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WM. GADSBY THE HOUSEFURNISHER
WASHINGTON AND FIRST STREETS

Y.M.C.A. OF PORTLAND AND ITS WORK

Did we in our strength confide,
Our striving would be losing;
Were not the right man on our side,
The man of God's own choosing.
Dost ask who that may be?
Christ Jesus, it is he;
Lord Sabaoth to his name,
From age to age the same,
And he must win the battle.

generosity of those who subscribed toward the cost of the building and who annually contribute to the current expense fund.

In the main, the work of the Young Men's Christian Association is divided into four branches—religious, social, educational and physical.

Physical Department.

The gymnasium of the Portland branch is in a separate building, situated directly off the main reception-room. It is large, airy and bright, and with its splendid equipment is one of the best of the gymnasiums west of Chicago. It is said to be larger and better equipped than anything of the kind in St. Paul, Minneapolis, Omaha, Salt Lake City, Denver or San Francisco. The actual floor space is 65 by 67 feet, and the ceiling is 22 feet high, without an obstruction. Everything is overhauled every summer, reset and tested, so as to stand the strain of constant use during the season. The apparatus is of the latest design, and 150 men can exercise therewith at the same time, without interfering with each other. It comprises two sets of parallel bars, horizontal bars, German horses, bucks, trick rings, traveling rings, high parallel, Swedish ladders and bar stalls, climbing poles, intercostal chest weights, rowing machines, wrist and finger machines, striking bags, etc. The locker-room contains accommodations for 1000 members, and is supplied with large, ventilated lockers.

The idea that "cleanliness is next to godliness" is carried out. There are 19 baths, and they afford ample accommodations for the large membership.

Fast Running Track.

One of the best features of the gymnasium is the felt-padded, concave running track, which has a real value in a course of recreative, body-building exercises for business and professional men. This track, which is 23 laps to the mile, has proved to be one of the fastest in the country.

The local branch of the association follows the system of gymnastic grading that prevails in the East—that of placing men of equal ability in the same divisions. There are five grades—the fifth, elementary; fourth and third, intermediate; and second and first, advanced. At the end of each term, competitions are held and diplomas given, thus making the work systematic and progressive. The system of instruction used is practically the same as is taught at the training schools and in the leading associations of the country. It embraces class drills on the chest weights, callisthenics, dumb-bells, Indian clubs, bar bells, apparatus work, vaulting, jumping, athletics.

Educational Features.

Education is an ornament to property and a refuge in adversity.—Aristotle.
The Y. M. C. A. night school has taken the place of one of the educational institutions of the city. It fills a real need, and is doing a work that it would be difficult for another institution to perform. The purpose is to offer thorough practical instruction in those branches which will assist the young man to find his bent in life, or help him in his business, or the trade at which he is employed. It appeals especially to those who are engaged during the hours of the day and are willing to spend a part of their evenings in gaining a training that will make them more efficient, and at a merely nominal cost.

The Faculty.

The faculty for the current season is as follows: R. F. Barnes, chairman; R. R. Steele, of high school, arithmetic; Louis Bach, A. M., of Portland university, French, German and Latin; William F. Amos, German and Latin, first aid, hygiene; Jennie Connor, of Holmes business college, shorthand and typewriting; John A. Wenco, of Portland business college, penmanship; Merwin Pugh, B. S., of Holmes business college, bookkeeping, commercial law, commercial correspondence; Warren E. Rollins, artist, fresh hand drawing; James R. Thompson, electrician, with Portland General Electric Company, electricity; M. B. A. Macdonald, Spanish; C. E. S. Wood, lawyer, American politics, social economics; H. A. Webber, banjo, mandolin and guitar; J. Jacobberger, architect, mechanical and architectural drawing; A. R. Draper, principal Stephens' school, civil government, rhetoric; G. E. Jamison, principal Thompson school, English; C. F. Howland, of high school, algebra, reading and spelling; Frederick Glafke, jr., principal Harrison school, physics, geometry and trigonometry.

The association has a literary society, which holds its meetings on Saturday nights. All the association members are eligible to membership. The work of the society embraces debates, orations, compositions, readings, music and criticisms, as well as the regular parliamentary drill that comes from transacting the business of such an organization.

The members' reading-room is supplied with the leading illustrated, literary, religious and scientific papers and magazines of the country, and comprises one of the largest and best-selected lists of periodical literature in the Northwest. The library contains over 1500 volumes.

