

EXERCISES PROVE JEFF'S FINE FIBER

Big Pugilist Regains Old-Time Agility but Awaits Tem- porary Relaxation.

CHAMPION EATS HEARTILY

Undeclared Heavyweight Promises to Justify Faith of Friends in His Prowess—Gleason to Meet Him in Seattle.

BY W. J. PETERSON.

Anyone imagines it is fun to be a world champion of either pugilism or wrestling, he should have a heart-to-heart talk with either James J. Jeffries or Frank A. Gotch, the premiers in both divisions. The big fellows have their pleasurable moments, and really enjoy life, but they have a surfeit of publicity, and await the date when the touring engagement of the all-star combination will be over.

Jeffries and Gotch are in constant training, and are anxious to relax a little from the stringent rules of athletic dieting. They want to eat what they please, and do as they please when in the company of friends, but the athletic instincts of the two big premiers forbid indulgence in certain luxuries, and calls for strenuous exercises such as shown by Jeffries at the Exposition rink Friday night.

The big pugilist's performance in these training exercises is but a small portion of the activities he will take up as soon as he goes into active training, yet the demonstration of his physical condition proved beyond question that he is far from being in any immediate danger of becoming so.

Agility Is Surprising.

The champion opened his exhibition at the rink with a rope-skipping exhibition which he maintained for three minutes, displaying agility for so large a man. While this part of his daily exercise enlightened fans, his shadow sparring, in which he holds one-round fights with himself, was another source of interest and speculation on the part of spectators.

The Jeff dawdled in getting up, feinting at an imaginary opponent with an agility that was surprising. He displayed his foot-work as of old, and it was the old-time agility which earned him the reputation of being the fastest and cleverest of all the big men who ever existed.

While his rope-skipping and shadow-sparring was enough to create the impression that he was getting up to his next exercise, he dispelled doubt as to his condition. In the language of the training camp, it was a "stomach exercise," or hitting of the muscles of the abdomen, as well as reducing corpulence. Sam Berger, Jeff's manager, seated himself in a chair and directly in front of him, Jeff occupied a seat without a back-rest attached.

Severe Exercise Repeated.

In going through this exercise, the big fellow secures a hold on the lower trunk, and by pulling it down by means of a counterweight, and bends backward until his head and shoulders practically touch the floor. Two or three times the big fellow weighing 228 pounds, alternately lowered and raised his body in the straight backward position, which has not yet completed the same exercise 12 times, with the exception that he followed a circular motion, in which his head and shoulders described a circle in swinging up and down.

That Jeffries is able to handle himself as well as ever was completely demonstrated in the exhibition he gave here. He asserts that whatever defect may now handicap him as to lung power may be obvious only in his outdoor exercises. He will indulge in these as soon as he completes his theatrical tour. Jeffries' favorite topic is hunting, in which he has been an old friend who pleased the big fellow immensely by dwelling on new shooting grounds and discussing big game of Oregon and the Northwest.

Jeff Eats Heartily.

"Is Jeff dieting himself?" is a question heard frequently. When questioned on this point the big fellow answered in the negative, saying by way of explanation that he abstains from certain starchy foods, but was not eating himself in eating. In the morning he eats ham and eggs, and often calls for more. Frank Gotch is the "eater" of the all-star troupe. The town giant seems to relish his meals, and can enjoy a feast on the slightest of provocation. Jeffries eats a large steak, sometimes sprinkled with onions, but usually plain. He uses very little fat, and does not eat anything that does not abstain from tea or coffee, though he relishes a glass of apple cider when it is possible to secure the fruit fresh, as he found it in Portland. Liquors, aside from claret or port wines at meals, are barred with the fellow until after his battle on July 4.

Before leaving for the North with the troupe yesterday, Jeffries said: "I have been treated royally in Portland, and I will always remember this city. It has grown wonderfully since I was last here, and I sincerely hope all my friends here will enjoy continued prosperity. I hope to justify the faith of my friends, and I shall be prepared to do so next July."

Sam Berger received a telegram from Jack Gleason yesterday announcing that the promoter would meet him in Seattle this morning. Berger cannot say what Gleason wants, unless it is that the San Francisco promoter invite Richard to the track team, as well as discrediting the reported quarrel between the promoters.

Leonard to Coach Team.

T. H. Leonard, formerly a catcher on the University of Vermont baseball team, has been engaged to coach the Washington High School baseball team and the sprayers on the track team. Miller, the school's half-mile, will assist in coaching the distance men.

