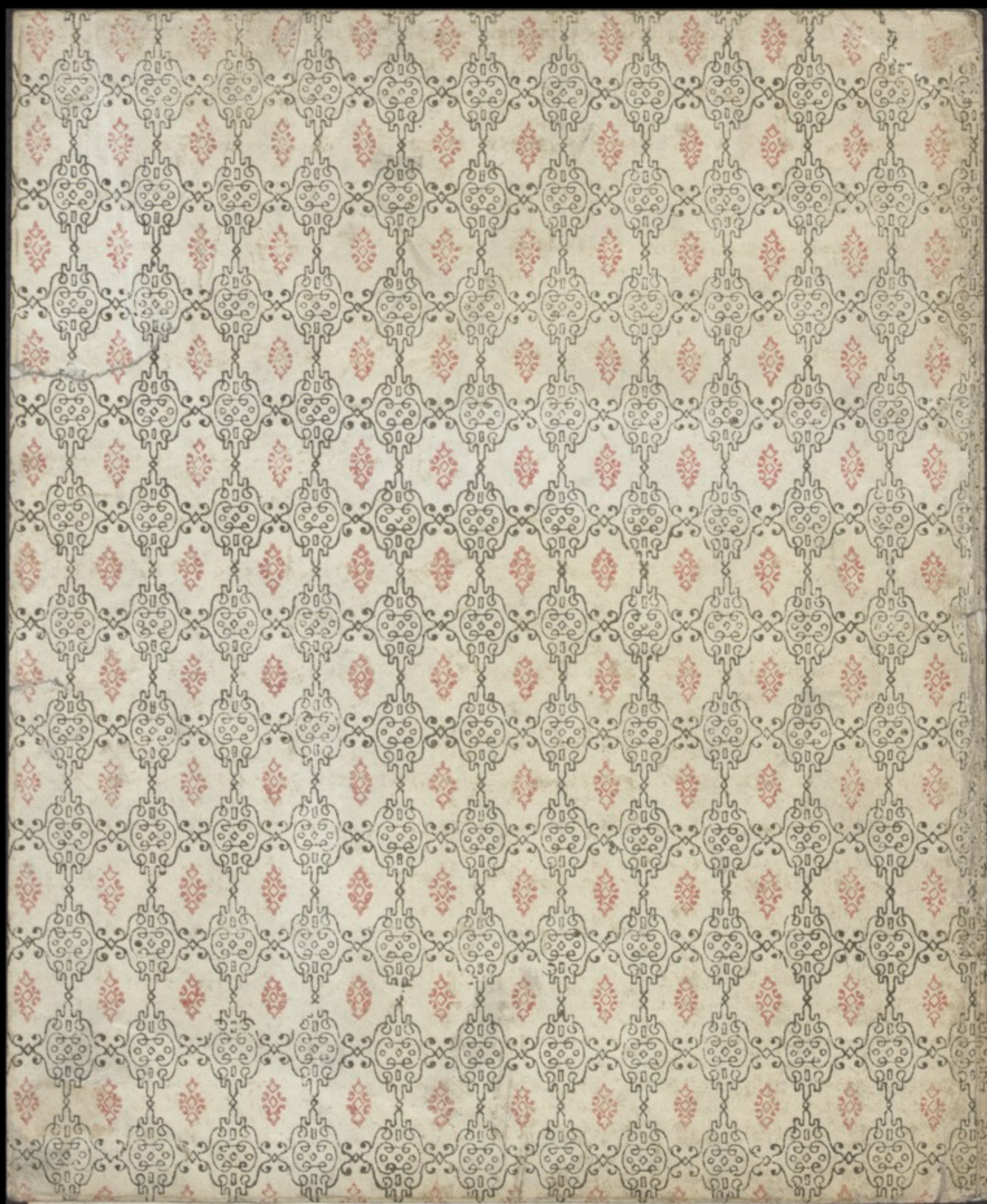
Wer das Dichten will verstehen  
Muß ins Land der Dichtung gehen  
Wer den Dichter will verstehen  
Muß in Dichters Lande gehen"

Goethe

(Notes to "Noten und Abhandlungen  
zu besserem Verständniß des  
West-östlichen Divans")









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Japanese Physical Training by H. Irving Hancock  
G. P. Putnam's Sons, New York & London 1904

Certainly there is no harder race in the world than the Japanese. Throughout the Campaign of the Allies in China in 1900, the Japanese repeatedly proved their ability to out-march our troops by fifty per cent — and this despite the fact that our American soldiers ranked second in point of endurance.

In Japan every soldier, sailor, and policeman is compelled to take a government course in Jiu-jitsu.

That there may be no misconception that jiu-jitsu is nothing but a system of gymnastics and pugna-cious 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.

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 soldier, who was able to  
march