SERVICES THAT WILL MARK THE DAY'S WORSHIP.

Rev. W. C. Kautner, of Salem, Will Preach This Morning at First Congregational.

At the First Congregational Church, corner Park and Madison streets, there will be preaching in the morning only. Today Rev. W. C. Kautner, D. D., of Salem, Or., will conduct services at 10:30. Sunday School follows morning service. The Y. P. S. C. E. meets with the Society of the Fourth Presbyterian Church. Prayer meeting will be held Thursday evening, at 7:45.

Taylor-Street Methodist.

H. W. Kellogg will occupy his pulpit today at the Taylor-Street M. E. Church. He will preach at the morning hour on 'The Gospel in Word and the Gospel in The evening service will begin at 7:45. Seats free at all the services and all are welcome. Epworth League meets at 6:45 P. M.

First Christian.

At the First Christian Church Rev. J. F. Ghormley will take for his morning theme: "The Redemption of the Body." His evening theme will be: "The Evangel of Labor The following is the musical programme:

MorningPrelude-Moderato Selected
Offertory-Andante in D. Handel
March

Calvary Presbyterian. At Calvary Presbyterian Church, cor-ner Eleventh and Clay streets, Mr. Reno Hutchinson, the director of the religious work of the Young Men's Christian Asso-ciation, will preach at II A. M. There will be no evening service. On account

of repairs to the building there will be no services next Sunday. Clarke Methodist.

At Clarke Methodist Episcopal Church, corner of Eighteenth and Russigh streets, B. J. Hondley, D. D., pastor, will preach at 10:26 A. M. on the subject, "The Few the Saviors of the Many." Subject of ninute sermon to boys and girls, es." The theme of the \$ P.-M. sermon will be "How Sodom Was Purified. Sunday School meets at noon, and Ep-worth League at 7 P. M.

Immanuel Baptist. At Immanuel Baptist Church, Second and Meade streets, services begin at 19:45 A. M. and 8 P. M. The subject of the evening sermon by the pastor, the Rev. S. C. Lapham, will be, "The Future of Israel as Foretold in the Scriptures." This address will be of interest as pertaining to the present condition of the Jews and the eignificance of the Zionistis or Jewish colonization movement. Bible School meets at noon, Junior Young People's Society at 5 P. M., Young People's Union at 7 P. M., midweek prayer-meeting Thursday

Swedish Lutheran.

At Swedish Lutheran Immanuel Church 428 Burnside street, the Rev. John W. Skans, paster, will conduct services at 10:30 A. M. and 8 P. M. Sunday School meets at 12 M.

Berea Mission.

Rev. Hiram Hill will preach today at Berea Mission, corner Second and Jeffer-son. His morning subject is "Christ's Personal Coming Is at Hand," and the ning, "Christ Is at the Right Hand of

Gospel Tent Services.

Gospel tent services held at 3 and 8 P. M., at Third and Jefferson streets. Mrs. Anna J. Johnson's subject at the after-noon service is "Why Do Ministers Preach a Portion of the Gospel of Christ, and Re-ject the Other Portion?" Evening sub-"Marriage, or the True Law of Mat-Christian Science.

At First Church of 'Christ, Scientist, Twenty-third street, near living, reguces will be held today at II A. M.; the subject of the sermon is "Mind." Sunday School meets at 12:15 P. M. Wednesday evening meeting is held at 8 o'clock. A free reading-room is conducted in the Hamilton Building, 131

At Second Church of Christ, Scientist, Auditorium, Third street, between Taylor and Salmon, services will be held at 11 A. M. Subject of sermon, "Mind." No Sun-day evening service will be held during the month of August. Sunday School meets at 12:15 P. M. The regular Wedneeday evening testimonial meeting is at 8 o'clock. The free reading-rooms in front part of same building, are open daily except Sunday, from 10 A, M, to 5 P, M.

St. James's English Lutheran. At St James's English Lutheran Church, there will be no services or Sunday School, the church improvements not

being completed. Mount Olivet Baptist.

Rev. S. H. Smith, who has been engaged in the work of building up the Baptist church in Fresno, Cal., will preach this morning at Il o'clock at Mount Olivet Baptist Church, near the corner of Seventh and Everett streets, Rev. Mr. Smith arrived in the city last week, Friday, and he comes recommended as a preacher well worth hearing. He has been very successful in preaching to colored

people, Universal Brotherbood. Lodge 134 of Universal Brotherhood Organization and Theosophical Society (nonpolitical and unsectarian), will hold its monthly public meeting this evening 3514 Washington street, at 8 o'clock. Address on living questions from the the osophical standpoint will be given. There will be musical selections. All are in-

Latter Day Saints. The Church of Jesus Christ of Latter Day Saints hold services in the Alisky Building, corner Third and Morrison, hal-400 today at 2 and 8 P. M. Sunday Sci meets at 3 P. M. Take elevator on Morrison street. Spiritualists.

