BATH EQUIPMENT OF CLUB IS COMPLETE

Multnomah Has Up-to-Date Department Installed at Cost of \$10,000.

ALL FACILITIES PROVIDED

V. J. Davies, Who Is in Charge, Says That Treatment by Means of Turkish Baths Is Beneficial to Health,

Multnomah, Amateur Athletic Club has the best turkish bath equipment in the Northwest, yet the members are est awakening to a realization of this Under the supervision of Alma P. Katz, chairman of the Turkish Bath Commitice of the club, and the management of J. Davies, who has 20 years' experi ace in the business, the department as increased in popularity until the ooks now show a profit instead of a

Installed at a cost of more than 10,000, the turkish bath department, ilo,000, the turkish bath department, with its steam room, hot room, heated marble rubbing slabs, needle shower, by plunge and commodious sleeping marters, presents the very latest in all that go to make the turkish bath avaluable to athletes and those of con-athletic proclivities.

But the turkish bath is not the only cature of the department, now that it. I Davies is at the helm, for he has atroduced various electrical appliances, including the violet ray, which clentifically applied, is weaning many

ances, including the violet ray, which scientifically applied, is weaning many members away from the doctor habit. Turkish bath, massage, Sitz bath, and faradic, galvanic and sinusoidal electricity freatments, violet ray, radiant heat, scalp treatment, chiropody and sait, oil and alcohol rubs, are included in the list of features.

Benefit Pointed Out.

ons why those whose occupations competitions to work with their brains instead of their muscles, or who have reached the period when vigorous exercise is no longer congenial, should take at least one or two turkish baths, a week!

"First, the skin is an excretory organ containing upwards of 1,000,000 of pores, and should eliminate about one-third of the effete matter of the human body, consisting of urea, carbonic acid gas, etc. If all these pores should be come clogged or sealed up, one would speedily die of self poisoning. In order to preserve health, it is absolutely necessary to keep these little sewers open and active. The other eliminative organs will otherwise be overtaxed and will fall to cleanse the system in a proper manner. Next to vigorous exercise, there is nothing that will increase the activity of the skin and aid elimination like turkish baths.

"Second, lack of exercise will speed."

crease the activity of the skin and aid climination like turkish baths.

"Second, inck of exercise will speed ity produce a degeneration of the tissues, causing the muscles to become flabby, the cells in the connective tissues in the body to become filled with fat, thus destroying their clasticity and even cause the heart and walls of the arteries and smaller blood vessels to lose their necessary vigor and clasticity. Properly administered turkish baths with thorough massaging, will soften and break down all this clogging matter restoring and preserving their greatest possible efficiency.

Nervous System Helped.

Nervous System Helped.

question but what the kidneys, lungs, liver and di-gestive ergans are aided by turkish their arrival here. Walter Knowlive betts, constipation, dyspepsia, bron-chitts, etc., being cured in this manner. wonderfully relieved by this atment, as can also nervous irrita-There are people who will tell you

by cannot take turkish baths without retting a headache or suffering from exhaustion for days afterward. This is ten due to lack of care on the part of a attendant. It is more frequently to however, to the desire on the part the patient to stay in the hot rooms

to the patient to stay in the not rooms to the limit of endurance.

The secret of a good turkish bath is not to see how much heat you can endure, but to see how easily you can be made to perspire. The following rules and suggestions, if followed, will inninhis prevent these disagreeable quences and insure a beneficial effect;

Turkish baths should never be ken immediately after a meal. Two three hours after will produce best

7. Always use the hot foot bath. This draws the blood away from the brain and prevents headache.

2. The cold, wet towel is unnecessary except where there is a decided tendency to headache. The cold towel re-

perspiration. Extreme heat is unnecessary and

ten injurious. A temperature of bo not stay in the hot room too Prolonged heat is always ener-

If you are not perspiring afor 15 minutes you should take a warm mover or go to steam room to relax ite skin. One cannot be benefited by taying more than half an hour in the

Rending Not Advised.