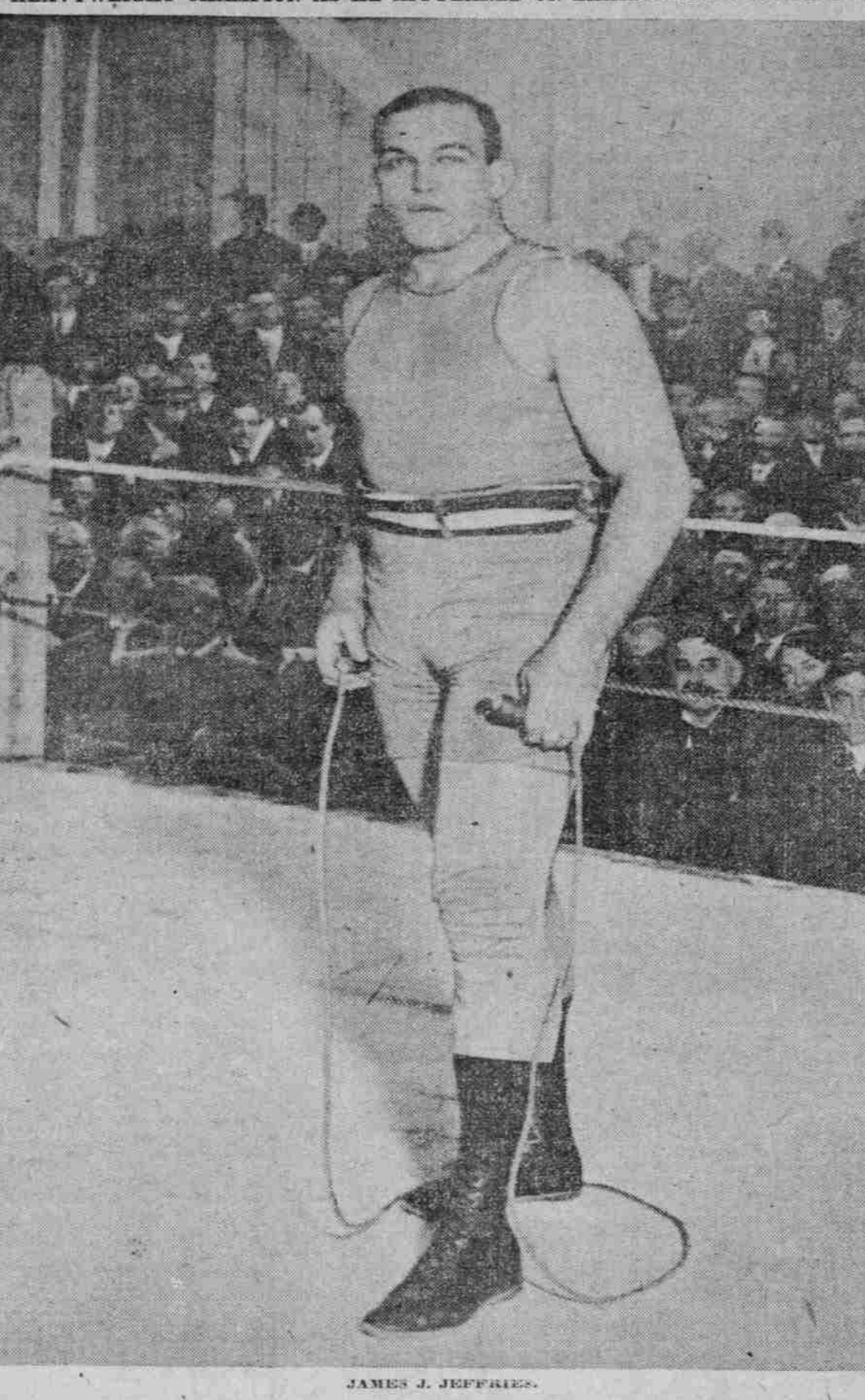
Goldendale 41; The Dalles 18.

GOLDENDALE, Wash., Jan. 29.—(Special.)—The Dalles High school basketball team lost last night to the Goldendale High School by the score of 41 to 18. A reception followed the game.

Watsburg 20, Duncan 15.

DAYTON, Wash., Jan. 29.—(Special.)—Watsburg High School basketball team won from the Dayton five tonight in a fast game. The score stood 20 to 15. Two hundred people saw the game at Watsburg.

HEAVYWEIGHT CHAMPION AS HE APPEARED ON EXHIBITION IN PORTLAND.



JAMES J. JEFFRIES.

ROSE CITY ATHLETIC CLUB SOCCER GAME

Defeats Stronger Queen's Park Eleven by Score of Two Goals to One.

PLAYING OF ROUGH ORDER

Winning Team Now Has Chance to Try for Silver Cup Trophy. Oceanside Will Play Crick- eters This Afternoon.