The First Spiritualist Society will hold conference at H A. M. at Artisan Hall, Ablington Building, Third street, between Washington and Stark streets, At 7:45 services will be held by J. H. Lucas and Mrs. Cornelius.

EAST SIDE CHURCHES. Bishop Cranston Will Preach This

Morning at Centenary Church. The regular services will be held in the Centenary Methodist Church, East Ninth and Pine streets, today. Bishop Earl Cranston will conduct the morning services at 19:30. The evening services will be in charge of the assistant pastor, Rev.

F. E. Coulter, the subject being "Heaven-ly Mansions." The Epworth League, to which all young people are invited, meets at 6:45. Following is the musical pro-Morning
Organ voluntary
Anthem—The Lord Is My Shepherd...
Towns

Offertory The King of Love My Ship-Giffe

Organ voluntary Anthem—"Great Is the Lord". Thompson Offeriory
Offeriory
The Wayside Cross'...
Palmer

First Cumberland Presbyterian. The paster, Rev. J. J. Dalton, D. D., will preach at both services today at the First Cumberland Presbyterian Church. corner East Twelfth and Taylor streets, At 10:30 the subject will be "Jesus a De-

light to the Soul"; at 8 "Borrowing Trouble." Special music will be ren-dered at both of these services. Supernt W. D. Deaver, who has return from his vacation, will conduct Sunday School at noon, the lesson being "Abra-ham's Intercession." The subject for the Christian Endeavor meeting at 7 is "God's

Trinity Methodist. Dr. A. Thompson, paster of the Trinity Methodist Church, East Tenth and Grant street, will preach this morning on the subject "Human Needs and the Divine oly." In the evening the subject will Conversion; Its Means and Its Tests." Sunday School will meet at 10, S. Morrow, superintendent. A class meeting will be held immediately after the morning serv-ice. Mr. J. O. Goltra will have charge of the Epworth League, which meets at 7. Camp Meeting Services.

Interest continues unabated in the large the past three weeks on Division street between East Eleventh and Twelfth. There are many tents on the grounds and large crowds attend each evening. The camp meeting is in charge of a col-ored minister, Rev. J. F. Glasco. He is assisted by his wife. A great deal of en-thusiasm is manifested at the meetings, and one of the most attractive features is the spirited music. The meetings are open

Calvary Baptist. Rev. A. L. Black will preach this morning at the Calvary Baptist Church, East Eighth and East Grant streets, on "Chris-tian Growth," and this evening on "How to Resist Enticing." These sermons wil se Mr. Black's work at this church. He will leave for Rochester, N. Y., next Friday evening, where he will enter a theo-

First United Evangelical. Rev. H. L. Pratt will preach morning and evening at the First United Evangelical Church, East Tenth and Sherman streets. The subject of the morning ser-mon will be "Godliness and Contentment; the Portions of the Christian." The even-ing theme will be "Man's Great Duty."

Cumberland Presbyterian. Rev. J. H. Gibson, D. D., pastor, has returned from his vacation. He will

Mount Tabor Methodist. Rev. C. A. Lewis, of the Chinese Mis-ion, will occupy the pulpit of the Mount Tabor Methodist Church this morning. Rev. E. S. Memminger, the pastor, is absent on his vacation Mizpah Presbyterian.

There will be no preaching service at the Mizpah Presbyterian Church today, Rev. J. R. McGlade, the pastor, being absent. Sunday school will be the only Rev. J. H. Bevens, of Oregon City, will occupy the pulpit of the Second Baptist Church this morning at II o'clock. There

will be no evening service Christian Catholic. The Christian Catholic Church in Zior will hold services today at 2:30 P. M., at the hall, corner Grant street and Haw-

CHURCH DIRECTORY.

Baptist. Mount Tabor-Rev. C. A. Nutley, pastor, unday school at 10 A. M.; preaching at 11

A. M.
Albina-Rev. E. E. Bilss, pastor. Services
10; prayer, Thursday, 8 P. M. 10; prayer, Thursday, 8 P. M. Immanuel, corner Second and Meade streets—Rev. Stanton C. Lapham, pastor. Preaching, 19:45 and 7:20; Sunday school, 12 M.; Young People's meeting, 6:39; prayer meeting, 7:45 P. M. Thursday. Grace (Montavilla)—Rev. N. S. Hollcroft, pages of Services, 7:30 P. M. Sunday and pages.

paster. Services, 7:30 P. M.; Sunday school, 10 A. M.; W. G. Smith, superintendent. Mount Olivet, Everett street, between Fifth and Sixth. Preaching at 11 A. M. and 8 P. M.; prayer meeting. Thursday, 5 P. M.
Second, corner East Ankeny and Seventh
streets — Rev. Ray Palmer, pastor; pastor's
residence, 1 East Thirtieth street. Services at
10:30 A. M. and 7:45 P. M.; Sunday school, 12 M : B. Y. P. U. meeting, 6:45 P. M.: prayer meeting, Thursday, 7:35 P. M.; Sunnyside S. S. Mission, S. P. M., at Starkey's Hall, Sunnyside; preaching at 4 P. M.

