

REGULAR REST IS  
NEED OF ATHLETE

Simple Food, Abstinence From  
Dissipation Is Advised  
by 'Doc' Schmieder.

TRAINING COURSES DIFFER

Prizefighters Must Submit to Most  
Stringent Rules: Baseball Players  
Subject to Rheumatism  
Because of Many Changes.

"Sleep, at least eight hours in every  
24 and in regular doses," is the cardinal  
training principle of F. W. Schmieder,  
er "Doc" Schmieder, as the trainer of  
the Portland Beavers, is known to  
sporting men of the country.  
"Regular meals, or simple food, ab-  
stinence from intoxicating liquor and  
tobacco are essential to the success of  
the average athlete, or the prolonged  
success of any one in athletic endeavor,  
but sleep is one essential that cannot  
be overlooked," says "Doc." "This  
doesn't mean eight hours of sleep in  
the daytime, or staying up until 4 or  
5 o'clock in the morning, but sleep  
starting from 11 or 12 o'clock at night.  
The morning sleep may seem pretty  
good, but the rest of the day is just  
as much as though no sleep had been  
indulged in."

Adherence to Rules Enforced.  
Schmieder, in his experience as con-  
ditioner of boxers, football players and  
diamond experts, has seen the results  
of athletes for seven years, but whether  
he is training a man for a ring bout,  
necessitating the most rigorous adher-  
ence to rules for several weeks; a foot-  
ball campaign of two months, requiring  
almost equally Spartan treatment; or  
a diamond season of five or six  
months, a milder course, demands that  
his charges live close to the prescribed  
rest line.

"Doc" had his first experience with  
boxing, being a member of the training  
camp of Jim Flynn and other fighters  
in Los Angeles in 1904 and 1906. In  
1907 he came to Multnomah Amateur  
Athletic Club. He stayed there for  
nearly three years, going to the Cleve-  
land Americans in 1910, Walter Mc-  
Credie landing the berth for him. In  
the winter of 1910 Schmieder came  
back to Portland, the cold weather of  
Cleveland sending him post haste to  
the scene of his former work. Mc-  
Credie offered him a job as trainer and  
traveling secretary, but he declined  
in 1910 and he has gone through three  
seasons with the Coasters. He spent  
last winter about Los Angeles, at the  
Los Angeles Athletic Club and several  
weeks in the training camp of Joe  
Rivers, and this winter once more be-  
came connected with Multnomah Club  
as trainer of the football team.

Courses of Training Differ.  
"Different courses of training" are  
required for different kinds of ath-  
letes," continued Schmieder. "The  
fighter, who works for a few weeks  
prior to a fight, must necessarily forego  
the mild dissipation permissible in  
the baseball player, who works his way  
gradually into condition and keeps that  
way through a long season by his daily  
tasks on the field. So with the track  
man, who often trains for one or two  
meets, and the football player whose  
period of activity is limited to six  
weeks or two months.  
"If the baseball player lives a good  
clean average life his daily athletic  
performances will keep him in good  
trim. It's only the frequent injuries  
that require the services of a trainer,  
outside of the constant work necessary  
to keep a corps of pitchers ready for  
box duty.

Pitchers Careless of Selves.  
"The pitcher is the hardest man on  
a team to get into condition and the  
easiest one to get out of shape. He  
pays less attention to his physical  
well-being than any other athlete,  
when he is the fellow who should take  
the best care of himself. The fact  
that he pitches only every four or five  
days, and the rest of the time is doing  
nothing, has much to do with this,  
while the pitching arm overheated in  
a game, and rendered sensitive from  
constant treatment and thus subject to  
danger from changes in climate, is an-  
other big reason.  
"The trainer must assist in getting a  
pitcher's arm into shape before a game,  
particularly if the day is cold. If he  
tries to work himself into shape he  
cannot last the entire game. Then,  
after each game, the arm must be thor-  
oughly massaged to keep it limber  
while I use a preparation to prevent  
colds. The pores are wide open after  
a game and the arm is open to any  
attack, ranging from a slight cold to  
new rheumatism, the bugbear of the  
ballplayer.

