# JOCKEYS IN TRAINING

8

KEEPING THE WEIGHT DOWN IS NOT A DIFFICULT PROBLEM.

Fattening Foods Are Avolded, and Judicious Exercise Is Courted-As a Entr. Blüers Last a Doren Years and as a Class Are Not Saving.

"It is a popular bellef." a well known trainer said to a reporter recently, "that a jockey has to resort to all sorts of injurious practices in order to keep his weight within required limits. The idea, however, is a far stretched one. Of course a jockey has to go through certain exercises each day and has to be very much more careful regarding what he puts in his stomach than most people in order to keep his weight down fiesh, but he certainly does not starve himself, as is generally supposed. If he did so he would break down entirely in a very short time. A jockey must also be in the best possible physical trim and have his wits about him before a race, and to attain that he must be careful how he uses his constitution.

There are two very important things a jockey has to consider in studying his dictary. He must see to it that his food is of the best quality and that it contains practically no flesh forming properties. All such fattening foods as, for instance, soups, beef, pork, potatoes, puddings and pastries a jockey must deny himself. Coffee, ten or other drinks are only taken very moderately. as all liquids help more or less in putting on flesh.

"Although a jockey has to eschew such foods, there are many other varieties which he gets just as much pleasure in eating and which at the same time are equally as good and strengthening for his constitution. A few days before a race a jockey who has a mount in it will not stint himself-provided he has no fear of overtipping his proper weight for the race-in anything which he thinks will not interfere with his digestive apparatus.

"Some jockeys, of course, take on and lose flesh quicker than others. I have known one or two who were particularly anxious to ride in certain races, but for which they were perhaps as much as eight or nine pounds too heavy, who reduced that weight in the same number of days. To accomplish that, however, they have to resort practically to a 'starving diet,' leaving as little as the strain on the vitality will permit without breaking down and trying to reduce their overweight by certain sweating exercises. It is needless to say that no jockey could stand too frequent repetitions of such severe measures to subtract from his weight without danger of permanently injuring his health and even sacrificing his life; still, many willingly resort to such 'get light weight quick' methods where they see good opportunities of making a name or a pile of money for them-

"It must be remembered that by nature jockeys as a whole are not of substantial physique or imposing in height, although they are as tough as whipcord. If they were, therefore, to indulge every day in the heavy bill of fare that the average business or working man partnkes of it is not probable

#### The Antiquity of the Ballet. Strictly defined, the ballet is properly a theatrical exhibition of the art of

dancing in its highest perfection, complying generally with the rules of the drama as to its composition and form. It was in existence in Italy as far back as A. D. 1500, the court of Turin in that day making especial use of it and the France in the reign of Louis XIII., and | little both that monarch and Louis XIV. oc-

insionally took part in its dances. In its earliest presentation the ballet appeared dexterously in combination with the other theatrical acts and is said to have "completed the chnotic medley exhibited in these spectacles, which were at once mythological, allegorical, fantastic, warlike and pastoral." The reader will not be slow to observe that its development in the and from acquiring a superfluity of present day has not apparently lost sight of these conditions.

> About the year 1700 women made their first appearance in the ballet, which up to that time had been per | tity and quality. formed exclusively by men, as was the case also with plays and operas, but no woman ballet dancer of any note ap-ported to be spreading in the coast woman ballet dancer of any note appeared until 1790.

> > Comets and Women.

The analogy between comets and women once formed the subject of the contemporary: "Comets doubtless an- well, and it is expected about two-thirds swer some wise and good purpose in the creation; so do women. Comets are incomprehensible, beautiful and eccontric; so are women. Comets shine with peculiar splendor, but at night are most brilliant; so are women. Comets are enveloped with a lucid nebula through which their forms are visible; so are those of women in their light and elegant attire. Comets confound the most learned when they attempt to ascertain their nature; so do women Comets equally excite the admiration of the philosopher and of the clod of the valley; so do women. Comets and before starting and one on the route. women are therefore closely analogous, but, the nature of each being inscrutable, all that remains for us to do is to view with admiration the one and to love the other to adoration."-Golden Penny

