

# CHICAGO HAS 5,000 POLICEMEN-ATHLETES

BY WILLARD W. GARRISON



TRACTION TEST OF ARMS



DOCTORS GIVING MEDICAL TESTS



ABDOMINAL MUSCLE TEST



LEG LIFT TEST

## GODDO, THE HOLY MONKEY

By HENRY AUSTIN

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It was noon in the Holy City on the bank of the Holy river—noon in slumberous but swarming Benares.

The huge anacondas lay in greasy and fetid folds in the Temple of the Divine Snakes.

The hideous apes were asleep near the fanes of the Sacred Monkeys—all but Goddo, the smallest of these divinities.

The attendant priests, or valets, of these simian and ophidian godlings were also wrapped in slumber—and little else—lying in curiously animal attitudes either within or just outside the cages of the temples. The most somnolent of silence prevailed, except for the occasional chatter of Goddo's teeth—for Goddo was ill.

There came along through the temple yard two British officers in undress uniform, handsome, stalwart men, well burned by the Indian sun and many a brandy-and-soda. They were cursing the heat, the natives, the snakes and the superstitions of the country, and one had just been congratulating the other on a coming leave of absence.

"Yes, Tom; I shall sail from Bombay in a fortnight, and a couple of months later shall see the dear old home. I've been wondering what sort of a present to take along for the cub."

"Why not take him a holy monkey?" laughingly inquired the other, pointing to the cage they were about to pass.

"Not a bad idea," exclaimed Maj. Majoribanks, halting. "I could have fun with him on board ship, too. Passengers like to see the antics of a monkey in the rigging. Fancy I could buy one tolerably tame—not given to biting?"

"Why, yes; these chaps are tame enough; they're quite used to their worshippers. Get the kid a monkey god—he'd be quite a treasure."

"Let's try it. You speak Hindostani fairly well. Just see if one of these priests will sell his god for a reasonable sum. I wouldn't mind going 20 rupees."

Thus adjured, Tom walked up to Goddo's cage, and finding a priest near by, curled up comfortably, kicked the sleeper's foot. The Hindu slowly opened his eyes and stared sleepily. In bad but fluent Hindostani the Englishman explained. The attendant arose, looked at both men penetratingly, as if to read their characters, and then glanced rapidly about the temple and the courtyard. No other waking priest was visible. Here was a chance to make a small fortune, and then, perhaps, escape to some other part of India, where he could have a wife and a home. Besides, he was not a full-fledged priest—only a neophyte. The crime would not be so great. Moreover, the chances were that the god would escape from his new custodian and return to the temple. If questioned too closely, he could say that the infidel English took Goddo by force. No one would witness the transfer of money. Having thought all this out as rapidly as the working of the oriental intellect would permit, the Hindu spoke, with the slow grace of gesture peculiar to the east:

"I will sell little Goddo to the great soldier on four conditions: First, that the great soldier will never be cruel to Goddo, or permit others of the English race to do harm or offer offense to him. Second, that the great soldier will never tell any one that he bought him from me, since my life would be the forfeit. Third, that in case Goddo should escape and return hither the sahib shall take no steps to retake him. Fourth, that my lord shall pay me here in hand for my god the sum of 30 pieces of silver—that is to say, 30 rupees."

Tom, who interpreted, fancied that a covert gleam quivered a second under the long dark lashes of the brown Hindu eye, but the silver was paid over, and it took nearly all in both officers' pockets. The priest quickly tied a strong cord to the monkey's brass collar, and the major departed with his prize. At their quarters Goddo was turned over to a servant, after Maj. Majoribanks had administered to him a good dose of brandy and quinine, at the suggestion of an army surgeon, who had immediately diagnosed the animal's distress as a touch of fever and chills.

When the major took his monkey on board the ship Runchunder, bound for London, via the Cape, Goddo's health was entirely restored. His antics certainly did amuse the passengers. One lady declared him to be "a perfect little love," and the major grew proud of his possession, and took pains to inform everybody that Goddo was no common animal, but one in the odor of sanctity, and, with the reverence due to exalted station, Goddo was not teased, but petted, and, in fact, given the freedom of the ship.