The Religious Side.

The religion that can give Sweetest comfort while we live.
The Young Men's Christian Association primarily is a religious institution. Its history during the 60 years since it was first organized is full of interest. Its work has gone through a remarkable evolution. Twenty years ago its entire activity was limited to work such as is now carried on by the Salvation Army. While it believes in and prosecutes as much as ever the old work of rescue, but with



modern methods, it has enlarged its activity and does a greater work, if possible, of prevention and education.

The association sprang from the need of aggressive religious work by young men, for young men, and the thing that differentiates it today from other philanthropic agencies is the aggressive religious work which it carries on the year around.

The growth in educational, physical and other lines, which has marked the last few years, is but the logical development of the fundamental principles of the association. Its aim is to help the young man in his all-round development, to recognize the various needs of his nature, and to fit him for the highest and most useful place in society he is capable of filling.

Different Services.

The Sunday afternoon meeting for men only, with an evangelistic aim, is a prominent feature in all Young Men's Christian Associations, and was long since adopted by the Portland branch. This service is held at 2:30 o'clock, and is the rallying point of the religious activities of the association. The objects sought in this meeting are two-fold—the spiritual building up of the Christian members of the association, and the rescue and spiritual education of worldly young men.

The regular boys' department comprises the juniors, whose ages range from 8 to 12 years, and the intermediate class, which includes boys of 13 years old. The object of this department is to supplement the work of home, church and school, for the spiritual, mental and physical development of the boy so truly "the man of tomorrow." It is in itself a complete association for the pleasure and profit of boys between the ages of 8 and 12.

Separate rooms for the youngsters are provided and are supplied with such games as checkers, tic-tac-toe, etc., and the tables contain the juvenile publications of the day. The boys revel in the gymnasium during the prescribed hours, having the use of all the privileges, including the baths, bowling alleys, etc.

The Social Side.

All are needed by each one. Nothing is good and fair alone.
The Young Men's Christian Association is a great social center in Portland. Every year hundreds of young men come to the city from the country to seek their fortune. During the first year, as strangers with small incomes, the city boarding-house is inevitable. Places of questionable resort without number make themselves peculiarly attractive to young men during this period. True to its purpose to respond to every real need of young manhood, the association has recognized the social instinct and has undertaken to supply this lack. With its homelike parlors, frequent receptions and entertainments, it attempts to give to such young men that which will be the "next place to home." It is the aim of the management to have

an atmosphere of sociability and good fellowship pervade every corner of the institution. Men generally like that sort of thing; it's right and natural that they should. The long-faced, sanctimonious folk don't have much fun, and it's safe to say there is no great amount of sunshine following in their wake. Young men want something bright, and the association tries to provide it. For the past three years the association has conducted and managed the monthly socials in the building. During the present season, while there are still association socials conducted as heretofore, as a privilege for the members and their women friends, the programs and evening are in charge of the young people of the various city churches. In addition to this, a members' course of entertainments is given free to members of the association.

Employment Bureau.

The Portland association conducts a regular employment bureau. This important and helpful feature has the confidence of the entire business community. One of the secretaries meets applicants for positions between 9:15 and 10 o'clock every week-day morning. The members have the first preference in the matter of applications and situations obtained. There is no extra charge for this department, but it is required that young men not already members of the association, securing situations through this agency, become identified with the association as members. All applicants must furnish references as to their moral character, integrity and business ability, without which no application for employment is entertained.

The world-wide growth of the Young Men's Christian Association is one of the features of the age. While the organization started in London, England, in 1844, and there are strong associations in Great Britain and most of the European countries, as well as many other parts of the world, still the most marked and substantial growth has been on the North American continent. The report of the American committee for last year shows:

Statistics.

Associations in North America.....	1,429
Total membership.....	229,563
24 associations own buildings.....	\$13,847,520
Spent last year for current expenses.....	\$779,732
General secretaries employed.....	1,273
Gymnasiums conducted.....	472
Men enrolled in educational classes of 251 associations.....	24,085
Young men's meetings in 1947 associations, attendance.....	1,538,594
Situations secured for young men.....	11,302

The American international committee, with headquarters at New York, has general supervision of the work on the North American continent. The Pacific Northwest committee, with headquarters at Portland, has special supervision of British Columbia, Idaho, Washington and Oregon. The army and navy, the military, the college and the railroad branches of Y. M. C. A. work are great institutions of themselves, but do not come within the scope of this article.

