

PORTLAND DISCIPLE OF "FLETCHERISM" TELLS OF NEW IMPETUS TO MOVEMENT

Mordant A. Goodnoth Explains How His Master of This Old-New Science Discovered the Great Benefit to Human Health Derived From Economic Nutrition.

MORDANT A. GOODNOOTH, one of Portland's enthusiastic disciples of Fletcherism, has given to the new-old science a most careful and discriminating study. In a talk with Mr. Goodnooth lately he said, in speaking of the recent impetus given the movement: "Fletcherism is the name assigned to certain teachings of the now eminent Horace Fletcher, whose writings along social and domestic subjects have won wide popularity, especially during the last two years. Of consummate importance is the new light Mr. Fletcher has shed upon an old subject, viz., mastication, and it is to the elucidation of this subject that the term 'Fletcherism' has been applied.

"At the age of 84, Mr. Fletcher was fast becoming a physical wreck, as a result of the usual methods of living among his highly honored and distinguished club and social duties. His condition being such that he was refused admission to a life insurance organization, he took himself to a serious study of physiological laws. He soon learned that his troubles came from too much of many things, especially food and worry. Following the path marked by Cornaro, who was the first to give scientific nomenclature to the subject, Mr. Fletcher found a way to derive greater enjoyment from a small quantity of food than he had before from a large supply and at the same time to increase his physical and mental effectiveness.

For meals, especially business men who feel that they cannot spare the time to masticate their food properly during the rush hour at noon. The practicability of Fletcherism remains unshaken, even in such cases as these, for every one must admit that it is only the most efficient nourishment which the system is capable of assimilating from any given quantity of food, that is of value in sustaining life. The body gains more nourishment from a small quantity of food, thoroughly masticated, than from a larger quantity eaten in a hasty and unwholesome manner. The first step in digestion should take place in the mouth, by means of complete mastication (mixing with saliva) of the food, then to liquids added; consequently soup, coffee, cocoa, and similar drinks, except water, are to be shunned. The business man, or anyone else who enters hastily into a meal, later suffers from the effects of food which is only partially digested in the stomach and either ferments or, later, undergoes intestinal putrefaction.

Where Method Is New. "But what is there new about Fletcherism?" you say. "We have, from childhood, been told to chew our food well. Certainly in its basic principles, there is nothing new in Fletcherism; but the new and thoroughgoing method which he presents the subject to us is new. It is a case of welcoming with outstretched arms an old truth, in new garb, which might pass unnoticed. Nevertheless, Fletcher has revealed some interesting sidelights upon the subject which were not known before, or if known, not known in their entirety. Among these may be mentioned the selection of normal appetite for the selection of such food as the body requires; the involuntary salivatory reflex, the insatiable hunger of the digestion, the effect health; the complete exercise of the sense of taste and removing from the mouth all food which is not intended for consumption.

Wards Off Many Ills. "Fletcherism will markedly increase mental and physical powers in every way, and at the same time, decrease the cost of food supply about half. Indigestion, constipation and numberless disturbances, having relation to these complaints, are all impossible. In general, it may be said that the majority of diseases are extremely improbable for any person who also exercises intelligence in other matters of hygiene, and looks well to securing an adequate amount of fresh air and sunlight, and to the exercise of the body to promote a desire to exercise and to be up and doing, because it relieves the sluggishness of the system. The practice of childhood will develop a strong jaw, throat and teeth, and by reason of the increased circulation of the blood and lymph through the nasal apparatus, the nasopharynx, will likely prevent adenoids, tonsillitis, which are now so fearfully prevalent among children of all ages.

Much Chewing Necessary. "Tasting only small mouthfuls of food, then, you should chew, masticate, taste, until the food is not only completely liquefied, but is also rendered tasteless by reason of the exhaustion of its flavor. This is a chemical process requiring time for full realization and development. Nature never fails to award man most graciously for complying with her demands. We see this illustrated when we require that the last taste of a

negotiations are now being made by the local association for special rates to Seattle for that occasion. At Saturday's meeting, which will be held at the programme of music. Members are requested to bring a commercial man to the meeting whether he is a member of the association or not.