Rheumatism Ballplayer's Foe.  
"Rheumatism is unquestionably the  
greatest foe of the baseball man.  
Changes of climate, water and other  
conditions conspire to give muscular  
rheumatism a hold on the player. If  
the weather in every city was the same,  
much of the danger would be removed,  
but in the summer, when Los Angeles,  
Sacramento and Portland have warm  
weather, San Francisco will be cold.  
Last season Doname, Fisher and Rogers  
were rheumatic patients. The first  
two are rid of it now and with good  
care will be in splendid physical shape  
next season.  
"In Spring training it's the young  
fellow who has the 'Charley horse,'  
lame arm, and other athletic ailments.  
The older men know how to take care  
of themselves, going at the work grad-  
ually, but the youngster, knowing that  
he must hustle to beat the older fel-  
low out of his job, often works himself  
into the hospital, and is discarded be-  
fore he has a real opportunity to show  
his mettle.  
Anxiety Injures Youngsters.  
"The 'Charley horse,' so often men-  
tioned but so little understood by the  
average fan, is a muscular strain or  
tear in the leg. After a season of in-  
activity the fellow who tries to show  
too much speed in the first day or two  
of training works finds that he has  
strained or torn the muscles of a leg,  
and that they pull up or knot. Then  
the member must be heated thoroughly,  
massaged until thoroughly relaxed, and  
then strapped with tape or adhesive  
plaster until the muscle cannot work  
out of shape. It gradually knits to-  
gether again and the man has recov-  
ered. Three or four of these 'Charley  
horses' make training camp work de-  
cidedly strenuous for the trainer.  
"I advocate no special diet at a  
training camp unless a man reports  
very thin or carrying considerable fat.  
A player requires meat once or twice a  
day, substantial food being necessary  
for a man working as hard as he does.  
Winter Exercise Advised.  
"I believe firmly in players exer-  
cising during the winter, but not in  
playing strenuous winter baseball.  
From 15 to 30 minutes a day in the  
gymnasium, with the weights, grip ma-  
chine or light callisthenics, will keep  
a man in condition. Then, when he goes  
to training camp he will not have a

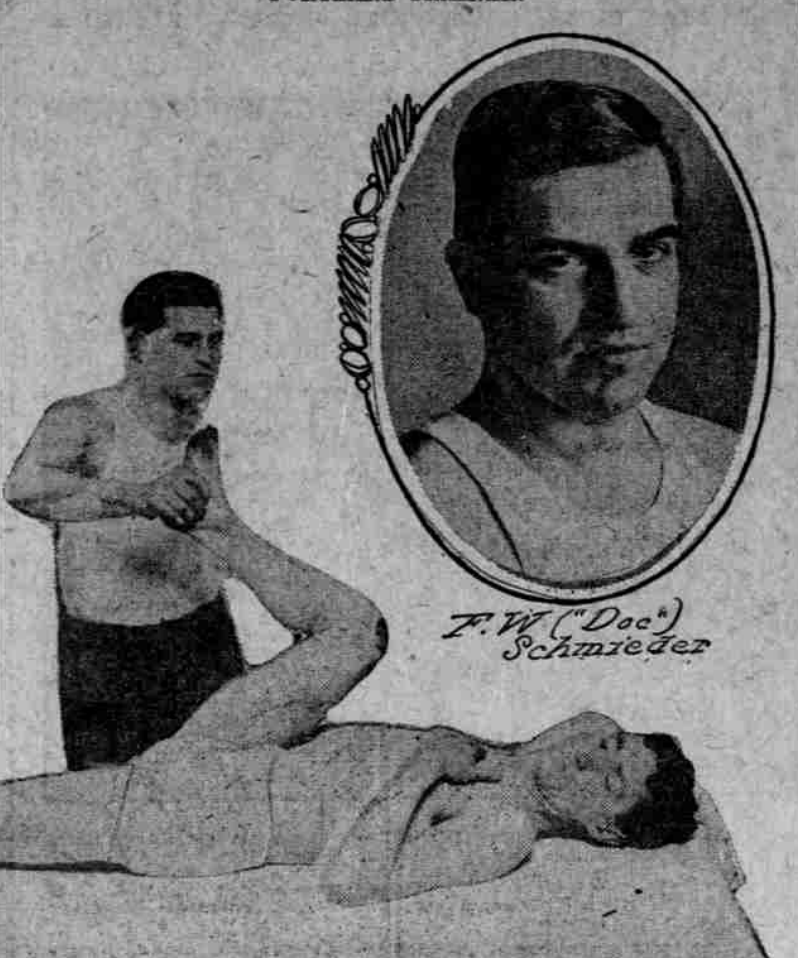
flabby muscles which may require six  
weeks to work into shape.  
The easiest pitcher I ever had to  
handle is Higginbotham, of the Port-  
land team. He has the most perfect  
physique of any man I ever saw in  
baseball; doesn't know how strong he  
really is, and takes good care of him-  
self. If all players were like him there  
wouldn't be much demand for trainers,  
except in the training camp.  
"Spec" Harkness is one of the hard-  
est men to deal with I ever ran across.  
His muscles won't respond to the  
treatment so rapidly as those of other  
players, while he pays not so much at-  
tention to the little things necessary in  
a man of his physique. Tom Seaton is  
another hard man to take care of. He  
requires as much work on his arm  
muscles as three ordinary men."