Reading is not advised while in room, as it strains the optic nerves

and often produces headaches. Bring a friend along and visit.

The massage or rub is always advised after the hot room, as it removes the impurities from the pores of the skin and restoresia normal condition.

X Should you not desire the massage. 3. Should you not desire the massage is savisable to take a prolonged lower of at least five minutes' dura-on at a temperature of from 50 to 85

9. Caution should be observed in taking shower after turkish bath. The taking shower after turkish bath. The force of the shower should never strike the head first, as it drives the blood from the brain and often produces disminess. The shower should never be below blood heat. 98 degrees, to commence with, and should then be gradually reduced to about 80 degrees.

10. Shocks from extreme cold water are seldem advisable. They produce too vigorous a reaction and are often in turfous.

UP-TO-DATE TURKISH BATH EQUIPMENT AT MULTNOMAH AMATEUR ATHLETIC CLUB.



with an aquatic craft, giving the trav-

Christofferson's new Model D flying boat is similar to the one produced by

the Curtiss Company, but has a number of conveniences and safety devices

which are essentially new. The craft is

upholstered cockpit furnished in ma-

ogany, and fully protected from spray.

Instead of the usual pontoons, a regu-

lar hoat has been provided with six air tight compartments with a total

floating capacity of 4000 pounds, against a total weight of 1300 pounds

"Many people on being asked if they take turkish baths will answer, 'No. I don't dissipate, so I don't need thom." says Mr. Davies. "This is a mistake. Every individual of sedentary habits needs turkish baths. I have spent about 20 years in the occupation of giving turkish baths and more than 30 per cent of this work has been with those who did not dissipate.

"The following are some of the reasons why those whose occupations compel them to work with their brains instead of their muscles, or who have

"No, we are not antagonizing the

man. He has constructed an "aerial yacht," which combines the aeroplane with an aquatic eraft with a property of the boxing game, was born in Paimero, Sicily, January 26, 1889. He came to America as a youngster and at the area of the boxing game, was born in Paimero, Sicily, January 26, 1889. He came to America as a possible of the boxing game, was born in Paimero, Sicily, January 26, 1889.

Walter Knowlton, champion of the Northwest, who was eler all of the thrills of the aerial soar to meet Gien Stanley, of the Olympic ing with the safety of a staunch boat. "Fourth—There is always a profound ffect on the nervous system in a properly administered turkish bath. The skilled operator can produce either a stimulating or sedative effect. In somnia, the dread of the brain worker. menths in preparation for his bout and which are essentially new. The craft is nis sudden streak of hard luck deeply designed to carry two passengers, in disappointed him, as well as the Multnomah Club's veteran trainer, Tommy Tracey, who came south with the stead of one, who ride in a luxuriously as charges.

As if Knowlton's illness were not As if knowitons liness were not enough, an unkind fate personified by one Bob McAllister threw more gloom in the Portland camp by decisively de-feating Tad Derbyshire, the heavy-weight from the north, whom the Mult-

noman Club boys had hoped to see overthrow the Coast champion. Derbyshire frankly admits that the local boy is too much for him. "I was sorry at the time that Tracey tossed sorry at the time that fracey tossen the towel in the ring," he said yesteriay, "because I didn't think McAllister could knock me out, but I suppose it was the right thing, for he certainly had me going and I knew that I had no chance to win. McAllister is a mighty clever man, and is fast as lightning."

Stanley Fay, who refereed the bouts, also is enthusiastic over the work of the young Olympian. "McAllister both in physical appearance and in his ring in physical appearance and in his ring work, is a counterpart of old Joe Choynski," declared Fay. "To see him box now is to have seen Choynski box in his prime. The surprising part is that the youngster handles himself with the coolness and judgment of an old ring veteran. His judgment of distance is splendid and his blows are accurate and as hard as trin homes." unice is splendid and his blows are accurate and as hard as a trip hammer."

