

News of the Churches



I. B. S. A.—The Interantional Bible Students' Association, local class, will continue the study of "Consecrating the Priesthood." Sanctify yourselves and I will sanctify you. The Bullocks and Rams of Consecration. Bible students believe an understanding of these types necessary to an understanding of God's plan of the ages. The class will meet at D. D. Burger's, 1602 Washington Ave., 3 p. m. All are welcome, no collection.

FIRST CHURCH OF CHRIST SCIENTIST, Corner of First and Washington. Sunday morning service at 11:00 a. m. Subject, "Everlasting Punishment." Sunday school at 10:00 a. m. Wednesday evening meeting at 8:00. The reading room is open to the public every Monday, Wednesday and Saturday, from 2 to 4 p. m. All are welcome to attend our services.

FIRST METHODIST CHURCH.—The pastor will preach both morning and evening. He will use the theme, "The Philosophy of Redemption." This was not given last Sunday because the Epworth League Rally speaker delivered the sermon. In the evening the theme will be "The Precipice of Opinion." Sunday school at 9:45 a. m. Junior League at 9:00 p. m. Epworth League at 7:00 p. m. Preaching at 8:00 p. m. May 8th is Mothers' Day. A special service will be held on that day at the 11:00 o'clock hour, in honor of Mother and a special service will be held at the 8:00 o'clock hour in honor of Father. New members will be received into the church at both these services.—E. J. HUSTON, Minister.

CHURCH OF GOD—Harris Hall, corner of Fir and Monroe street. 10 a. m., Sunday school. Those not attending Sunday school elsewhere are cordially invited to attend here. 11 a. m., morning service. Subject of sermon, "Salvation." 7:45 p. m., evening service. Sermon subject and text, "What Must I Do To Be Saved?" Prayer meeting Wednesday ev-

ening at 7:45. A cordial welcome to all.—CARLOS A. PLUMMER, Pastor.

M. E. CHURCH SOUTH.—Sunday school, 10 a. m., and we invite all those who do not attend Sunday school elsewhere to the Sunday school. We were glad for a large membership in the Sunday school last Sunday. Come and help increase the number Sunday. Preaching at 11 a. m., and at 8 p. m., and in the absence of the pastor, Rev. C. F. Beldin will again fill the pulpit. 11 a. m. subject, "What Is the Gospel?" 8 p. m. subject, "No Difference." There will be a surprise on May 8th in the evening—former pastor and presiding elder will preach. Come, we invite all strangers in the city to worship with us, who do not attend services elsewhere. Come thou and go with us and we will do you good.—E. L. WHIDDON, Pastor.

FIRST PRESBYTERIAN CHURCH.—Bible school at 9:45 a. m. Public worship at 11 o'clock. The theme of the morning sermon will be, "Jesus, the Champion of Truth." Evening service at 7:30. "The Tyranny of Habit" will be the subject for consideration. This will be an object sermon, of special interest to the boys of the choir. The Women's Presbyterian meets this week at Baker. A large number of the women of the Missionary Society plan to attend. Mid-week service on Thursday evening at 7:30.—JAMES A. SMITH, Pastor.

LUTHERAN—Eighth and M. Sts. Sunday school and Catechumen Class at 10 a. m. Regular English services at 11. Monthly German services will be held at 2:30 p. m.—H. H. ENGELBRECHT, Minister.

SAINT PETER'S EPISCOPAL CHURCH.—Corner Fourth street and O avenue. Calendar for the week

Sunday, May 1st—Early communion, 3 a. m.; Church School, 9:45; Regular Monthly Communion and sermons, 11; Evening Prayer, 7:30 p. m. Monday—Regular meeting of the Parish Vestry at Honan Hall, 7:00 p. m. This meeting is important as a parish budget will be submitted by the treasurer and plans laid for an every-member canvass. The usual regular meeting of the Girls' Friendly Society will be held at Honan Hall Friday, at 7:30 p. m. The Junior Branch meeting, Saturday afternoon. All cordially invited to a part in our church life.—JOS. W. GUNN, Rector.

CHRISTIAN CHURCH.—Bible school at 9:45 a. m. Communion service at 11:00 a. m. Subject, "The Book of Jonah." We are going to have some special music next Sunday morning, and you are welcome. Come and bring your friends. Christian En-

avor at 7 p. m. This jolly bunch of young people will heartily welcome you. Evening service at 8 p. m. Subject, "The Parable of the Vineyard." The Lord said, "the last shall be first, and the first, last; for many be called, and few chosen." Who will you be? These solemn things ought to arouse you.—R. H. COKER, Minister.