Christian. Radney-Avenue, corner of Knott street, Al-Preaching morning and evening by Rev. L. C. Martin. Services at 11 and 8; Sunday school, 9:45; Y. P. S. C. E., 7 P. M.; prayer, Thursday, 7:30 P. M.

Thursday, 7:30 P. M.

First Christian, corner Park and Columbia streets—Rev. J. F. Ghormley, pastor. Sunday school, 9:45 A. M.; preaching, 10:45 A. M. and 7:45 P. M.; Sunday school, 12:15; Y. P. S. C. E., 6:30 P. M. Strangers made welcome.

Woodiawn (Madrona) — Rev. A. D. Skaggs, pastor. Services, 3 P. M.

Beren Mission. Corner Second and Jefferson streets, Rev. J H. Allen, paster. Services on Sunday at 10:30 A. M. and 7:30 P. M.

Episcopal. St. David's Church, East Morrison street, be-tween East Twelith and Thirteenth-Rev. George B. Van Waters, rector. Holy com-munion, 7 A. M.; Sunday school, 9:46 A. M.; norming prayer and sermon, 11; evening rayer and sermon, 7:30.

Congregationalist. First, Park and Madison streets-Rev. Ar-thur W. Ackerman, pastor. Morning service, 10:30; Sunday school, 12:15 P. M.; Y. P. S. C. E. prayer meeting, 6:30 P. M.; evening service, :65 P. M. German-Rev. John Roch, pastor. Services,

OSTABLE AND A SUM ROCK, pastor. Services, 10:30 and 7:30; Sunday school, 9:30; Y. P. S. C. E., Tuesday, 7:30; prayer, Wednesday, 7:30; Sunnyside—Rev. J. J. Staub, pastor. Services, 11 and 8; Sunday school, 10; Young Peo-ple's Society, 7; prayer, Thursday, 7:30.

Mississippi-Avenue-Rev. George A. Taggart, pastor. Services, 11 and 7:30; Sunday school, 10; Juniors, 3; Y. P. S. C. E., 6:30; prayer, Thursday, 7:30 P. M.

Hassalo-street Congregational Church, East eventh and Hassalo streets—For the month of ugust the Sonday services are the Bible shool at 9:30 and Christian Endeavor meeting at 6. No preaching. Prayer meeting Thursday evening at 7:45.

Evangelical. Emanuel (German)—Rev. E. D. Hornschuh, paster. Services, 11 and 7:30; Sunday school, 10; prayer, Wednesday, 7:30; Y. P. A., Friday, First (German)-Rev. F. T. Harder, paster.

Services, 11 and 8; Sunday school, 9:30; Y. P. A., 7:15; prayer meeting, Tuesday, 8 P. M.; Wednesday, 8 P. M. Wednesday, S. P. M.

Memorial-Rev. B. J. Green, paster, Sunday services, 11 and 7:30; Sunday school, 10;

Y. P. A., 6:30; Junior Y. P. A., 3; prayer meeting. Wednesday, 7:30; young people's prayer, Thursday, 7:30.

First (English)-Rev. G. W. Plumer, paster.

Services, 11 A. M. and 7:45 P. M.; Sunday school, 10 A. M. V. P.

school, 10 A. M.; Y. P. A., 7 P. M.; Thurs-day, prayer meeting, 7:45. day, prayer meeting, 7:46. Evangelicai (United). East Tamhili Mission—Rev. Peter Bittner, pastor. Services, 11 and 7-30; Sunday school, 10; K. L. C. E., 6:30; prayer, Thursday, 7:30 P. M.; Junior League, Saturday, 2:30 P. M. First United—Rev. H. L. Pratt, pastor, Servrerst United rev. L. Frant, paster, Services, 11 and 7:30; Sunday school, 10; K. L. C. E., 6:30; prayer, Thursday, 7:30.
Second—Rev. H. C. Deck, paster. Services, 11 and 7:30; Sunday school, 10; K. L., 6:30; prayer, Wednesday, 7:30.

Friends (Quakers). Friends, East Thirty - fourth and Salmon streets-Rev. A. M. Bray, pastor. Services at 10:45 and 7:30; Sunday school, 12; Y. P. S. C. E., 6:30; prayer, Wednesday, 7:30.

Lutheran. Immanuel (Swedish), 428 Burnside street-Rsv. John W. Skans, pastor. Preaching at 10:30 A. M. and 8 P. M.; Sunday school, 12 M. St. Paul's Evangelical (German)—Rev. Au-gust Krauss, pastor. Preaching, 10:30 and 7:30; Sunday school, 9:30; Bible study, Thurs-

St. James's (English), corner West Park and Jefferson streets—Rev. J. A. Leas, pastor. Services at II A. M. and S P. M; Sunday school, 12:15 P. M.

Forbes Preshyterian—Rev. W. O. Forbes, pas-ior. Services morning and evening by the pas-ter. All welcome.