Thomas Hall Passes Away. Thomas Hall, a resident of Oregon since 1882, died Friday, March 19, at his home, 408 First street, aged 63 years. Mr. Hall was born in Sweden, in 1845, and came to America in 1882, settling at Salem, Or. After he removed to Yamhill County, he spent the winter of 1890-91 at Portland, and made his home with his son, Edward Hall. Mr. Hall is survived by his widow, and a son and daughter, Edward and Mrs. Etta Fairclough. The funeral will be held this morning at 11 o'clock, from Finley's Chapel, Interment at Riverside cemetery.

Notes of Portland High Schools. Lincoln. NOW that Spring is here the athletes are turning their attention to the track and baseball. Track Manager Runyan expects to be able to pick out a number of good short and long distance men from the squad that turned out for the cross-country run Monday. Through the efforts of Manager Dabney the baseball men and their friends have raised a fund to secure a complete set of bats for the team. They are for the most part, obtaining Coach Hathaway, who got the basketball men into such good form. Mr. Hathaway reports a good supply to choose from, as those reporting for practice run above 70 in number. The team will play a practice game with Multnomah on Saturday.

Washington. ON Monday morning all the Latin students of the school were called to the assembly hall to receive a talk from Mr. Fenstermacher, head of the Latin department. He explained that the method in use of translating Latin was at fault, and a new method was explained. Mr. Fenstermacher also gave notice that he was aware of the fact that "pupils" were being used by the less diligent Latin students, and advised that they be discontinued.

At a well attended meeting in the offices of Dr. William L. Wood last night the old Portland Hunt Club formally disbanded and in its place the new Portland Hunt Club Association was organized, and the following directors elected: Dr. R. B. Lamson, Dr. J. N. Coghlan, Dr. R. J. Chipman, Ralph Jenkins and A. M. Cronin.

The object of the new organization, as set forth in the Oregonian several days ago, is to increase the scope and possibilities of the famous riding club, which has heretofore been practically without a home. According to the plans of the new organization, which last night ratified the proposed purchase of a 30-acre tract at Garden Home, the Portland Hunt Club Association will erect a handsome clubhouse and build a half-mile track on the site.

By possessing a track of its own the members of the association will be enabled to hold a meeting whenever they so desire, and furthermore, will be afforded an opportunity of working out their mounts on a well-ballasted track at any time they wish. In addition to the riding club, the club also plans to build a polo ground and add this sport to the list it intends to foster. The installation of high-winded games of horsemanship with high Portland is entirely unimagined. As an innovation it will undoubtedly prove extremely popular with the members of the club, of whom there are not a few.

The site of the new clubhouse at Garden Home is within 20 minutes of the city by the Oregon Electric Company's line, which passes directly in front of the property.

Those who do not wish to go to the clubhouse by the carline may drive out. By this latter route it is but six miles from the city, and the road is in excellent condition for riding or automobile. On the new grounds, in addition to the handsome clubhouse, will be erected stables and a garage for the accommodation of the members. The club will install a first-class menu, which will be in charge at all times. The stables will be built on the latest improved order and will be kept in good condition.

An additional feature of the new association is setting aside 10 of the 30 acres, which will be divided into acre tracts and sold to members of the club for the erection of either summer or permanent homes, as they choose. The site of these Summer homes will be facing the track and polo grounds and is almost identical with the location of the grandstand at the Portland Country Club.

NEW HUNT CLUB FORMED DIRECTORS ELECTED FOR RE-ORGANIZED ASSOCIATION. Purchase of 30-Acre Tract at Garden Home Ratified and Work on New Plans Will Begin.

At a well attended meeting in the offices of Dr. William L. Wood last night the old Portland Hunt Club formally disbanded and in its place the new Portland Hunt Club Association was organized, and the following directors elected: Dr. R. B. Lamson, Dr. J. N. Coghlan, Dr. R. J. Chipman, Ralph Jenkins and A. M. Cronin.