LATTER DAY SAINTS.—Regular services at Latter Day Saints church held in the Tabernacle. Everyone is cordially invited to any of the services. Sunday Priesthood meeting at 9 a. m. Sunday School at 10:30 a. m. Sunday Sacramental meeting, 2:00 p. m. Sunday mutual improvement meeting at 7:30 p. m. Tuesday Teachers' Training class at 7 p. m. Tuesday primary association, 4 p. m. Thursday relief society at 2 p. m. Thursday religious class 4 p. m.

CHURCH OF OUR LADY OF THE VALLEY.—Children's Mass at 8:00 o'clock. Parish Mass at 10:30 o'clock. Weekday Mass at 8 o'clock, excepting Saturdays. Wednesday evenings during Lent, 7:30 p. m. Rosary, sermon on the Passion of our Lord and benediction. Thursday evening at 7 o'clock Young Men's Bible Class. Friday evening at 7:30 o'clock, "Stations of the Cross." A most cordial welcome is extended to all to attend these services.

FIRST BAPTIST.—Sunday School at 10 A. M. G. B. Hoan, S. S. Sermon at 11 A. M. Subject: "Baptism." "Ye are therefore, and bear all nations, baptizing them, in the name of the Father, and of the Son, and of the Holy Ghost." At the close of this service some will receive baptism.

Young People's meetings at 8:30 P. M. Good attendance last Sunday but we dismissed for the pictures at the Methodist church. Come early and put in full hour this time. At the evening service the young people will have charge of the regular choir. All will help to make the song service good. Mrs. Frank P. Jester, director; Miss Bertie Young, violinist; Miss Mildred Lovell, pianist.

Subject of sermon, "Doctrines of Men Cannot Take the Place of God's Word." "Come to the little brown church, into the vale."—A. R. SILTON, minister.

Children's Ailments



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Training for Track and Field

The Observer will run a series of articles on training for various events by William L. (Bill) Hayward, veteran athletic trainer and track coach for the University of Oregon

The Mile Run.

In the entire program of track the mile run is one of the hardest events and the necessary endurance for the race cannot be cultivated in a week or month. Cross-country running is the best work that a miler can do to lay a thorough foundation for the subsequent training necessary for his particular event. No one can expect to do wonders in the first season, and as a rule the third year is better than the second and the fourth is better than the third.

It is important that an easy style be developed, for in a hard race like the mile an easy stride is bound to be of assistance. Every muscle must do its share and the weight must be thrown on the legs. The knees do not need to be lifted as high as in the sprint but the stride adopted must be smooth, even, and springy. The longer the stride the greater advantage to the runner, but he must remember not to overstride in his attempt to gain ground and thus acquire an exaggerated style.

As in the shorter races, the miler should run on the balls of the feet with his body a little forward and with his arms swinging at an easy position at the sides. To be a good judge of pace is the one important thing. He must know how fast he has to run every quarter in order to make a certain time and finish well. Generally the first quarter is the fastest, the second a little slower and the last is the best that he can make.

In order that a mile may be run in 4 minutes and 40 seconds, the average fractional time for a school boy will be 66 seconds for the first quarter, 2:16 for the second, and 3:30 for the third. The times for each quarter would not suit all cases. Some may do better by running the second quarter a little slower and the third a little faster. I know of a mile runner who averages the same speed in all four quarters, making each in 70 seconds. J. P. Jones, of Cornell, ran the following race when he broke the world's record: First quarter, 61 4-5; second quarter, 2:09 2-5; third quarter, 3:16 1-5; fourth quarter, 58 1-5.

The mile runner must never lose sight of the importance of sprinting and should vary his work from distance to sprinting occasionally. The amount of training necessary for this race would depend a great deal on the runner. The following schedule will probably give most boys a working basis. Assuming that the cross-country work is over, the runner should take the following: Warm up by slow jogs of about 850 yards. Monday, go one mile, 440 yards at racing speed, and then coast through the rest of the distance. Take a short sprint or two and if not tired, jog 330 yards with long, loose strides. Tuesday, go 880 yards of fast or racing speed and jog to the finish. Wednesday, jog a mile and a quarter. Try the starts and sprints. Thursday, if no race is to be run Saturday, do a good mile. If a race is to be run, jog up slowly and jog 660 yards at three-quarters speed. Friday, if there is to be no




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First number at 8:45 and none seated during rendition of any number. First number of about half hour duration, hence necessity of early seating.