Third, corner East Ninth and East Oak streets — Rev. Robert McLean, paster. Serv-ices, 10:30 and 7:30; Sunday school, 12; Boys' Brigade, 5:30; young people's meeting, 6:30; reaver. Thursday, 7:45.

prayer, Thursday, 7:45. Cumberland—Rev. J. J. Dalton, paster. Serv-ices, 10:30 and 7:30; Sunday school, 12; Junior

Y. P. S. C. E., 3:30; Y. P. S. C. E., 6:30; prayer, Thursday, 7:30. Westminster, East Tenth and Weldler streets Pev. H. S. Tsmpleton, pastor. Services at 11 A. M. and 7:30 P. M.; Sunday school, 12:30 P. M.; Christian Endeavor, 7 P. M. Mispah, East Thirteenth and Powell streets -Rev. Jerome R. McGlade, pastor. Services at 11 and 7:80: Sunday school, 9:40 A. M.; Chris tian Endeavor, 6:30 P. M.

Methodist Episcopal. Second German-Rev. Charles Priesing, pas tor. Services, 10:45 and 7:30; Sunday school 9:30; prayer, Thursday, 7:30. Central-Rev. W. T. Kerr, pastor. Services, 10:45 and 7:39; Sunday school, 12:15; Epworth Lengue, 6:30; prayer. Thursday, 7:30. Mount Tabor - Rev. Memminger, pastor, Services, 11 and 7:30; Epworth League, 6:30; Junior Epworth League, 3; prayer, Thursday, Trinity-Rev. Alfred Thompson, pastor. Serv

ices, 10:45 and 7:80; Sunday school, 9:40; Epworth League, 6:30; prayer, Thursday, 7:30. Sellwood—Rev. W. J. Waitz, pastor. Servlces, 11 and 7:30.

Sunnyside—Rev. H. B. Elworthy, D. D., pastor. Services morning and evening by the pastor. Services at 11 and 7:30; Sunday school.

C. A. Gatzka, superintendent; Epworth League, 6:30; prayer meeting, Thursday, 7:30

United Brethren. United Brethren.
United Brethren.
Ender Pev. Frank E. Coulter, pastor. Services at 11 A. M. and 7:30 P. M.;
Sunday school, 10: Junior Society, 4; prayer meeting, Wednesday, 7:30 P. M.; musical class, Thursday, 7:40: Young People's Christion Union, Friday evening, 7:40; Ladies' Missionary Society, Thursday, 2 P. M.; monthly signal boolety, Thursday, 2 P. M.; monthly official bool official board meeting, the second Monday even-ing in the month, 7:30.

First, corner East Eighth and Couch streets -Rev. Hervey H. Hoyt, pastor. Services at 11 A. M. and 7:80 P. M.; Sunday school, 12:15 P. M.; young people's meeting, 6:30 P. M.

WHERE COURT WILL SIT.

Room Chosen for Schley Inquiry Has Many Associations.

Philadelphia North American. When the cablegram in which Admira Sampson presented to the people of the United States the great victory gained at Santiago by "the fleet under my com-mand" reached the Navy Department on evening there will be a joint Christian the morning of the Fourth of July, 1895, Endeavor meeting, in which the societies from the Hassalo-street Congregational and Westminster Presbyterian Church Breaking the seal, he grasped the im-portance of the news, and knew it would cause joy throughout the country. In the big reception-room outside his private suite there were gathered a score of newsprivate paper correspondents, who had scented an event of magnitude and were feverishly awaiting developments. Pushing open the swinging door, the Secretary appeared among them with the bit of yellow flimsy paper trembling in his hand, as if with excitement at the momentous tidings of which it was the bearer. "Gentlemen," said the Secretary, in a voice which he tried hard to keep natural,

"I have something here which I think will be interesting to you." Adjusting his glasses, he then read off very slowly Sampson's famous dispatch. The slience was profound until the last word was reached, and then such a shout went up as must have moved the great marble building's stout foundations. It is in this very room that the court of inquiry which is to determine whether or not Admiral Schley is a coward because of his actions at the battle of Santiago is to sit. It is fully 100 feet in length, and about 40 wide, with a lofty and beautifully

decorated celling. The most conspicuous piece of freeco work is a huge American shield, supported by an anchor and laurel leaves. Looking down from the walls are the portraits of former Secretaries of the Navy, including that of Secretary Crowninshield-who, by a strange coincidence, bears the same name as the head and front of the cabal against Schley. The room contains at present a fine model of the Holland submarine boat and a large bronze bust of Columbus taken from the Spanish warship Cristobal Colon, de-stroyed at Santiago; but these will probably be removed when the court begins

AT THE HOTELS.

THE PORTLAND.

The Dollars of the Principle of the Prin

European, first-class, Rates, 50c to \$1 50. One block from depot, Restaurants near-by. Tacoma Hotel, Tacoma. American plan. Rates, \$3 and up. Donnelly Hotel, Tacoma. European plan. Rates, 50c and up.