The object of the new organization, as set forth in the Oregonian several days ago, is to increase the scope and possibilities of the famous riding club, which has heretofore been practically without a home. According to the plans of the new organization, which last night ratified the proposed purchase of a 30-acre tract at Garden Home, the Portland Hunt Club Association will erect a handsome clubhouse and build a half-mile track on the site.

By possessing a track of its own the members of the association will be enabled to hold a meeting whenever they so desire, and furthermore, will be afforded an opportunity of working out their mounts on a well-ballasted track at any time they wish. In addition to the riding club, the club also plans to build a polo ground and add this sport to the list it intends to foster. The installation of high-winded games of horsemanship with high Portland is entirely unimagined. As an innovation it will undoubtedly prove extremely popular with the members of the club, of whom there are not a few.

The site of the new clubhouse at Garden Home is within 20 minutes of the city by the Oregon Electric Company's line, which passes directly in front of the property.

Those who do not wish to go to the clubhouse by the carline may drive out. By this latter route it is but six miles from the city, and the road is in excellent condition for riding or automobile. On the new grounds, in addition to the handsome clubhouse, will be erected stables and a garage for the accommodation of the members. The club will install a first-class menu, which will be in charge at all times. The stables will be built on the latest improved order and will be kept in good condition.

An additional feature of the new association is setting aside 10 of the 30 acres, which will be divided into acre tracts and sold to members of the club for the erection of either summer or permanent homes, as they choose. The site of these Summer homes will be facing the track and polo grounds and is almost identical with the location of the grandstand at the Portland Country Club.

A FREE COTTAGE AT SUNSET BEACH

We will give (absolutely FREE) a cottage at Sunset Beach to ONE of the next 100 persons buying lots in that beautiful Summer Resort. We will make no extra charge for the lots, selling them at the regular price, \$75.00 and upwards. Remember that they are 50x100 or larger. An architect is now preparing the plans, which will be open for your inspection. This cottage will have four large rooms, porch on two sides. In the meantime you had better get on the list, as five names have been entered since we commenced to write this advertisement.

SUNSET BEACH on the Nehalem where the railroad first reaches the Pacific Ocean. Two hours from Portland.

Write for Particulars—Goddard & Wiedrick 110 SECOND ST. Phones—Main and A 1743

WOMAN'S SORROWS MANY Loses Husband, Child and Parents and Sister in Few Months.

SPOKANE, Wash., March 20.—(Special.)—Neil Caulfield, of Chicago, who was hanged to a tree three times by the Indians during the Civil War because he was suspected of being a Southern sympathizer, and whose death Thursday in Chicago was mentioned in the Oregonian, was the father of Mrs. H. W. Engleking, of Spokane, whose husband was carried over the falls in the Spokane River here May 5, 1908. Engleking, in every other victim going over the great bluff, being killed.

ITALIAN BADLY STABBED Victim of Drunken Quarrel Lies Hovering Near Death.

Found lying in a pool of his own blood at Fifteenth and Savier streets at 10 o'clock yesterday morning, Sam Monack, an Italian laborer, who lives at 64 Fifteenth street, proved to be the victim of a drunken stabbing affray which is now in St. Vincent's Hospital in a serious condition and the surgeons say he may not recover.

PERSONAL MENTION.

George H. Durham, of Grants Pass, is registered at the Imperial. J. W. Knowles, of La Grande, is in the city, a guest of the Imperial. H. W. Fries and Mr. and Mrs. George W. Hazen will leave today for an outing of several days at Shipper's Springs. A. H. Ackerman, State Superintendent of Public Instruction, is in the city, registered at the Imperial Hotel. Edward Jussen, of Spokane, is in Portland looking after his interests here. He is registered at the Portland Hotel. C. E. Dixon, of Eugene, a member of the Booth-Kelly Lumber Company, is visiting in Portland in the interests of his company. He is at the Imperial. George T. Sablin, a prominent lumberman of Oshkosh, Wis., is in the city, registered at the Cornellus. Mr. Sablin is in the West for the benefit of his health and likes Portland very much.

New Sales Reported.