YACHT FLEET WILL INCREASE

Members of Club Are Planning to  
Build River Cruisers.

The Oregon Yacht Club will have  
several additions to its fleet if the  
plans of several yachtsmen are carried  
out. The boat which T. J. Mendenhall  
had built in the East by Gus Amund-  
sen seems to be a popular design and  
two sailors, H. C. Hastorf and H. F.  
Todd, had plans of the same style  
drawn. Their boats will be out for  
the opening race on Decoration day.  
Several of the members also are con-  
sidering the building of Columbia Riv-  
er cruisers and the chances are that

SCIENTIFIC TREATMENT OF ATHLETES UNDER WELL-KNOWN  
PORTLAND TRAINER.



F.W. ("Doc")  
Schmieder

Replacing Crossed or  
Torn  
Ligaments  
in the Shoulder.



Stimulating the Sciatic  
Nerve in Rheumatic Cases

BIG FIVES TO PLAY

Champion Teams Will Meet  
Multnomah Men.

MANY ATHLETES COMPETE

"Winged M" Has 70 Players Out in  
Effort to Make First Basketball  
Aggregation -- Wrestlers  
Are Preparing.

Three sectional basketball champions,  
the Rochester, N. Y., Eastern; Red  
Wing, Minn., Middle Western, and the  
Stockton, Cal., Independents, ranking  
team of the Pacific Coast, may be seen  
in action against the Multnomah Am-  
ateur Athletic Club five this winter.  
Manager Mackie, of the "Winged M"  
quintet, has received requests from the  
Northern Pacific Railroad to schedule  
games with the Rochester and Red  
Wing five, the former stopping here  
for that one jump, but we would make  
it up in the long run with short jumps  
like from Tacoma to Seattle, where the  
round trip is but 50 cents.  
"We have not definitely scheduled a  
game as yet," says Manager Mackie,  
"but Multnomah Club is out for the  
championship this season, and will meet  
all comers provided that the financial  
requirements are not prohibitive. The  
Oregon "Aggies," University of Wash-  
ington, Silverton, Salem, Y. M. C. A.,  
The Dalles and many other teams, in  
addition to the three big champions,  
are our prospective opponents. We  
shall play two games in the first of the  
year, one at Corvallis and Eugene, re-  
spectively. However, no games will be  
played until after the first of the year,  
when Keck, our center, is through with  
football. We are not going to take any  
chances of losing a game by going into  
one with a weakened lineup.  
"I believe that this kind of a schedule  
would be the best thing for baseball  
in the Northwest. Should the cities  
having to make longer jumps object to  
the plan, we might arrange a system  
whereby the road expenses for the year  
would be pooled and paid out of a  
joint fund. The fact, however, that  
new faces would be constantly coming  
before the eyes of the fans would soon  
overcome the additional cost of rail-  
road and boat fares."

LYNCH DROPPED BY M'GINNITY

Ex-Tiger Manager Notified Services  
Are Not Needed.