Hotel Brunswick, Seattle.

POINTERS FOR SWIMMERS

SECRET OF LEARNING ENDURANCE IN THE WATER.

Fast Swimming and Long-Distance Swimming-Need of Adjusting Stroke and Breathing.

Swimming is useful in two ways: In enabling a person to get to a place quickly, and in helping a person to stay affoat or to continue moving slowly for a long time. There are times, as in going to the rescue of a drowning person, or in getting to a float or pler against a strong tide, when a few sirong, fast strokes are allimportant, and the ability to swim a short distance very fast is extremely useful. But if those few strokes fall, the ability to stay afloat becomes of first importance, and many a so-called good swimmer has been drowned because he never learned the art of swimming a long distance in a leisurely manner.

For the art of swimming to be of practical use to a person it should be so cultivated that he can rely on it to support him in almost any emergency. One should be able to swim at least a dozen strokes very fast, and one should be able to keep on swimming easily for at least an hour without touching bottom. Endurance in swimming comes from two things; the time of the stroke and

the adjustment of its force to the strength of the body. A person can walk for an hour or two without becoming exhausted, and a Summer girl can dance for six or eight hours at a stretch, but very few persons can run at full speed after a street-car for a block without losafter a street-car for a block without los-ing breath. It is so in swimming. Very few outside of those who have been specially trained for it can swim any great distance at a high speed, but any one can keep up a certain rapidity of stroke for very long time. What this rapidity will be depends on the strength of the individual, and should be ascertained by practice. In the castaway stroke, used by sailors in the English navy, the swimmer makes only about five strokes a minute, and does not move more than two feet at a stroke, but a man has been known to keep it up for two days after being lost overboard from a boat on the Goodwin Sands.

The best way to adjust the stroke of the individual is to keep it in exact time with the breathing, which will be about 20 strokes a minute, or a little faster. If the strength is exerted when the lungs are full and the chest is firm and ex-panded, it can be used to better effect, and if the time of the exertion is always the same as the time of breathing, the whole operation becomes harmonious and falls into a rhythm which requires very

little effort to keep up.

Another reason is that when one does not breathe in exact time with the stroke the breathing must be hurried to keep up, or the stroke must be slowed to avoid the unnatural shortness of the breathing. It is the stroke which should be adjusted, and not the breath. Nothing else is so exhausting as irregular breathing, especially in swimming, and nothing elso so quickly brings it on as irregularity in the stroke, or a stroke which is too or too fast for the natural time

The whole art of swifmming is directed to bring about this adjustment. Ten years ago American champions used a style of stroke which would be laughed at today. The well-known Trudgeon, which consisted in swinging both arms forward out of the water, the body being on the chest, with the head and shoul-ders well out, was so exhausting that no swimmer in this country could keep it up for more than a hundred yards, even when specially trained for the effort. The reason for this was that it was out of time with the breathing.

American experts began about six years ago to take up the English side stroke, which differed from the American side stroke in making the stroke of the upper arm after the kick and not at the same This alternate motion resulted in doing away with the peculiar jumping up-and-down motion of the American was along conservative lines and values were nominally unchanged. Tin was dull at \$27.65; lead dull, \$3.47\\(\frac{1}{2}\); spelter dull, at all, the mouth being turned on one side just enough to inhale the breath as the kick forced the body forward, and made a wash or trough in the water just deep enough to clear the swimmer's

The head being carried by the water all the time the feet came nearer the surface, and all the power of the stroke was used to propel the body forward, where-as a great deal of the power in the oldstyle stroke was used in bobbing the head up and down. This saved power and added greatly to the endurance of the swimmer, it being much easier sim-ply to propel a floating body than to pro-pel and lift at the same time.

The next step was to try the return over the water of the under arm, which had always been carried forward under water. At first this seemed like going back to the old Trudgeon stroke, but there was this great difference, that in the Trudgeon the whole head was above the water line, and the stroke of both arms was the same, sweeping from side to side. In the new stroke the face and head are burled after the kick, and the under arm is lifted out and thrown for-ward, while the whole body is sub-merged. The next kick makes the wash in which the swimmer breathes, the up-per-arm stroke follows, the head and face disappear, and the under arm is brought

out and thrown forward. When this stroke was first tried it was thought to be as exhausting as the old Trudgeon, but on account of its having so much less work to do, all the power being used in propulsion, it was soon demon-strated that if the stroke was properly adjusted to the time of breathing a swimmer could keep it up for some time, and there are today at least a dozen men who can race a mile with it.

Many modern champions think that cially this style of swimming is quite new and inct. some of the strokes now in use are named after their supposed inventors, just as the Trudgeon was named after the man who first brought it to England. It must have surprised many crack swimis the fundamental language and that of the
mers to see, when they visited the PanAmerican Fair, that the stroke which
many dialects, and the Magadhi or Misra is they have arrived at after so many years of study and development is practically the stroke which has been used in Ha-

wall since prehistoric times.