Devlin & Firebaugh report the following recent sales: Lot 4, block 3, Oak park Addition to the City of St. John, from Fannie Booth to Emma J. Richards; consideration, \$2000. Also a half acre of ground at Riley Station, on Oregon City carline, improved with modern two-room house, from Coleatta Labovitch to J. M. Neal; consideration, \$2550. The same firm also reports the sale of a 12 1/2-acre improved tract in Hood River, from A. A. Phelps to A. L. Moran, a recent arrival from Kansas; consideration, \$5900.

Lecture on Norway.

Captain Henrik Ansell, a Norwegian soldier, author and orator, will deliver a lecture Friday night in the Taylor-street Methodist Church. The lecture will deal with Norwegian life and scenes and will be illustrated by colored views of scenes and places in that country. Captain Ansell's descriptive powers are expected to add much to the success of the evening.

Wishkah Bridge Opened.

ABERDEEN, Wash., March 20.—(Special.)—The Northern Pacific new steel bridge, 37 feet long, crossing the Wishkah River, and which has cost \$200,000, was opened for traffic today.

ATTEND TO FIGHT WHITE.

INDIANAPOLIS, March 20.—Arrangements were made today for a fight between Frankie White, of Indianapolis, and Abe Attell, in Dayton, O., on March 22.

CARD OF THANKS.

We desire to thank my many friends for their sympathy during the long illness of our beloved wife and mother and grandmother, and for the beautiful floral offerings. A. Wentz, Mrs. C. Marton, Mrs. E. Manning, Mrs. E. Walker, Miss Hazel Henry, Cyril and Arthur Manning.

DAILY METEOROLOGICAL REPORT.

PORTLAND, March 20.—Maximum temperature, 42 degrees; minimum, 38. River reading at 8 A. M., 3.2 feet; change in last 24 hours, rise 1.1 feet. Total rainfall, 3 P. M. to 5 P. M., 0.19 inch; total since September 1, 1908, 30.18 inches; normal, 34.99 inches; deficiency, 4.81 inches. Total sunshine, nil; possible, 15 hours 23 minutes. Barometer (reduced to sea level) at 5 P. M., 29.92 inches.

FORECASTS.

Portland and vicinity—Rain; brisk southerly winds. Oregon and Washington—Rain; brisk southerly winds interior and high southerly winds along the coast. Idaho—Increasing cloudiness followed by rain of snow.

WEATHER CONDITIONS.

A new low-pressure area has made its appearance off the Oregon coast, which is moving slowly inland. Warnings for this disturbance were issued this morning to all stations in the district. This disturbance has caused light to moderately heavy rain in the Pacific Northwest, including Washington and light rain in Northern California. No high winds have yet been reported at the land stations within the influence of the storm, but it is expected they will occur tonight, especially along the Oregon coast.

MEETING NOTICES.

MACCABEE card party and dance. Ladies and Knights of the Maccabees and their friends are invited to attend, which enjoyable party to be given by Portland Lodge No. 1, K. of P. Hall, Eleventh and Alder streets, 8:30 P. M., Admission, 15c.

MEETING NOTICES.

MARGUERITE CAMP, Royal Neighbors of America, will give a "five hundred" party and dance in their hall, Savoy buildings, 25 1/2 East Broadway street, Thursday evening, March 25. Admission, 15c.

MEETING NOTICES.

WOMEN OF WOODFORD, will give a what party Friday evening, March 26, in the W. O. W. Temple, 128 Eleventh street. Refreshments and dancing. Admission 15c.

MEETING NOTICES.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

MEETING NOTICES.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

MEETING NOTICES.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

MEETING NOTICES.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

MEETING NOTICES.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

MEETING NOTICES.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

MEETING NOTICES.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

MEETING NOTICES. ANCIENT ORDER UNITED WORKMEN.—Hall of Portland Lodge, No. 27. Members are notified that Friday night there will be a special meeting. Address: 115 1/2 Commercial street. Visiting League of Honor will be present. Address: 115 1/2 Commercial street. All members are requested to come. Bring along some young man who is not a member. The Crescent Lodge, No. 1214, will entertain you. By order, T. H. FRAYER, Recorder.

