

# NEWS AND GOSSIP IN THE WORLD OF SPORTS

Football Teams Train for Approaching Games—Irvington Tennis Club Fosters New Game

## ACTIVE AT THE CLUB

### Gymnasium Classes Are in Full Swing.

### BUSINESS MEN TO TRAIN

Robert Krohn, Physical Director, Organizes New Classes, While W. L. Murray Teaches the Members to Swim.

There are going to be things doing at the Multnomah Club this season in all the departments, and already there is great activity in the big red clubhouse on Chapman street. New classes in addition to those of last year are being organized, and all members from the youngest juniors to the oldest of the seniors, are very enthusiastic over the gymnasium work, bowling, swimming and all sports. The practice of the football team is being watched with deep interest, and the confidence expressed of the ultimate result of its work is indicative of the true Multnomah spirit. The events which will take place this season will be announced later on, but at present the announcement of gym class work and swimming lessons is of interest to all members.

#### Classes for Business Men.

Robert Krohn is again in charge of all gymnasium class work, and his efficiency is in many new members to this department. The newest class is not yet fully organized, but promises to be one of the largest in the club. It is for the benefit of the business men, both young and old, who spend their evening at the club but require some stiff work to keep them in condition. This class will work daily from 5 to 6 o'clock P. M., and already about 60 have signified their intention of joining. This number will probably run up to a hundred before active work begins. There has long been a pressing need of such a class, and Professor Krohn states that the organization is meeting with universal favor. The senior class of new members does gym work from 8 to 10 o'clock Monday, Wednesday and Friday nights. The night juniors work Monday and Friday nights from 7 to 8, and the boys' class has Wednesday afternoon and Saturday morning from 9 to 10, the junior girls coming in at that hour. The girls in this class range from 16 to 18 years in age, and many of them do surprisingly good work, both in the gym and in the tank. The senior members of the ladies' annex have complete possession of the club Tuesday and Friday mornings. Classes have been open for several weeks, and the membership promises to exceed that of last year by many. This is due to Mr. Krohn's new work and the fact that Mr. W. L. Murray is again in charge of the swimming instruction.

#### Lessons in Swimming.

The arrangements for teaching women and girls, men and boys to swim are as near complete as the Multnomah Club is possible to find in any section of the country, and without doubt the Murray system is the best that can be used. The club makes a point of the fact that it offers a method of teaching ladies and children to swim without fright or fear of the water, which so many experience in their first year by means of the shallow end of the swimming tank. The Murray system is original with Mr. Murray, and has met with such fine results that many outsiders have expressed their desire to know something about it. In a river town like Portland, it would seem that everyone should consider it almost a duty to know how to swim. In the shallow end of the swimming tank at the Multnomah Club, which is a fine one about 60x25 feet, Mr. Murray has installed a submerged platform, which can be raised on pulleys and lowered against the wall when not in use. When this platform is lowered a pupil sitting flat on it is in water about to the arm pits or shoulders. The arms are devoted to arm movement alone, practiced while sitting on the platform. How to breathe while in the water is next given attention, and after that pupils are given confidence by exercises with the face under water, and opening the eyes under water to pick up objects placed by the teacher under the water. Pupils gradually learn that as long as air is retained in the lungs it is impossible to remain under the water. As soon as this is learned, practice is given by actual experience in the water only ordinary intelligence and practice is required to learn the foot and arm movements of the prop and the swimmer through the water.