It is unfortunate that no person who was a critical swimmer or knew the fine points of the art ever visited Hawaii and brought home with him a clear description of the stroke there used. What pletures we have of the islanders represent them as swimming with the head and shoulders very high, facing the way they are going, and using the arms as in the Trudgeon. Any one who visits the Hawalian village at Buffalo will find there two swimmers, one a mere boy, who have the art of submerging the head and carrying both arms forward over the water reduced to perfection. The boy is simply perfect. When Captain Webb swam the English

Channel he used the breast stroke, the side stroke being very little known, but he swam with his face in the water all the way. That is, instead of keeping the mouth and chin with the whole bac head high and dry, he raised his face to take a breath as he brought his arms back, and sank his face and head under the surface when he kicked, so as to save the labor of carrying his head. The two things necessary for a person

The two things necessary for a person to master who is desirous of learning endurance in swimming are: To keep the head down in the water so that all the strength of the arms and legs may be utilized for propulsion, and to time the stroke so that it shall agree with the rate of breathing, which is easy and natural. This will require, first, that the swimmer, after having mastered the elements of the art and acquired confidence enough to try some variations in his

stroke, shall practice a style of side swimming that will keep the head down in the water and bring up the feet, so that the entire weight of the body may be carried by the water almost as if floating, and that will direct the power of propulsion to sending the body straight ahead, on a line with the surface, and

not waste it in lifting the head and shoulders out of the water at every stroke. Having mastered a stroke of this kind, the next thing to do will be to get in the habit of using it in exact time with the breathing which is found to be most natural and easy for the indi-vidual and can be maintained for a long time without inconvenience. The importance of knowing the breath

ing interval and of adjusting one's self to it might be illustrated in many ways. For instance: It is impossible for any swimmer to get out to sea from the beach when the high combers are coming in at a greater speed than 16 to the minute. If there is any point, such as a pier, which these combers pass so that you can count them, and you find that they are coming in faster than 16 to the minute, you will find it impossible to get out through them, because there is not time enough between them for you to breathe. You must duck your head to meet each comber, or dive through it and when you come up on the other side and take a gasp of breath you must dive again before you can make a stroke, and so you cannot make any headway. It requires a very strong swimmer, capable of taking several very fast strokes, to get out through breakers that are com-ing in as fast as 12 to the minute. In coming ashore through breakers, the

swimmer should never let the combers overtake him, but should keep his face out to sea when he gets into the break-ers, and let them drive him ashore back-ward, ducking into each big wave, so as to prevent it from throwing him on the beach. By choosing the right moment he can always take a sudden turn when quite close to the beach and get beyond the reach of the next comber and safe on his feet, while a less skilled swimmer would be swight and dashed on the shore would be caught and dashed on the shore and rolled out again in the undertow, per-haps never recovering his feet again. No matter how skillful a swimmer may

become, he will never acquire endurance without confidence. If he is afraid to go out 100 yards from shore without a boat he will never be a swimmer in the true sense of the word. Cramps will never drown him, because they do not add an ounce to his weight. What drowns all so-called good swimmers is heart failure, or want of nerve. If you will trust the water it will never fail to support you as long as you do not starve to death.

America Is Europe's Foe. Atlantic,

The European regards America as dangerous and relentless foe, and the fact that Europe has forced on America these measures as a means of self-defense sig-nifies nothing. The European sees in America a competitor who, while refusing to buy, throws her wares on every market, and who, while she drives the peasant from his land, reduces the profits of industry which support the wage-earners of the town. Most ominous of all, he marks a rapidly growing power, which, while it undersells his mines, closes to him every region of the wide earth where he might find minerals adapted to its needs. Lying like a colossus across the Western Continent, with her ports on either ocean, with China opposite and bouth America at her feet, the United States bars European expansion. South America and China are held to be the only accessible regions which certainly cor tain the iron, coal and copper which Europe seeks, and the United States is determined that, if she can prevent it, South America and China shall not be used as bases for hostile competition. Regarding South America her declarations are explicit, and during the last 12 months her actions in Asia have spoken more emphatically than words.

The Metal Markets.

NEW YORK, Aug. 17 .- As was the case during the last week, duliness prevailed in local metal circles again today. The absence of information from abroad and the fact that the strike has not been settled had a depressing effect on busi-ness. Trading during the short session 90c@\$3 95; copper nominal, at \$16 50@17 for Lake and \$16 674 for casting and electrolytic. Iron markets ruled inactive. Pie tron warrants \$90010

Bar silver, 58%c per ounce. SAN FRANCISCO, Aug. 17.-Bar silver, 58% per ounce.

LONDON, Aug. 17 .- Bar silver, steady,

26 15-16d per ounce. Charles L. Crum.

RICHMOND, Va., Aug. 17 .- Charles L. Crum, a merchant of Winchester, a man who started Charles Broadway Rouss in business, is dead at his home in this city. Crum and Rouss served together in the Confederate Army. Soon after the war Crum loaned Rouss the \$200 with which Rouss began business in New York in which he has eince made millions of dollars.