All went well for a month, and then the monkey, having learned the ropes—and pretty much everything else about the ship—developed a disposition more diabolic than holy. On both sailors and passengers he played an endless variety of pranks, from stealing any little article he could lay paw upon to slitting garments into ribbons with a pair of pilfered scissors. Noth-

ing was safe from his predatory instinct. Like the sou' of a trust incarnate, he seized everything in sight.

One day it was the dashing Widow Maitland's case of cosmetics and toilet mirror. With this, in the presence of her rival admirers, Goddo proceeded to paint and powder, with a series of coquettish grimaces at the mirror that sent the captain of the Runchunder and Maj. Majoribanks into fits of laughter. The captain did not laugh, however, when Goddo ran up into the crosstrees with his handsome watch and chain, and sat there dangling it out over the waves. A sailor got the watch, to be sure, but got it first in the shape of a buffet on the head that ruined the works.

From the hour the shining watch was taken from him, Goddo's temper seemed to change, and from being playful and merry his mischief became malicious. One moonlight night, when young Maltby and the widow had the after deck all to themselves, and Maltby was just at the most interesting point of a story most interesting to widows, Goddo crept up as an arm stole around the buxom waist and almost transfixed the coat sleeve with a long pin which he ran into the back of Mrs. Maitland. The lady leaped, shrieked and fainted, the doctor was called and Goddo skipped away grinning.

The captain ordered the monkey put in irons, like any ordinary malfactor, and the sailor who finally caught him in the rigging swore he would never take such a biting and scratching again. Maj. Majoribanks, now the most unpopular person on board, stood up for Goddo with fine English obstinacy, and remarked prophetically that no good would come from trying up a monkey of rank, who when freed would revenge himself.

It did seem, especially to the sailors, more than a coincidence that no sooner did the prisoner begin to pine and refuse food than the weather, which up to this time had been extremely fine, began to be very rough. In the next few days the Runchunder had several narrow escapes from going to the bottom, lost a topmast and several sails, and scared about everybody on board but the captain, Maj. Majoribanks, who was unacquainted with fear, and Goddo, who from his place of durance in the "brig" could not see the storm.

Sailors are nothing if not superstitious, and as the heavy weather continued, one of them, who had heard a rumor that the monkey was a Hindu god, slyly released him, telling his shipmates to watch the result. As a matter of fact, aside from any speculation as to the cause, Goddo's liberation was immediately followed by a subsidence of the tempest. The clouds cleared away and the sun smiled again. The astute sailor bragged so much of his wisdom that it was soon bruited about the ship that Goddo had stilled the storm. The captain swore at the sailors' superstition and talked of putting both the monkey and the man who had freed him back into irons, but Maj. Majoribanks grimly remarked that it was equally foolish to expect Providence to regard with favor a ship where a poor monkey was ironed like a common criminal for merely following the bent of his nature. Still, the fact that the release of Goddo and the end of the frightful storm were simultaneous did make an impression on some of the passengers, who began to regard the monkey as something uncanny.

That is why, instead of becoming the pet of a little English boy, Goddo found a spacious and peaceful cage in a renowned zoological garden, labeled: "Goddo, the Holy Monkey."

### BY WAY OF EXPERIMENT. Bumptious Clerk Was to Consider Himself Dead for a Time.

Not long ago there was a certain salesman in a dry-goods shop of an Ohio city who was habitually observing to his fellow clerks that the concern would find it rather difficult to get along without him. These remarks coming to the ear of the senior partner of the firm, he decided to interview his clerk concerning them.

"Mr. Spotts," said the partner, with a grim smile, "although you have not proved to be our most efficient clerk, yet we have appreciated such service as you have condescended to render us during the intervals when you were not expatiating on your own merits. Now we have lately heard it said that if you were to die the business would have some trouble in surviving the loss. This has worried us a good deal, for you, like all of us, are liable to drop off at any moment."

"For this reason, therefore, we have concluded, for our peace of mind, to experiment while all of us are in good health, in order that we may ascertain whether the firm can bear up under your loss. You will accordingly consider yourself dead for the period of one month, and we will try to see whether we can get along without you for that length of time."—Harper's Weekly.