#### Secret of Speed.

The secret of speed in correct swimming is the foot and leg movement, the arm work being secondary. The arms are used too much, the whole system is soon tired out, and the best swimmers use the arms as much to steady themselves as anything else, and, as a result, are able to keep afloat many hours without becoming exhausted, or even tired. The Murray foot movement is that of the frog. The legs are drawn up to the body and separated before the backward stroke is made, and in making the stroke the bottom of the foot must be held with the flat surface against the water, which furnishes the wonderful propelling force of this stroke. Each foot should be turned as much to the side as possible, but always with the toes up and the flat of the foot pushing directly against the water. Long practice is given in this foot and leg movement, and, after it is well learned, the pupil is first allowed to use both arms and legs in an attempt to do good strokes. The combination is something different from what the boy on the river teaches himself. Instead of using both at the same instant, each takes rest while the other works. Fancy strokes are discouraged by Mr. Murray until the regulation method of swimming is thoroughly mastered, so that there will be no danger of losing any of the motions learned.

After the swimming lesson precaution is taken to have the hot and cold showers so regulated that there will be no danger of pupils taking cold. A plunge in the tank after an hour or two of gymnasium work, and a hot and cold shower before dressing is a luxury which the ladies and children enjoy as much as the men do, and they all take advantage of them.

The tennis courts are in fine condition, and are still much used by both men and women members. After the rains begin and field sports are off the programme, the pool and billiard tables receive more attention, and the bowling alleys are always well patronized. The fencing classes will also be large this year.

#### Milwaukee Country Club.

Eastern and Seattle teams, Take Hillwood and Oregon City cars, First and Aider.



## ROQUE IN PORTLAND

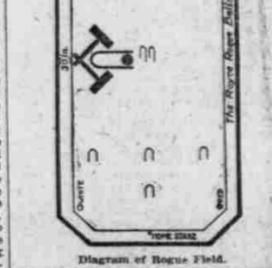
### Irvington Tennis Clubs Will Establish Courts.

## EVOLUTION OF CROQUET

### New Game Is Very Popular in the East and in California, and Tournament Will Be Held Here Next Month.

Roque—pronounced r-o-k-e—is scientific croquet. Anyone familiar with croquet can play roque. The new game that is making such rapid headway in the East and no little headway on the Pacific Coast, is an evolution from the old game of croquet, but resembles that historic pastime only in that it is played with balls, mallets and arches.

The roque court is an area as accurately outlined as a billiard table, octagonal in form, with a surface carefully scraped, rolled smoothed and level as a "straight-edge" laid in any direction will make it devoid of the smallest pebble, lightly sanded, but as firm as a bicycle path.



from the inside of the hose—and about the height of a ball—some of the courts are equipped with the discarded rubber of billiard tables. This gives a solid cushion for carom plays and keeps the balls securely within the court which is 20 by 40 feet. The corners of the court are six feet eight inches across, which allows of triple caroms. The arches are of steel 7/16 of an inch in diameter and 3/4 inches between the wires, except the center arch, which is double, 1 1/2 inches from one arch to the other, but only 3/4 inches between arches. The stakes are one inch in diameter and 1/4 inches high, situated just outside a line denoting the boundary of the field just 24 inches from the border.

The balls are of a hard rubber and a composition resembling a poolball, three inches in diameter, four in number, red, white, blue and black, brilliant solid colors, 14 ounces in weight, involving greater accuracy of stroke, always remaining round and elastic and perfectly suited to the extremely delicate billiard-like play that is so frequently made on the roque courts.

been found necessary to leave the entire matter of size, weight, shape and cost entirely to the fancy of the individual player.

Devotees of the game of roque say that, it is the coming sport and one that is expected to supersede many of the outdoor sports now being played. It will not take the place of tennis, golf or baseball, but as an attractive and scientific sport it will last as long as there is an outdoor game played.

The remarkable development of roque in accurate and scientific play has placed it in the foremost rank for those who need light exercise. Roque needs no special dress. It can be played at night as well as by day. The absence of excessive physical exertion is suited to those who livey skimming of tennis, the long walks of golf and the vigorous baseball would be anything but a pleasure.

Roque is as scientific as billiards. There is a greater field (literally as well as otherwise) for strategy, and for the exercise of deliberate judgment, nerve, coolness and boldness of play in roque than in billiards. The eye and the hand become trained. Lawn tennis calls for muscular action in immediate response to counter-play. Judgment must be instantaneous and muscular movements rapid and fatiguing. Roque stands in strong contrast with its deliberate strokes. Its moderate exercise and nonfatiguing efforts, even when prolonged.