Corn King Closes Up. CHICAGO, Aug. 17.—The offices of the George H. Phillips Company have been closed up, and on the door is a sign read-

'This property is now in the hands of the Chicago Title & Trust Company, as receivers." Most of the checks have been discharged.

Buffalo Exposition Visitors. BUFFALO, Aug. 17.-Over 3,000,000 ad-missions have been registered by the Pan-American Exposition, and the number of visitors is steadily increasing.

The Peruvian Cabinet Crisis. LIMA, Peru, Aug. 17.-The Chamber of Deputies has decided not to receive offi-cially any communications from the cab-

India has hundreds of dialects, which may all be classed under three great heads, the Sanscrit, Pracrit and Magadhi. The Sanscrit is the fundamental language and that of the many dialects, and the Magadhi or Misra is that of Caylon and the islands.

> AMUSEMENTS. COMINGI

JOSEFHOFMANN THE GREAT PIANIST. Wolfsohn Musical Bureau, New York

NEW TODAY

FOR SALE-A NEW 8-ROOM DWELLING, with all modern improvements, on East Side. Will be sold very cheap and on easy terms, by Parrish, Watkins & Co., 250 Alder street.

WILLIAM G. BECK & CO. Real Estate and Financial Agents. Property For Sale in All Parts C ty. \$500 4-room house, Montavilla; near car line.
\$700 7-room house and lot, Mount Tabor, near car line.
\$1000 6-room house and lot, Mount Tabor, near car line.
\$1600 9-room house, 80x100, good basement; fruit trees; East Mount Tabor.
\$1650 6-room cottage and lot in Upper Albina, on Williams avenue.

\$1300 Lot 50x100 on Northrup st. \$3000 los acres, all in cultivation; house, barn, etc.; half cash, balance 6 per \$20,000 Corner lot and 3-story building; income \$150 per month; one block from Hotel Portland.

Several 8, 5, 10-acre tracts cheap.

Money to Loan On improved farms, 6 per cent interest. 321 Morrison st., cor. Sixth.

Millinns



OF MOTHER

USE CUTICURA SOAP, assisted by Cuticura Ointment, the great skin cure, for preserving, purifying, and beautifying the skin of infants and children, for rashes, itchings, and chafings, for cleansing the scalp of crusts, scales, and dandruff, and the stopping of falling hair, for softening, whitening, and soothing red, rough, and sore hands, and for all the purposes of the toilet, bath, and nursery. Millions of Women use Cuticura Soap in the form of baths for annoying irritations, inflammations, and excoriations, for too free or offensive perspiration, in the form of washes for ulcerative weaknesses, and for many sanative, antiseptic purposes which readily suggest themselves to women, especially mothers. No amount of persuasion can induce those who have once used these great skin purifiers and beautifiers to use any others, especially for preserving and purifying the skin, scalp, and hair of infants and children. Cuticura Soap combines delicate emollient properties derived from Cuticura, the great skin cure, with the purest of cleansing ingredients and the most refreshing of flower odours. No other medicated soap is to be compared with it for preserving, purifying, and beautifying the skin, scalp, hair, and hands. No other foreign or domestic toilet soap, however expensive, is to be compared with it for all the purposes of the toilet, bath, and nursery. Thus it combines in ONE SOAP at ONE PRICE, the BEST skin and complexion soap and the BEST toilet and baby soap in the world.

Complete External and Internal Treatment for Every Humours Carrie anna UIICHTA scales and soften the thickened cuticle; CUTICUTA OINTMENT, to instantly allay lighting, lindammation, and britation, and soothe and heal; and CUTICUTA OF RESOLVENT, to cool and cleame the blood.

THE SET A SINULE SET is often sufficient to cure the most britaring, the with loss of hair, when all clee fails. Sold throughout the world. British Depot: F. NEW-BERY & SONS, 27-28, Charterhouse Sq., London, E. C. POTTEE DEUG AND CHEM. COMPSole Props., Boston, U. S. A.

DAILY METEOROLOGICAL REPORT.

PORTLAND Aug 17 -Maximum femores ure, 81; minimum temperature, 53; river read-ng at 11 A. M., 6,8 feet; change in 24 hours, A2 foot; total precipitation, 5 P. M. to 5 P. M. none: total precipitation since Septem ber 1, 1900, 42.70 inches; normal pr ce Septemebr 1, 1900, 46.48 inches; defi-ncy, 3.78 inches; total sunshine August 16, 11:26; possible sunshine August 16, 14:07.