#### Menelek and the Missionary.

A story is told of an attempt made by a Swedish missionary to obtain a foot hold in Abyssinia. No sooner had ha begun to preach than he was brought before King Menelek, who asked him why he had left his home in Scandinavia in order to come to Abyssinia. The missionary promptly replied that he had come to convert the Abyssinian Jews. "Are there no Jews in your country?" asked Menelek. The misslonary admitted that there were a few. "And in all the countries that you have passed through did you find no Jews or heathens?" the king continued. "Jews and heathens," the misstonary admitted, "are plentiful." "Then," said Menelek, "carry this man beyond the frontier and let him not return until he has converted all the Jews and heathen which lie between Hunter his country and mine."

### An Arab Legend.

"There is none so poor but there is one poorer.' A poor Arab spent his last bara on a

### WEEKLY REPORT OF CROPS

## Issued by Edward A. Beals of U. S.

Department of Agriculture.

The week has been wet and cool. Not more than two or three good days of day making especial use of it and the royal family and nobles taking part by it. The ballet was first introduced in damp and in danger of sprouting. But wheat remains to be ent and threshing is well advanced. In some sections, however, it will take, at best, two weeks longer before the grain is all harvested.

The soil has been sufficiently softened by the rains for fall plowing, which is now being done in many places. Grass has made a nice start, and consequently feed in the pastores and on the ranges is good and stock is in excellent condition. By the end of the week hop picking

will be practically completed. Lice and mold have been more common than usual, but the consequent damage was not so great as expected, and the growers generally express themselves as quite pleased with the yields, both as to quan-

counties. Elsewhere this crop is in excellent condition.

Prune drying has become general, and with good weather during the next two weeks a big crop will be secured. Pears men once formed the subject of the are ripe and being marketed as rapidly following peroration from an evening as possible. Late apples continue doing of an average crop will be harvested.

# A Certain Cure for Dysentery

### and Diarrhoea,

"Some years ago I was one of a party that intended making a long bicycle trip," says F. L. Taylor, of New Albany, Bradford County, Pa. "I was taken suddenly with diarrhoea, and was about to give up the trip, when editor Ward, of the Laceyville Messenger, suggested that I take a dose of Chamberlain's Colic, Cholera and Diarrhoea Remedy. I purchased a bottle and took two doses, one made the trip successfully and never felt any ill effect. Again last summer I was almost completely run down with an at tack of dysentery. I bought a bottle of this same remedy and this time one dose The Co cured me." Sold by G. A. Harding, druggist.

For styles and prices go to Miss Goldemith's.

### Letter List.

Bohman

Cooper 6

Dunlavy

Dunmire

Erickson

Evanson

Forside

Gifford (

Howell

The following is the list of letters remaining in the postoffice at Oregon City, . The S Oregon Sept. 17, 1903:

WOMEN'S LIST.

Brown Miss M Schmale Miss Olga Brown Miss Retha Wood Miss Ilena McIntyre Miss N Verner Mrs MEN'S LIST.

Mr	Lamphier Geo
us W	Lee H G
George	Olson H
Frank	Ouar Ben W
3	Poindexter W N
EL	Sears E
4r	Smidt W W
has S	Terreli Ed
) C (2)	Wormouth Robert
4 C	Yates Edd
TOM	P. RANDALL, PM.

### A Brilliant Retort.

After dinner speaking is an art, and, 'ton shon like many other arts, its excellence has their friends that are coming from the 940 a. m . much to do with the mood of the artist. East not to miss making a trip on this



The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of

and has been made under his personal supervision since its infancy. Y. Weitchers Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