TACOMA, Wash., Dec. 14.—(Special).—  
"If 'Iron Man' Joe McGinnity, the man  
owner of the Tacoma Tigers, has his  
conditions will be more changes to the  
Northwestern schedule this year than  
the fact that Tacoma will have her  
share of games. McGinnity today out-  
lined a plan which, he believes, would  
do much toward increasing baseball in-  
terest in this section and would, there-  
fore, be more profitable to the man-  
agates, even if the initial expense were  
higher.  
The schedule as it has been in the  
past," said McGinnity, "calls for a series  
of seven games each with clubs, and  
then a jump to another town. I believe  
that a schedule which would call for  
four games with each team and then  
four more with another would do much  
to stimulate interest. The fans get  
tired of seeing the same teams play  
day after day.  
"It would mean an increase in rail-  
road fares to begin with, but there is  
but one long jump in the league, that  
being to Spokane, and I cannot see why  
it won't work out. Because of the in-  
creased cost of a trip to Spokane from  
the coast, it might not prove profitable  
for that one jump, but we would make  
it up in the long run with short jumps  
like from Tacoma to Seattle, where the  
round trip is but 50 cents.  
"We have not definitely scheduled a  
game as yet," says Manager Mackie,  
"but Multnomah Club is out for the  
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HAYWARD OFFERS GOLF CUP

Students at Eugene Will Compete for  
Silver Trophy.

UNIVERSITY OF OREGON, Eugene,  
Dec. 14.—(Special).—The game of golf  
has received a big boost from "Bill"  
Hayward, athletic trainer at the Uni-  
versity of Oregon, who has announced  
his intention of mastering its fine  
points and has hung up a silver cup  
to be contested for by variety golfers.  
The links is located about a mile  
south of Eugene, and has always been  
a favorite place of recreation for stu-  
dents. Last year much enthusiasm for  
the sport was developed, which culmi-  
nated this Fall in the organization of  
the College Hill Golf Club, with an-  
nual dues for the purpose of keeping  
the links in shape. A number of fac-  
ulty members have been prominent in  
promoting the game.  
Hayley, of Denver, holds a world's  
record. In 37 games last season he ap-  
peared at bat 83 times and not once  
did he make a base hit. Never be-  
fore has the feat been duplicated.

BIRTHDAY CONGRATULATIONS

Jimm Driscoll.  
Jimm Driscoll, the English feather-  
weight pugilist who is the permanent  
possessor of the first Lonsdale belt,  
was born in Cardiff, Wales, Decem-  
ber 15, 1895. As a youngster he  
worked in the mines in Wales, and  
it was while thus employed that he  
first showed his cleverness as a boxer.  
At the age of 21 Driscoll had  
his first battle as a professional,  
copping the verdict over Billy Lucas  
in four rounds.  
His first important match was a  
ten-round affair with Harry Mansfield,  
which resulted in a draw. In  
1904 Jim lost to Mansfield, but two  
years later he came back and put  
away his old opponent in 14 rounds.  
In his next notable performance he  
knocked out Joe Bowker.  
In 1908 Jim crossed the water and  
engaged in no-decision bouts with  
Matty Baldwin, Grover Hayes, Leach  
Cross and Abe Attell. Upon his re-  
turn to London in 1910 he knocked  
out "Spiky" Sullivan and later lost to  
Freddie Welsh on a foul. Driscoll  
is now preparing for a 20-round  
contest with Owen Moran, which is  
scheduled to take place in London  
next month for a \$5000 purse and  
another belt offered by Lord Lons-  
dale.

WE are now prepared to show the most complete line of high-grade woolsens in Portland---  
Our Famous Yellow Edge Serge \$33.00  
Featuring Young Men's Clothing, College Cut, Semi and Extreme English Cuts---Snappy Selections to Choose from at \$24.00 And Up  
Every garment made right here in Portland in our own shops by skilled Union Mechanics.  
McDonald & Collett  
289 WASHINGTON STREET  
G. H. McCARTY, Manager.  
High-Grade Tailoring at Moderate Prices.