STATIONS.

| 04|0.00|12| SW | Cloudy | SN|0.00| 6 | NW | Cloudy | 90 | T | S | Clear | 98|0.00| 6 | W | Cloudy | 58|0.00| 6 | W | Cloudy | 58|0.60| 8 | NW | Clear | SN|0.60| 8 | NW | Pt. cloudy | S0|0.69| 8 | NW | Pt. cloudy | 100|0.00| 6 | SE| | Clear | S5|0.00| 10 | NW | Clear | S5|0.00| 10 | NW | Clear | S0|0.00| 22 | SW | Clear | S0|0.00| 22 | W | Cloudy | 50|0.00| 22 | W | Cloudy | 50|0.00| 22 | W | Cloudy | 50|0.00| 6 | N | Clear | T8|0.00| 6 | N | Clear | T8|0.00| 6 | N | Clear | S0|0.00| 6 | S | Pt. cloudy | S0|0.00| 6 | S | S0|0.00| 6 | Walla Walla

*Light. -

WEATHER CONDITIONS. Generally fair weather has prevailed in states west of the Rocky Mountains during the last 24 hours.
It is cooler this evening in Eastern Washing on, Eastern Oregon and Eastern Montan and warmer in Western Montana and South-

eastern idaho.

The indications are for generally fair weather in this district Sunday. WEATHER FORECASTS, Forecasts made at Portland at S P. M. for 28 hours ending August 18 at midnight: Portland and vicinity-Generally fair; winds Oregon, Washington and Idaho-Generally fair; winds mostly west to north.

A. B. WOLLABER, Acting Forecast Official.

NEW TODAY.

FOR SALE OR RENT-STUDHORSE, 1800 pounds, sound, quiet, \$500; fancy driving horse, very fast, \$125; good delivery horse, suitable express, \$75; good delivery horse, suitable express, \$50. Horses, buggles and saddle horses rented out. Time given on all purchases if desired. Apply stud groom, Vince's barn, 202 Pine, between Fourth and Fifth.

FOR SALE-EITHER OF THOSE NEW AND elegant houses on 16th and Irving streets, with all modern improvements; now about completed. Will be sold on favorable terms by Parrish, Watkins & Co., 250 Aider street. FOR SALE, CHEAP-CHOICE WEST SIDE 1/2 block, if taken this week; 10 per cont net interest bearing; property close in; will bring more. P 49, care Oregonian.

2 DOZ. EGGS, 35c. BUTTER, 35c and 40c.

MEETING NOTICES.

HALL OF FIDELITY, LODGE NO. 4. & O. U. W.— Members are requested to meet as lodgeroom, in Logus bullding, on Budday, Aurust 18, at 2:30 P. M. Sharp, From thence will proceed to undertisking pariers of F. & Dunning, and, in conjunction with Fortised Lodge, No. 27, will conduct the funeral services over Brother Thomas M. Prior, Late a member of Yole Lodge, No. 22, of Woodland, California. A full attendance is desired. Members of sister lodges especially invited to participate. ALEX LOONEY, Master Workman, Attest: Clarence J. Wheeler, Recorder.

ORIENT LODGE. NO. 17, L. O. O. M., WILL, meet at their hall, at \$30 o'clock, Sunday morning, to attend the funeral of the wife of Brother Stephen Berni. By order of the Vice-Grand. W. W. TERRY, Secretary.

THE MEMBERS OF PORTLAND LODGE, No. 27, A. O. U. W., will meet at lodgersom Sunday, at 2 o'clock P. M. to unite with Fidelity Lodge, No. 4, to attend the funeral of Brother T. M. Prior, from Dunaing's undertaking pariors, at 3 o'clock. By order, M. GEVURTZ, Master Workman. Attest: T. H. Fearey, Recorder.

HALL OF PORTLAND LODGE, NO. 27. A.
C. U. W.—The members of Putiland Lodge,
No. 27: You are hereby notified to meet at
Holman's undertaking parlots, Monday morning at 9:30, to attend the funeral of our late
brother, C. R. Stewart, and go to Loos Fircemetery. All brother Workmen are invited
to attend. By order,
M. GEVURTZ, Master Workman.
Attest: T. H. Fearey, Recorder.

DIED.

PILGER-Mrs. Johanna F. Pilger, beloved mother of Gus and George Pilger and Mrs. Ivra Flynn, all of this city, aged 96 years 2 months 1 day. Funeral notice later. FUNERAL NOTICES.

LOVE—The funeral services of Louis A. Love will be held at the late residence, 100 Chap-man st., today at 11.30 A. M. Friends of the family respectfully invited to aftend. Inter-ment at Greenwood Cemetery. EDWARD HOLMAN, Endertaker, 4th and Yambill sts. Rena Stinson, lady

Finley, Kimball & Co., Undertakers, Ludy assistant. 275 Third at. Tel. 0.

F. S. Dunning, Undertaker, 414 East Alder, Lady assistant, Hoth phones. NEW TODAY.

RUSSELL & BLYTH

Financial and Real Estate Brokers Desirable properties in firstclass locations, improved and unimproved, are placed for sale with us as agents, and intending investors will be shown properties and furnished with full and reliable Information and advice by call-Ing at our office in the Columblan building, Third and Oak streets, city.

MORTGAGE LOANS Title Guarantee & Trust Co.