In the national tournament held at Norwich, Conn., the last week in August, the youngest player, was a boy of 13 years of age, yet he made the old experts hustle to get a game. He was called a boy wonder. The oldest person that played was said to be past 70 years, and the average age over 40 years.

The New England States might be called the home of the game, and the Pacific Coast is a very natural habitat for the sport. In fact, the roque courts because of the beautiful climate, which will enable the devotees of the game to enjoy playing all the season through while in the Eastern and Middle States the season is necessarily much shorter. In the East an organization, comprising nearly all the clubs, called the National Roque Association, has held its annual tournament at Norwich, Conn., since 1882, while in the Middle West the Western Roque Association holds away and comprises nearly all the clubs throughout the territory from Ohio westward.



## HOLDS SECOND PLACE

### PORTLAND TEAM TRAILS OAKLAND IN LEAGUE RACE.

### Effect of Householder's Release May Be Seen When Giants Meet San Francisco.

The locals have maintained second place for more than a week, and the prospects are that they will be able to retain it in that position. Manager McCredie released Eddie Householder during the past week, and this action has not met the approval of some of the fans, who are inclined to think that the manager was a trifle hasty in turning this player loose, especially as his team has a very good chance for the honors. Householder is a good ballplayer, and Henry Harris, of the San Francisco club, lost no time in securing his services for his Seal brigade. When the San Francisco club hooks up with the "Giants," Eddie is likely to break up a few of the games, and then there will be a genuine exhibition of the avul chorus in full blast.

It is not likely that the absence of this particular player had any effect on the two recent defeats, nevertheless there are some who claim that the club has been weakened materially by the release of Householder. Another setback the local club received, although sustained in a different manner, was the ruling against Portland in the case of Pitcher Benny Henderson, who was disqualified immediately after joining the team in Los Angeles. According to the claim lodged with the National Commission, Henderson signed with another club before accepting McCredie's offer, and as this club has put in a claim for his services, the National Board suspended

# CONTAGIOUS BLOOD POISON

## HUMILIATING—VILE—DESTRUCTIVE

The very name, Contagious Blood Poison, suggests contamination and dread. It is the worst disease the world has ever known; responsible for more unhappiness and sorrow than all others combined. Nobody knows anything about the origin of this loathsome trouble, but as far back as history goes it has been regarded the greatest curse of mankind.

No part of the body is beyond the reach of this powerful poison. No matter how pure the blood may be, when the virus of Contagious Blood Poison enters, the entire circulation becomes corrupted, the humiliating symptoms begin to appear, and the sufferer finds himself diseased from head to foot with the vilest and most destructive of all poisons. Usually the first symptom is a small sore or ulcer, so insignificant that it rarely ever excites suspicion, but in a short while the skin breaks out in a red rash, the glands of the groin swell, the throat and mouth ulcerate, the hair and eye-brows come out, and often the body is covered with copper-colored spots, pustular eruptions and sores.

There is hardly any limit to the ravages of Contagious Blood Poison; if it is not driven from the blood it affects the nerves, attacks the bones, and in extreme cases causes tumors to form on the brain, producing insanity and death. No other disease is so highly contagious; many an innocent person has become infected by using the same toilet articles, handling the clothing, by a friendly handshake or the kiss of affection from one afflicted. But no matter how the disease is contracted, the sufferer feels the humiliation and degradation that accompany the vile disorder.

