THE SUNDAY OREGONIAN, PORTLAND, MARCH 26. 1916.



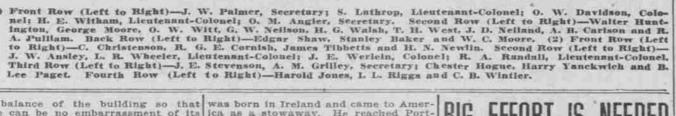
colleges and universities in the country today From the Portland Y. M. C. A. cam the great playground movement which has spread all over the city.

14

Athletics Made Secondary.

The idea of the association has not been to make record-breaking athletes, but for the use of athletics as efficient aids to the creation of healthful stu-dents, clerks, professional men and me-chanics. Athletics in the Y. M. C. A. are used as a part of character-build-ing

Ing. The Portland Y. M. C. A. has been the originator of much that is now before the people of the state. Specifi-cally might be mentioned the Juvenile



the originator of much that is now before the people of the state. Specifically might be mentioned the Juvenile cally might be mentioned the Juvenile can be no embarrassment of its occupants. If there can be no embarrassment of its occupants. If there boys cannot pay, grounds, the Oregon Social Hygiene So-clety, garden-growing contests and positions which will put them on their feet. One of these movements have been taken up to base movements have been taken up to be an origination of the stress of a larger.

being started in clean living and clean

Institution Operates at Loss.

growing.

After all the enthusiasm engendered After all the enthusiasm engendered by the talks had been allowed to work along to the boiling point and men were ready to fight for the big in-stitution at Sixth and Taylor streets, Harry W. Stone, general secretary, yes-terday added the last bit of fuel re-cutred to keen them on edge when he terday added the last bit of fuel re-quired to keep them on edge when he being operated at a constant loss. For the past three years, according to Mr. Stone, the institution has been unable to break even on the expense account.



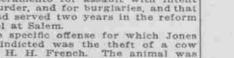


Instead of the parole that he came within a hair's breadth of receiving. Amos Jones, confessed cow thief, was yesterday sentenced to from one to five years in the penitentiary by Cir-cuit Judge Morrow. The parole was about to be granted at the recommen-dation of the grand jury, when Sheriff Hurlburt's deputies dug up Jones' rec-ord, showing that he was still wanted in Sacramento for assault with intent to murder, and for burglaries, and that he had served two years in the reform school at Salem.

TROUBLE YOU?

will change that

Long Face!



these movements have been taken up kitchenette meals consists of a large by the County Courts and by associa-slab of meat, beans, bread and-butter

course which is opened to the members. 1600 Entered in Night School. At the large central building at the corner of Sixth and Taylor agreets as many as a hundred gatherings may be in session any one night of the week. In the gymnasium 1500 men receive of America. Coming lights as an electrical engineer of America. Another Studies to Be Teacher. Here is another one. Eric Englund has just recently won the state cham-In session any one night of the week. Swimming classes, boxing classes, plumbing classes, singing clubs, tour-naments, gospel meetings, wrestling bouts, debating societies, Bible studies and all sorts of educational classes may be found operating, inspired with the source altruistic purpose—making bet-

The big building is a city within it-Jews, Swedes, men and boys, without regard to race, may be found assem-bled in every room for some specific

Attendance Is 4000 Dally.

Four thousand men enter the front door of the Y. M. C. A. building at Portland every 24 hours of the year. The elevator in the building traveled \$000 miles last year. And the equip-ment of the present home includes everything from children's games for the youngest boys of 10 or 12 years of age to the most complicated electrical

machinery. The Portland Y. M. C. A. operates, for instance, the most powerful wire less plant on the Pacific Coast. It fre quently furnishes news that is printed in Portland newspapers from points

ed in Portland newspapers from points designated as being at sea. The Portland Y. M. C. A. is not a charitable institution. It is trying to help men who are helping themselves. Its educational features are so or-ganized that not more than 15 students are assigned to one teacher. The rea-son for this is that, if education means character building, the result will only be obtained where the teacher has be obtained where the teacher has character and the time and oppor-tunity to impart it to his pupils.

Meal-Ticket Flan Is Followed.