**E**AST of Pittsburg they look upon the man who goes to Chicago as brave. A woman visitor is hailed as a heroine upon her return. They regard Chicago as the frontier of the United States, teeming with wild holdups, ghastly murders, the mecca for confidence men and desperado gangs.

Such is not the case to-day. Perhaps it was a quarter of a century ago, but the present-day Chicago is perhaps the most carefully guarded city in the country.

The why and wherefore of this greatly improved condition is 5,000 policemen-athletes. And the reason for the athletic force is the civil service law with its physical requirements, which the man who would become a "cop" must equal or excel to become a full-fledged minion of the law.

He must have a perfect chest, heart, lungs, his muscles must be strong, his bones well knitted, he must be at least five feet eight inches in height, and not more than six feet five inches. Applicants in taking physical tests must tip the scales between 150 and 250 pounds.

Obesity, muscular weakness and poor physique are insurmountable barriers to the man with a craving for a place among the "finest." Every muscle in the body undergoes a test, which is made by the use of machines and weights. The Chicago policeman must be able to carry himself well, he must be shifty on his feet, quick to think and act. His eyes and ears must be perfect and his family tree must be absolutely devoid of hereditary diseases.

In fact the Chicago force to-day is one which demands that a man be a soldier, athlete and minion of the law combined. During certain months each year examinations are conducted and during the fiscal twelvemonth 6,000 men were examined. Of this number about one-half were successful. First the doctor looks over the applicants, then the physical examiner takes the men in hand and puts them through the most rigid tests required anywhere in the world. After that the written examination is given in which each applicant's education is brought to the fore.

Civil service tests are severe and absolutely honest. It is up to the applicant himself to pass the tests. You cannot be appointed upon the Chicago police force by possessing acquaintance with a man "with a pull." So great has been the success of the system installed by President Elton Lower of the civil service commission and his aides—H. D. Fargo and M. L. McKinley—that to-day every city of any size in the United States has its eyes focused upon the details and methods employed by the Chicagoans.

Since President Lower became the leading light in the work of giving Chicago an efficient police force, great strides have been taken by the city toward making its citizens absolutely safe from criminals.

Physical Examiner Edward G. Westlake is in a measure responsible for bringing out the best bodily qualifications in the men who are turned over to him for inspection.

Says Examiner Westlake: "Stage fright during the physical examination is one of the worst setbacks which the tests meet. When a man becomes 'flustered,' knowing that a good job depends upon his every movement, it is quite natural that the best he knows will not push itself to the surface. Hence it is the duty of the examiner to allay the fears of the applicant as much as possible.

"Consequently I have found that it helps men to do their best by applying suggestions and occasionally allowing a man to lay off for a few moments until he can compose himself. When the period of embarrassment passes, as it invariably does, the best that is in the applicant is bound to come out. The men take the tests purely upon their own merits and perhaps the most severe of the weight-lifting requirements is that of lifting a 30-pound dumb-bell from a lying posture, the weight being held back of the applicant's head. This is to test stomach muscles. It does not

seem difficult to the observer, but try it just once and you'll feel that passing the physical test is far from easy."

Mr. Westlake is a newspaper man on the staff of the Chicago Evening Post and his 20 years in the newspaper business, part of which was spent in knocking about in police districts as a reporter, taught him much regarding the needs of the department. Before he entered a newspaper office, he served as a railroad fireman. The constitution which that rigorous vocation gave him, along with an enviable muscular development, has stood him in good stead in demonstrating the use of the tests before admiring gatherings of would-be "cops."

Firemen and stationary engineers are also included in the civil service physical tests and to-day Chief Horan of the fire department is working hard with the civil service officials to have the standards raised so that an even sturdier force may be secured to battle with Chicago conflagrations. Following is a table, showing what is required in the way of height and weight before the strength and agility tests are given:

Height, Feet & Inches	Minimum Weight, 150 pounds	Maximum Weight, 250 pounds	Minimum Circumference of Chest, 35 inches
5 " 9 "	155 "	195 "	35 1/2 "
5 " 10 "	165 "	205 "	36 "
5 " 11 "	175 "	215 "	37 "
6 " 0 "	185 "	225 "	37 1/2 "
6 " 1 "	195 "	235 "	38 "
6 " 2 "	205 "	245 "	39 "
6 " 3 "	215 "	255 "	40 "
6 " 4 "	225 "	265 "	41 "
6 " 5 "	235 "	275 "	42 "

Before the applicants face Physical Examiner Westlake, they are scrutinized by physicians and records show that 60 per cent. are rejected. To show some of the men's overestimation of their qualifications it is recorded that recently 1,500 filed applications in a bunch and of this number only 370 succeeded in emerging unscathed from the medical, physical and mental tests.