MULTNOMAH CAMP, No. 77. W. O. W., invites the members, their families and friends to an entertainment and dance, Friday, the 26th, in their hall, 112 East Sixth street, Astoria, Ore. J. M. Woodworth, Clerk.

UTOPIA REBEKAH LODGE, No. 62. I. O. O. F., will give a grand social, Friday, March 26, at its hall, corner of East Alder and East Sixth streets, Astoria, Ore. Social Committee.

MYSTICS ATTENTION.—Temple lectures, 11 A. M., Auditorium Hall, 2d and Salmon sts. Subject: "Elementals." (Free.) EDW. K. ALMSTRÖM, M. M.

PORTLAND HOMESTEAD 916 will give a dance in Western Auditorium of Music Hall, Second and Morrison streets, Wednesday evening, March 24. Admission, 15c.

THE PYTHIAN SISTERS will give their next whist and dance, Saturday evening, March 27, at K. of P. Hall, Good music and prizes. Admission, 15c.

PAULL—At Good Samaritan Hospital, Friday, March 18, Mable, wife of Dr. C. W. Paull, died.

HOUSEHOLD NEEDS. Coal—Australian, Wyoming and Washington coal delivered promptly in any quantity. Price 10c per ton. 402 1/2 St. Phone Main 1618, A 1984.

Coal—Kemper coal, the best Wyoming coal, gives more heat and less ash. Churchill Bros., 1115 and Marshall sts. Phone Main 931, A 2031.

Prices Reduced on green slab and Prompt delivery. Steel Bridge Fuel Co., 47 Albin ave. Phone E. 421, C 173.

Florist—Cut Flowers always fresh from the Garden. Phone Main 1618, A 1984.

Electric Fixtures—Let us equip your home. Prices are right. All work guaranteed. Western Electric Works, 61 Sixth street.

Plating Knives, Forks and all silverware. Plating Works, 10th and Alder. Main 2575, A 2575.

Coal—Richmond and Walden Australian. Independent. Coal & Ice Company, opposite City Library. Both phones.

GRAND CENTRAL STATION. Southern Pacific. Leaving Portland—Astoria and Seaside Express, 8:15 a. m. Cottage Grove Passenger, 8:45 a. m. California Express, 9:15 a. m. San Francisco Express, 9:30 a. m.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.

ARRIVING PORTLAND.—Oregon Express, 7:15 a. m. Forest Grove Passenger, 7:30 a. m. Portland Express, 7:45 a. m. West Side, 11:15 a. m.



THIS BEAUTIFUL HOME With full quarter block. Choice location on East Side For Sale \$15,000 House alone worth more money JAMES J. FLYNN 512 Chamber of Commerce

CASMUR ACREAGE Why Pay \$500 or More for a 50x100 Lot When You Can Buy an Acre for the Same Price? OUR ACREAGE IS NOT MILES AWAY IN THE COUNTRY, but practically right here in the CITY. It fronts on the BARE ROAD, which is an extension of East Halsey street. The County Commissioners are now improving the BARE ROAD, and when completed it will be like the BASE LINE ROAD, the finest in Oregon. WHY CONFINE YOURSELF TO A 50x100-FOOT LOT? Give the children a chance to play and grow up. If you want you can make a good living on a 2 1/2-acre tract raising strawberries and vegetables. Get breathing space, NOW, in a choice location while opportunity offers. You can buy cheaper acreage, just as you can buy cheaper cigars than four-bit ones, but the BEST is the cheapest in the end, and you CAN'T BUY ANYTHING IN ACREAGE TODAY as high and sightly, level and as close in as CASMUR ACREAGE for the money. Twenty-five-foot lots within a stone's throw of CASMUR ACRES sell for \$125 and up, at a rate of \$2000 an acre and more, and their location is not to be compared with CASMUR ACRES, with the building of the Mount Hood Electric Railway the value of every acre will double. BUY NOW TERMS MURPHY & CASWELL 230 Stark Street