The Los Angeles boys are returning home with three important victories to their credit. George Lammerson, the fast 125-pounder, who gave Frank Malone, of the Olympic Club, such a lough tussle for his Coast thile in the recent Los Angeles tournament, succeeded in reversing the tables on his former antagonist and is bleshy claused.

former antagonist and is highly clated thereat.

As this was a series of special matches and not a sanctioned championship tourney, Malone does not lose his title, but the Los Angeles boys are nevertheless greatly pleased at Lammerson's victory. "Bur" Hughes, the Los Angeles boy, who holds the Coast ignitweight championship, also upheld the prestige of his club by getting the decision over Phil Noonan, popular. Olympic Club boxer. The third victory of Los Angeles came when Pete Towne took a gory decision from R. Hake, of the Olympic Club. former antagonist and is highly clated

Coach Bach, of the Columbia University soccer football team, was not sur-prised when his boys falled to defeat the Jefferson High School boys. Three of my best men are away from-school this year and I have had great trouble this year and I have had great trouble in replacing men in their positions," said Mr. Bach yesterday. "The game has a vigorous constitution. If you are thin blooded or exhausted you should never take it.

12 If you have heart trouble or any special ailment, you should always advise with the attendant.

"The question is frequently asked:

Error In Number of Outs in Baseball Game Results Most Ludicrously.

SCOREBOY FOOLS PLAYERS

St. Louis Fans Crowd Upon Field With Only Two Out-Grounds Cannot Be Cleared and Game Is Not Finished.

on Lewis, instead of striking him out as was generally believed, we declared

for the craft. The hull is 24 feet six inches long and three feet wide. The engine, set in the boat, is 80-horse-power, and the power is transmitted to YOUNG VANCOUVER AVIATOR AND HIS NEW COMMERCIAL FLYING MACHINE.

started on his career as a fighter. In his time Joe has met some of the

best fighters of his class, among them

Pal Moore, Phil McGovern, Jimmy Walsh, Riz Mackey, Frankie Burns,

Tommy O'Toole, Abe Attell, "Knock

Out" Brown and Johnny Coulon. He met his first defeat in 1910, when

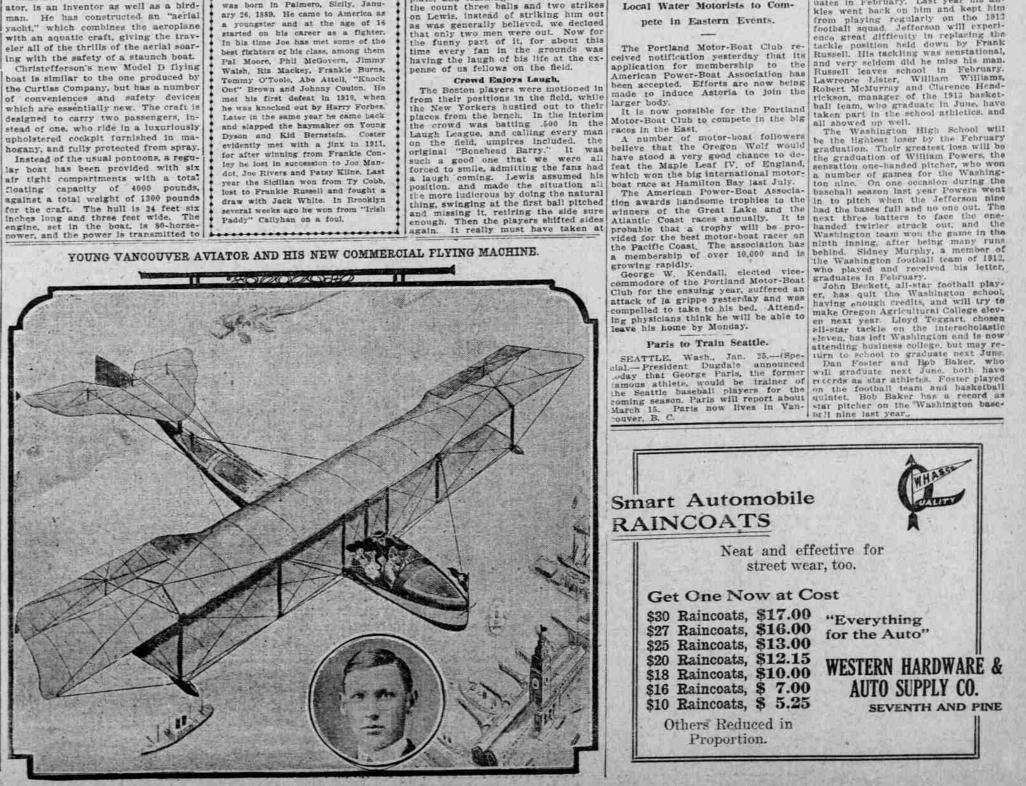
he was knocked out by Harry Forbes Later in the same year he came back and slapped the haymaker on Young Dyson and Kid Bernstein. Coster