# What is CASTORIA

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Chart He The Kind You Ha	ve Always Bought	Excellent M For detail berth reserv agent at war General Offic Portland Ocean a
	Ver 30 Years.	FR. 8 p. m. All
The Columbia River Seen from a "Regulator Line Excursion Steamer."	Astoria & Columbia River Raılroad C	Daily Ex. Sunday, S p. m. Saturday 10 p. m.
It is a custom to apply fat.tiful titles to American rivers, mountains and lakes in simile to those of other countries. Thus we hear of "The American Rhine,"	DAILY TRAINS.	- Portlan
"The Switzerland of America," "The American Alps," and so on, and here on the magnificent Columbia River, in all, its wealth of scenery, we may find an- other Rhine. The towering snow-capped mountains, gorges, ravines, water-fails and even cataracts duplicate and even excel the famous scenery of Switzerland,	P.M.; A.M. 7 00 8 00 Ly Portland Ar 11 10 9 8 05 9 06 Goble 10 05 8	30 54 54 54 55 54 56 54 56 57 56 57 57 57 57 57 57 57 57 57 57 57 57 57
and for the desire of being able to say "When I was abroad" thousands of Americans are willing to be ignorant of their own country in not seeing some of the finest scenery of the world as is here on the Columbia. In a tour of the West it is the thing to	9 10 10 21. Westport 8 49 7 9 37 10 36 Clifton 8 35 7 10 00 11 57 Knapps. 8 10 6 10 08 11 10 Systems 8 07 6	17 *:00 02 9:22 42 6:10 32 6:10 10 9:22 4:50
do, and the one thing not to be miased— the voyage on the Columnia river be- tween Portland and The Dalles—that is made in one day's daylight on board of the splendid boats of the Regulator Line, and the people of Oregon and Washing. 'ton should make it a point to remind	$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	m Daily R

# **Oregon Short Line** and Union Pacific THREE TRAIN TO THE EAS DAILY

Through Pullman standard and Tor ist sleeping cars daily to Omaha, Chica Spokane; tourist sleeping cars daily Kan-as City; through Pullman tou sleeping cars (personally conducto weekly to Chicago, Kansas City, red ing chairs (seats Irecto the cast dail From Portland

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Atiantic Express 8:15 p. m via Hunt- ington.	Sait Lake, Denver, Ft. Worth, Omaha, Kau sas City, St. Louis, Chicago and East.			
St, Paul Fast Mail 6 p m Via Spokane	Duluth	Alla, Lewis- okane, Min- is, St. Paui, Milwaukee, o and East.	7:35	
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that they would increase much in weight or height. You often see jockeys in the big hotels and restaurants at the various racing sections after a race tucking in big and expensive dinners with a gusto and relish that would give a chronic dyspeptic an appetite for hard tack.

"Walking, running, cycling, punching the bag and hurdle jumping are favorite exercises among jockeys to keep their weight down. On going out for a walk or run they wrap themselves in the thickest of woolen sweaters and other heavy clothing, no matter how high the temperature may be, and the exercise is kept up for a distance perhaps of eight or nine miles, or, as we say, until you are 'drowned in sweat' Turkish baths are also frequently indulged in by many, and they must wear excessively warm clothing after, and also when going for a gallop, no matter if the weather be boiling hot. "I should say that ten or twelve years is the average of a jockey's active turf life. The length of his career, however, depends a great deal on his riding ability and luck.

"Jockeys are not of a saving class, and with but few exceptions I know of none who has ever managed to put enough money away to keep him in even half decent comfort after retiring from the turf. The majority, however, succeed in scraping up a bank roll of sufficient dimensions to start in some business. Like retired pugilists, they have a fondness for the liquor business, and I know a few one time jockeys who are prospering in that trade in different parts of the country. Others, again, become 'bookies,' poolroom keepers and enter into such businesses as enable them to gratify their inveterate love for gambling. I know of only one ex-jockey who is an exception to this rule. He retired some years ago with \$50,000 to his credit, and he immedintely went into the real estate business in New Jersey. Today he is doing well. He was fortunate enough, however, to receive a good common school education in his early boyhood days-and that's a thing jockeys very rarely get Outside of their knowledge of horsemanship the great majority are as ignorant as red Indians."-New York Times.

### Money Talks.

"I suppose Dumley likes to argue as much as ever and is continually worsted as usual."

"No; he's more successful now since he got wealthy."