The educational branch is organized on the meal-ticket plan. The student is supplied with a licket on which a certain number of lessons are indicat-ed, and his ticket is punched at the conclusion of every lesson he receives. If he is unable to attend continuous-ly to his studies he may take his les-

ons at wide intervals.

sons at wide intervals. In the west side of the building is the section assigned to the younger boys. It is a sort of self-government club. They are supplied with games and are taught swimming and other athletics suitable for their develop-ment. Most of the members in this department are students of the public

On another floor there is a home for On another floor there is a home for boys whose parents have been di-vorced or whose home arrangements have been disrupted for some other reason beyond their control. The boy is supplied with a good bed and his meals are furnished to him at cost. A kitchenetic adjoins the dormitory set aside for this little home, and its

Then somebody gave him an idea

these movements have been taken up by the County Courts and by associa-tions which have been specially formed to undertake their management. While these movements are in evi-dence, it should be understood that the religious feature of the organization has never been and is not abandoned. Bible study forms a part of every course which is opened to the members, **160 Entered in Nick School. 160 Entered in Nick School.**

Here is another one. Eric Englund has just recently won the state cham-

pionship in oratory for the O. A. C. Eric was born in Sweden and came to live with an uncle in Texas. He saw no future for himself down there, and borrowed enough money from his uncle to exceed the record of five years, to come to the Northwest. He is another graduate of the dairy-

The headquarters building of the \overline{X} . M. C. A. of Portland contains men who are struggling to do something ulture. The Portland Y. M. C. A. has devel-ped very strongly the idea of faiher-the very strongly the idea of faiher-Y. M. C. A. of Portland contains men who are struggling to do something for themselves. They will be found assembled in the classrooms, where they may be wrestling with the Eng-lish language, with mathematics or with some other branch of education. Other groups will be found in the trades, the laboratories, the electrical department or some of the scientific researches. One Makes Start as Newsle.

One Makes Start as Newsle.

Mother-and-son dinners are being strongly encouraged also, so that the mothers may have the same sort of inthat is being done for men of this character. It is nere that Nick Flem-ing a carrier on a Portiand newspaper and one of a family of 14 children, cb-tained his start in the world. Nick The Portland Y. M. C. A. is after the boys of the city. It wants the boy from when he is about 10 or 12 years COL. WERLEIN IS READY COL. WERLEIN IS READY Enjoy Life! Liven Your Liver and Bowels Tonight and old, at the time when he is most sus-ceptible to either good or bad in-fluences, when he might be easily contained his start in the world. Nick

I MAKE MEN.

I am a moulder of manhood. I take boys and young men in the plastic period and enlighten them in the art of living-fit them for success by teaching them how to be clean, strong, efficient.

I am a trellis to which the tendrils of youth can cling in healthful, happy growth, avoid-ing snarls and tangles due to igdrils

norance, idleness, neglect. In an age notable for powerful allurements of the forces of evil, I constantly present virtue in its true attractiveness. I mix mor-ality with mirth, flavor disci-pline with fun, and exalt always

pline with fun, and exalt aiways the glory of strength, physical, intellectual, spiritual. But two generations ago I was only a thought in the mind of a man. Today I influence for good a million members, touching a million members, every civilized nation, and growing-growing-GROWING,

Ing-growing-GROWING. I am a grain of mustard seed which grew into a great tree, and the fowls of the air lodge in its branches. I am at work in Oregon, in the cities, in the colleges and in the railroad centers; among men and boys irrespective of position, nationality and color. I am anx-fous to begin work with "the tous to begin work with "the other 50 per cent"-the Oregon boys in the rural districts.

MEN'S I am the YOUNG I CHRISTIAN ASSOCIATION.

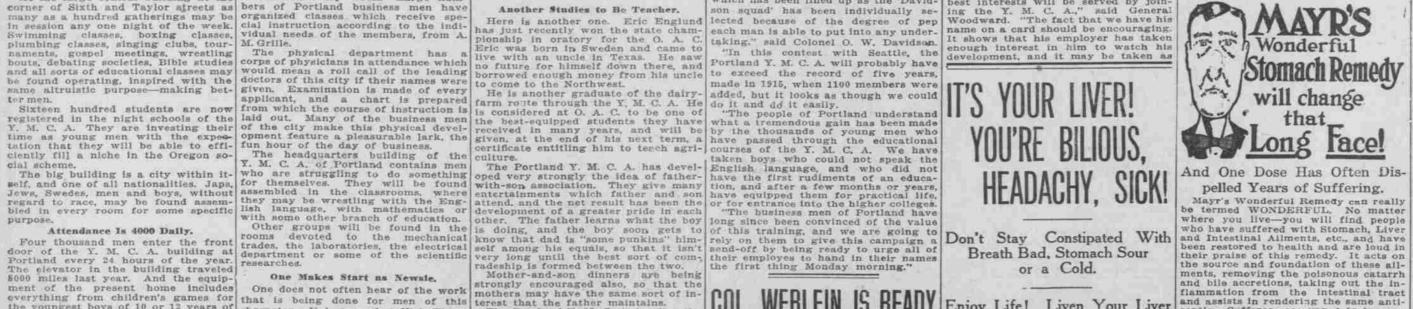
More members are imperative, and members who will stick. COL. DAVIDSON SAYS Y. M. C. A. HAS GOOD CHANCE TO WIN. The fighting squads announced their

Portland Y. M. C. A. will probably have

intention of going after that sort of membership tomorrow morning. The effort will be made to enroll more than Team Selected Carefully With Expectawas found sufficient to win the contest tion That Each Man Will Go last year, 1100. to Work at Once.