evidently met with a jinx in 1911, for after winning from Frankle Con-

ley he lost in succession to Joe Man

dot, Joe Rivers and Patsy Kline, Last year the Sicilian won from Ty Cobb, lost to Frankle Russell and fought a

draw with Jack White. In Brooklyn



least 10 minutes to get that last strike over on Lewis. It is the only instance I know of where every soul connected with the playing end of the game thought the side was retired when only

thought the side was retired when only two men were down.

Art Griggs, of the Cleveland club, last season, but a member of the St. Louis club at the time I refer to, was the central figure in an incident that was almost as unique as the one I have just related. Conditions were exactly reversed in this case, as the fans, not the players, were the ones confused as to the number of men retired. It produced a situation even more perplexing, as there was no way to remedy the trouble.

A double header had been staged on the Sunday in question in St. Louis. The Browns had been soundy trounced in the first game and were getting an equally severe trimming in the second.

in the first game and were getting an equally severe trimming in the second. The fans naturally were in anything but a pleasant mood as a result of the poor showing of their favorites. As is usually the case they forgot about baseball, and started to have just as much fun as they could at the expense of the players and umpires.

Pinch Hitters Cause Mix-Up. In St. Louis it was customary at that time, to have special policemen in charge of the exit gates. One of their duties was to unfasten these gates, just

HIGH SCHOOLS **VALUED ATHLETES**

February and June Graduations to Deplete Ranks of Star Performers.

LINCOLN'S LOSS IS HEAVY

Jefferson Also to See Thinning of Athletic Veterans Who Finish Course This Year; Washington to Give Up Sensation.

Jefferson Loses Stars.

Edwin Thomas, who organized the first Jefferson soccer football team, three years ago, and also is a member of last year's football team, leaves school in February. His playing was of the highest class.

The lose of Harold Fitzgibbon will be a hard blow to the Jefferson trackmen. Fitzgibbon as a 220 and 440-yard man is hard to beat. Biair Holcomb is another track man to graduate with the February class. Nate Anderson, who served on the Jefferson football team for the past three years and made a record for himself as a football player, will no longer be seen in a Jefferson uniform, as he graduates in February. Last year his ankles went back on him and kept him from playing regularly on the 1912 football squad. Jefferson will experience great difficulty in replacing the

Smart Automobile RAINCOATS

Neat and effective for street wear, too.

Get One Now at Cost

\$30 Raincoats, \$17.00 \$27 Raincoats, \$16.00 \$25 Raincoats, \$13.00 \$20 Raincoats, \$12.15

\$18 Raincoats, \$10.00 \$16 Raincoats, \$ 7.00 \$10 Raincoats, \$ 5.25

WESTERN HARDWARE & AUTO SUPPLY CO. SEVENTH AND PINE

"Everything for the Auto"

Others Reduced in Proportion.