SPORTING SPARKS

Club rooters at Seattle next Saturday.  
Dow Walker expects to have 100 men  
in the rooting squad, all members of  
the club. In addition 150 dental medi-  
cal students plan to take advantage  
of the special, with return by January  
1, making a contingent of 250 to  
witness the Multnomah-Seattle All-  
Star clash.  
The scarlet and white ribbons, bands  
and megaphones of the Oregon game  
will be in evidence at Seattle, together  
with all of the old yell and several  
concocted for the occasion.  
V. J. Davies, formerly of the Spo-  
kane Amateur Athletic Club, will take  
charge of the Multnomah Club turkish  
bath department the first of the year.  
Davies, who is an expert in his line,  
is planning a number of improvements.  
The sixth annual Pinochle struggle is  
on at Multnomah Club, Eddie O'Connell  
defending the title won last season.  
"Morcy" Dunne is rated as the toughest  
opponent in the brain tit. In the games  
already played O. E. Fletcher beat E.  
J. Johnson, G. Montague beat S. C. Hol-  
brook and G. A. Scharff beat Frank  
Harmar.

THE South is again attacked by the  
number fever. Word comes from Nash-  
ville that the scheme of numbering  
football players will be tried out  
against next season by all of the big  
colleges.  
The Giants might get up a fair foot-  
ball team with Tesreau at center,  
Meyers and McCormick as guards,  
Crandall and Merkle as tackles, Shaffer  
and Herrog as ends, Devore as quar-  
terback and Murray, Doyle and Mathew-  
son in the backfield.  
In support of the denial that Comis-  
key gave Ed Walsh \$1500 after he had  
beaten the Cubs in the final game of  
the last Chicago city series, comes the  
word that the "Old Roman" presented  
the boys with \$1500 each, with the  
words: "That ought to go a long way  
towards educating them."  
Nay Cartmell, former intercollegiate  
100 and 220-yard champion, and the  
best sprinter ever produced by Penn-  
sylvania, is scheduled to succeed Mike  
Murphy as trainer at the big institu-

tion. Murphy left for the South a  
short time ago in search of his fast-  
disappearing health.  
Edward F. Smith, a world's series  
fan, has sued the Boston Americans for  
\$5000, alleging that he was unjustly  
deprived of his seat at the game of  
October 12. He says he was yanked  
from his seat, taken to a detention  
room on the grounds, and kept there  
for one hour and a half.  
A professional basketball team may  
be seen in action in Washington this  
season under the leadership of Hal  
Chase. Chase is organizing a team  
now and is writing around for dates.  
When Jim Thorpe tried to make good  
as a pitcher for the Anadarko baseball  
team several years ago, he did not  
come up to the requirements of the  
Oklahoma club and was released.  
They have already commenced to  
change the name of the Chicago Cubs  
to Chicago Crabs. Evers, the new  
boss; Clymer, the new outfielder; Mc-  
Donald, the new utility infielder; Zim-  
merman, Miller and others, are said to  
be keen contenders for Evers' title of  
"human crab."

Angelo Petrello, an enthusiastic Chi-  
cago Cub fan, stole \$55 from his em-  
ployer to bet on the Cubs against the  
White Sox. The Cubs lost, so Angelo  
goes to the house of correction for  
six months.

FREE EXHIBITION OF SCIENTIFIC BAG PUNCHING BY MISS RUBY SPENCER

PORTLAND'S LARGEST SPORTING GOODS HOUSE ALL NEXT WEEK, IN SPORTING GOODS WINDOW FROM 11:45 A. M. TO 1:45 P. M. EVENINGS, 7 TO 8:30.  
AN ENTERTAINING EXHIBITION THAT WILL SHOW THE ADVANTAGES OF USING VARIOUS PHYSICAL EXERCISERS

HOLIDAY HINTS  
SPALDING PUNCHING BAGS  
SPALDING BOXING GLOVES  
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SPALDING GOLF SUPPLIES  
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Its predominant use by the foremost mercantile and manufacturing firms is convincing proof that it is economical—a producer, not an expense.  
Located in the Business District for Your Convenience.  
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BOXING --- WRESTLING SIX FAST BOUTS  
COLUMBUS CLUB HALL  
WEDNESDAY EVENING, DECEMBER 18  
Doors Open 7:30—First Bout 8:30  
Admission \$1.00 and \$1.50  
Reserved Seats at Schiller's