"What has his wealth to do with it?" "Well, when he sees he's losing he just offers to 'bet a hundred,' and that settles it."-Philadelphia Press.

r up on high cliff to eat them and die. As he threw the stones over a lean hand shot out below and caught them. "Ho!" said he. "Why do you catch

my date stones?"

"Because, O brother," answered a weak voice, "I have not eaten these three days, and Allah has sent these stones to save my life."

"Praise be to Allah," answered the first man, "for he has saved me also. for here is one poorer than I." And both men went into the city.

### Malleable Glass of the Egyptians.

Strabo and Josephus both affirm that the Egyptian glass workers were an well skilled in their art that they imitated the amethyst and other precious stones to perfection. Malleable glass was one of the secret arts of the an clents, the formula for making it being now reckoned as lost. Strabo mentions a cup of glass which could be ham mered into any desired shape, the material of which it was composed being as ductile as lead.

### Too Much Argument.

Dar's a good deal in argyment, but it can also be overdone. As long as Uncle Moses believed in sulphur and brimstone he let my cabbages strictly alone. When I had argyed him into believin' dat no sich place existed he cleaned out my truck patch in one night.-Detroit Free Press.

### The Difference,

Miss Languish-Mercy! You don't mean to say you destroy all your love letters! I save mine religiously.

Miss Pertly-Of course; but, then. you know it makes a difference where one has only a few.-Boston Tran script.

### His Mission.

"Yes," said the would be poet, "I started as office boy for an editor. 1 used to help empty wastebaskets."

"Indeed," said the girl who had seen some of his effusions, "and now I suppose you help fill them?"-Philadelphia Record.

### Misunderstood.

"Sir, you look like an optimist. You have a happy countenance. Lend me # dollar."

"My friend, do you know why I look happy? It's because I haven't any wealth to bother me."-Exchange.

A critic in noticing a disclosure on "The Sayings and Doings of Great Men" remarks, "It is and to observe how much they said and how little they dH1."

Some of the best of our after dinner speakers sometimes fall, but it is not often that failure results in the enrichment of the world's store of epigram,

as it did in the case of Lord Erskine many years ago.

When Lord Erskine was made a the Fishmongers' Company of London, he made an after dinner speech on the occasion of his first appearance among them as a member. Upon his return he said to a friend:

"I spoke ill today and stammered and hesitated in the opening."

"You certainly floundered," was the reply, "but I thought you did so in compliment to the fishmongers."

beautiful river. Your ardent admirer makes the trip

up and down both ways, on the boats, as it gives opportunity to pay becarely attention to both sides of the river and for the views ahead on the going and returning voyage. But the man in a hurry When Lord Erskine was made a may go up on the boat, returning by member of that highly honorable body, rall, or vice versa, or the passengers west bound may leave the train at The Dalles and go down the Columbia river by heat to Portland.

The Regulator Line palatial excursion steamer "Bailey Gatzert" leaves Portland every morning (except Monday) at 8:50 to Cascade Locks and return, right in the heart of the Cascade Mountains, affording an excellent one day trip to view the magnificent scenery and also enjoy the exhilarating ride through the famous rapids of the Cascades, returning arrive in Fortland about 7 P. M.

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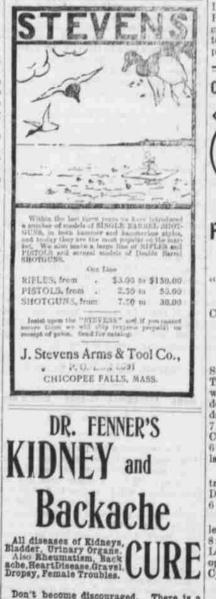
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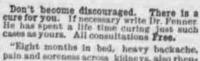
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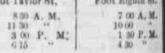
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pain and soreness across kidneys, also rheu-matism. Other remedies failed. Dr. Fen-ners Kidney and Backache Cure cured me completely. H. WATERS, Hamlet, N. Y." Druggists, 50c., \$1. Ask for Cook Book-Free. ST.VITUS'DANCE Sure Care. Circular, Dr.

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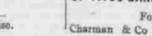
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