Multnomah's fighting blood was never in better evidence than when the clubmen, in face of seeming defeat at the hands-and-feet of a heavier team, defeated the strong Queen's Park eleven by two goals to one in a game of soccer football played yesterday afternoon on the soft, muddy baseball field at Twenty-fourth and Vaughn streets.

The game was a fiercely-fought, rather rough one, made so largely by the rough-house play of three Queen's Park men, the chief aggressor being Robertson, the right half-back, who was ruled off the field by Referee John Dickson. Robertson had been repeatedly warned, but his conduct and his bad behavior will be reported to the Portland Football Association for action.

Drake, the left full-back of the Queen's, did not have the "clinch" he had last week, for he was opposed by two men as big and as strong as he himself.

The M. A. C. soccer eleven just won by a hair's breadth, and played in the hardest possible sort of luck. They have lost to the new team, Kild and Shaw, who have been ordered to bank offices in British Columbia, and Slim A. Gorman, who has been ordered to bank offices in the Northwest.

The Aberdeen baseball team had done much good for this city and that Aberdeen's chance for reinstatement in the Northwestern League had come through the assistance of Portland, the policy of turning all business from here to Portland should be continued.

It was also arranged in view of the fact that Aberdeen is sending her business to Portland, that the merchants and jobbers of Portland should show their appreciation by bringing influence to bear upon Judge McCredie to make application for a franchise in the Northwestern League, and that they should train Portland to ask McCredie to see that the Portland Northwestern team gets as many weeks of ball at home as possible.

"From the assurances I have had from the McCredies," said Rowland today, "I have no doubt but what they will apply for a Northwestern franchise and that it will be granted. I look for a special meeting to be called earlier than February 3.

"I have been quoted as saying that I did not care where the sixth city was, I told Dugdale that the sixth city was Portland, and that it was the city I wanted, but in case Portland would not come in and Everett came forward, we would accept it. I have had plenty of offers to sell players, but I have refused on the ground that Aberdeen is going to be in the league next summer."

CITY GIVES THANKS

Aberdeen Is Grateful to Port- land for Aid.

ALL TRADE TURNED HERE

Black Cat Town to Patronize Oregon Metropolis for Helping Its Baseball Situation--Row- land Is Saugunate.

ROSE CITY ATHLETIC CLUB

Tickets on Sale at Schiller's Monday, January 31st. General Admission, \$1.00. Reserved Seats, \$2.00. Ringside, \$3.00.

STUDENTS BUSY BUT TRAIN

Cross-Country Run Entrants Take Long Walks--Trophy Offered.

Queens Rush Game at Start.

Valley League Formed

High Schools Land in Strong Athletic Organization.

Albany Beaten by Indians

Chemawa Winner in Fast Game of Basketball, 47 to 10.

Webster Accepts Terms for Finish Fight with Attell.

McCarey Records Guarantee

German Expert Says Man Is Strong- est at 35 Years of Age.

Attention! Baseball Fans

Spalding Official Baseball Records

Honeyman Hardware Co.

BOXING!

DANNY WEBSTER vs. FRANKIE CONLEY

Holder of World's Championship Belt
Of Kenosha, Ws.

DAN O'BRIEN vs. CHAS. (KID) RAYL

of Portland. of Oakland.

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more and more rapidly, until the weakness of old age is reached.

"There is no reason in my opinion why the greatest strength should not be maintained until after a man has reached 45 or 50 years of age. The trouble is that we have been living at too rapid a pace. The average life of man, instead of these score and ten, should be 100 years. Our youth are dissipating too much and our young men neglect their physical condition in their struggle to get on in the business world, while our middle aged and older men are leading too strenuous a life mentally. We pay too little attention to our physical welfare, and the result is we are decreasing instead of increasing the average length of life."

U. S. STEEL REACHING OUT?

Rumor of Plant to Be Built on Island Near Vancouver, B. C.

VANCOUVER, B. C., Jan. 29.—John Kelley, of Minneapolis, and Thomas Cole, a Duluth copper mining operator, largely interested in Butte and Arizona mines, have just bonded 6000 acres of iron lands on the Northwest end of Toxada Island from the owners, the Puget Sound Company, composed of San Francisco men. The bond calls for payment of \$1,000,000 in three years. A \$100,000 bond is also required. A clause of the agreement provides that development work on the property must be started before March 20 next.

It is said that Kelley and Cole represent the United States Steel Corporation, which contemplates establishing a steel plant near Vancouver.

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COLUMBIA WILL PLAY

HEAVY TEAM TO MEET MEN OF LINCOLN HIGH.

Runyan P. A.'s Crack Center, Will Again Enter Game and Acad- emy's Chances Improve.

Brothers' College Teams Beat Deaf School and Columbia Juniors.

ALL DEPENDS ON SPY'S REPLY

If He Forbids Fight at Saitair, Ala- meda Will Be Scene.

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