Mercury and Potash are commonly used in the treatment of Contagious Blood Poison, but these minerals cannot cure the disease—they merely mask it in the system. All external evidences may disappear for awhile, but the treacherous poison is at work on the internal members and tissues, and when these minerals are left off the disease returns worse than before, because the entire system has been weakened and damaged by the strong action of the Mercury and Potash. There is but one certain, reliable cure for Contagious Blood Poison, and that is S. S. S., the great vegetable blood purifier. It attacks the disease in the right way by going down into the blood, neutralizing and forcing out every particle of the poison. It makes the blood pure and rich, strengthens the different parts of the body, tones up the system, and cures this humiliating and destructive disorder permanently.

The improvement commences as soon as the patient gets under the influence of S. S. S. and continues until every vestige of the poison is driven from the blood and the sufferer is completely restored to health. S. S. S. is not an experiment; it is a success. It has cured thousands of cases of Contagious Blood Poison, many of which had given the Mercury and Potash treatment, Hot Springs, etc., a thorough trial, and had almost despaired of ever being well again. S. S. S. is made entirely of roots, herbs and barks, and does not injure the system in the least. We offer a reward of \$1,000 for proof that it contains a particle of mineral of any kind. If you are suffering with this despicable and debasing disease, get it out of your blood with S. S. S. before it does further damage. We will gladly send our book with instructions for self-treatment and any medical advice, without charge, to all who write.

# S.S.S.

## PURELY VEGETABLE

THE SWIFT SPECIFIC COMPANY, ATLANTA, GA.

## AT GRIDIRON WORK

### Multnomah Begins Practice Football Quite Early.

### LOSES ITS BEST PLAYER

### Frank J. Lonergan, Coach for Team, Is in Hospital Recovering From an Operation for Appendicitis.

The Multnomah football eleven, which has just inaugurated its practice season, meets tomorrow, the very start by losing the services of one of the best players who ever wore a winged "M," and who had been selected as coach of the team, in the person of Frank J. Lonergan, who underwent an operation for appendicitis last Thursday. The loss of this capable player's services, both as a member of the regular eleven and as coach, is sincerely regretted in club circles and his many friends are hoping for his speedy recovery.

The several practices indulged in during the past week served to limber up the men to a great extent, and many of them are showing considerable form this early in the season.

Budd James will, in all probability, be selected for the position of full-back, for, with the illness of Lonergan, Budd has been switched to left half-back. The other back position will be filled by Chauncey Bishop, and with James this makes a formidable back field.

Several new players will be found in the line, and the team is gauged as being one of the strongest that ever represented the local club on the gridiron.

Should the team make a fair showing this season, it will be quite a feather in Manager Watkins' cap, for after having lost eight of the previous season's stars, it is not thought possible that winners of the same caliber can be developed.

The boys are working hard under the direction of Captain Jordan, and in spite of the earliness, each practice is well represented by candidates for the eleven. The weekly practice days have been set for Tuesday and Thursday nights and Sunday morning, when all those who desire to try for the team are requested to be in attendance.

Negotiations between Multnomah and Whitman College have been called off and no game will be played between the Walla Walla team and the local eleven this season.

#### Coach Shortis Arrives.

EUGENE, Or., Sept. 23.—(Special.)—Bruce Shortis arrived at Eugene today direct from home and will commence regular coaching next Monday evening, when almost the whole of last year's team and a good number of new men will report for practice. Captain Lauterette has kept the squad at light practice for the past four days so that the men are in shape to start heavy training next week and to prepare for the alumni contest of October 1 and the early games with Stanford and Berkeley.

day the home guard will be back on its own sand lot, and the fans will have a chance of again seeing the men on the local diamond for a three-weeks stay, during which time they play Tacoma, Oakland and San Francisco in succession. This stretch of home games winds up the season in this city, for the Giants are scheduled to play the last six weeks on California soil.

Many people have wondered at the slump of the Tacoma Tigers, who have heretofore had easy sailing in the matter of maintaining a lead in the pennant race. A well-known ballplayer, who returned recently from the Sound, stated that one of the Tacoma players told him that they were not going to try for this fall, as all they cared for now was to hold together in order to share in the proceeds of the play-off games at the end of the season.