Mr. Westlake lays out a table of tests, showing the figures which indicate meritorious performances. The table:

Test	Strength Test
Capacity of lungs	200
Traction pull	250
Strength of back	245
Strength of legs	500
Strength of upper arm (H. P.)	100
Strength of fore arm (H. L.)	65-67
Pectorals	82
Dumb bells	57
Abdominal muscles	50
Adductors	145
Rope	100
Ladder	100
Agility	100
Condition (Excellent, Good, Poor)	Good

Successful applicants must be able to expand their lungs about four inches, exhibit strength of back, legs, upper and lower arm. Then there is a test of the pectoral muscles, a traction pull, the lifting of dumb-bells weighing 60 and 70 pounds, testing of the abdominal muscles by the lifting of a 30-pound weight behind the head from a prostrate to a sitting posture.

Following these tests come rope and ladder climbing, which, with the agility examination complete the physical work. Then the applicant's condition is marked "excellent," "good," "poor." As a result of the requirements of the civil

of the force and is perhaps something of an experiment in the proposition of introducing military tactics into the work of the policeman.

Maj. Boudet's charges perform a manual of arms, which, if anything is more complicated than that which the soldier is compelled to learn. One of the prettiest sights imaginable is the series of evolutions which these policemen carry out. There are some tax-paying Chicagoans who scoff at pretty evolutions, but Maj. Boudet claims, are not of the far-seeing class. He points out that the drilling of policemen in this manner teaches them to handle themselves with grace and ease and makes them abler in the duties they perform.

Only recently the beauty squad, about 100 strong, gave militiamen of the First Illinois infantry, stationed at Chicago, a drill exhibition in the big First Regiment armory. So perfect were the evolutions that even the soldiers were awed. The policemen formed revolving wedges, hollow squares, five-pointed stars, circles and other ingenious formations, the perfection of which had taken them months to accomplish.

The squad is formed on the order of a military company. There is Maj. Boudet at the head, a first and second lieutenant and the regulation number of sergeants and corporals.

Gaining a place on the Chicago police force to-day is perhaps as difficult a feat as the average man of middle age would care to attempt, and for that reason the department is composed of the best physiques that the city can furnish. The same is true of the fire department, the efficiency of which is evidenced by the fact that during the past fiscal year every conflagration in Chicago was put under control before the fire could spread to adjacent buildings.

The medical test, which firemen as well as policemen undergo, follows:

- IS THE RESPIRING MURMUR clear and distinct over both Lungs?
- Is the character of the Respiration Full, Easy and Regular?
- Are there any indications of Disease of the Organs of Respiration or their Appendages?
- IS THE CHARACTER of the Heart's action Uniform, Free and Steady?
- Are its Sounds and Rhythm Regular and Normal?
- Are there any indications of Disease of this Organ or of the Blood Vessels?
- IS THE SIGHT Good?
- IS THE HEARING Good?
- IS THE APPLICANT subject to Cough, Expectoration, Difficulty of Breathing, or Palpitation?
- ARE THE FUNCTIONS of the Brain and Nervous System in a Healthy State?
- Has the Brain or Spinal Cord ever been diseased?
- IF THE APPLICANT has had any serious Illness or Injury, state expressly what effect, if any, is perceptible in the Heart, Lungs, Kidneys or other Abdominal Organs, or the Skin, Eyes, Ears, Limbs, etc.
- Has applicant been successfully vaccinated?
- ARE TUBERCLES or Evidences of Surgical Operation?
- ARE KIDNEYS normal?
- HAS THE APPLICANT any predisposition, either hereditary or acquired, to any constitutional disease, as Phthisis, Scrofula, Rheumatism?
- HABITS use of Stimulants and Tobacco?