Employers Show Interest.

"It ought to be plain to any young "The team of Y. M. C. A. solicitors which has been lined up as the 'David-son squad' has been individually se-lected because of the degree of pep each man is able to put into any under-tabing" solid Colorit Q. W. Donidicar It shows that his employer has taken taking," said Colonel O. W. Davidson. "In this contest with Seattle, the



septic. Sufferers are urged to try on septic. Sufferers are urged to try one dose-which alone should relieve your suffering and convince you that Mayr's Wonderful Remedy should restore you to good health. Put it to a test today. Send for booklet on Stomach Allments to Geo. H. Mayr, Mfg. Chemist, 156 Whiting St. Chicago, or better still, obtain a bottle from your duspict obtain a bottle from your duuggist. For sale by the Owi Drug Co. and all other reliable druggists.

Stomach Trouble

Due to Acidity

Stomach troubles, such as indiges tion, wind and stomach-ache are simply evidence that fermentation is taking place in the food contents of the stomach, causing the formation of gas and acids. Wind distends the stomach aud causes that full, oppressive feeling sometimes known as heartburn, while the acid irritates and inflames the delicate lining of the stomach. The trouble



Do your lungs ever bleed? Do you have night sweats? Have you pains in chest and sides? Do you spit yellow and black matter? Are you continually hawking and coughing? Do you have pains under your shoulder blades? These Are Regarded Symptoms of LUNG TROUBLE

You should take immediate steps to check the progress of these symptoms. The longer you allow them to advance and develop, the more We Stand Ready to Prove to You Att We Stand Ready to Prove to You Ansonately, that the German Treatment, has cured completely and permanently case after case of incipient Lung Catarrh of the Bronchitis, Catarrh of the Lungs, declare they have been permanently cured by Lung Germine. If your congh and other symptoms are due to weak lungs, serious developments may follow neglect. NOW is the time to begin on LUNG GERMINE and build up and strengthen your lungs. Lung Germine has cured incipient Lung Diseases according to attatements of sufferers themselves as well as statements from their doc-tors—and the patients remain strong and in splen-did health today. Let us send You the Proof — Proof that will

Mayr's Wonderful Remedy can really be termed WONDERFUL. No matter where you live—you will find people who have suffered with Stomach, Liver We will gladly send you the proof of many re-markable cures, also a TRIAL mackage of Lung

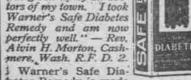
Convince any subge of sury on carta We will glady send you the proof of many re-markable cures, also a TRIAL makage of Lung Germine, together with our new 40 page book (in colors) on the treatment and care of weak lungs and incipient lung disease, if you will send your name and 10 cents (stamps or silver) to help Cover expense.

Lung Germine Co., 805 Rae Blk., Jackson, Mich.



Notwithstanding the advance of medical science during the past cen-tury, Diabetes still continues to baffle the most learned medical men. Thus far no one has been able to discover a definite cure for this dreaded disease and its ravages. However, much progress has been made in relieving the suffering of the afflicted.

Warner's Safe **Diabetes Remedy** has been used for 40 years with successful years with successful results in the relief of Diabetes as the follow-ing testimonial goes to show: REMED " I had Diabetes and as given up by all docwas given up by all doc



betes Remedy is made from herbs and other healthful ingre dients and contains no harmful sub

stance Sold by druggists everywhere \$1.25, but be sure you get Warner's.

Sample sent if requested. Warner's Safe Remedies Co.,

Dept 265 Rochester, N. Y.

A strict discipline is maintained at the camp, the boys being called from

their beds with a bugle, and retiring with taps in their ears at night. Every our of the day is devoted to some use ful purpose.

year the older boys from the Last year the older boys from the Spirit Lake camp passed north from across Mount St. Helens and over the mountains to Rainler National Park and Tacoma, being the first party to ever make the trip so far as is known. The Portland Y. M. C. A. needs the support of every business man in the city in the campaign which begins to-morrow. It is not only necessary that. Seattle be defeated in the contest, but there are several thousand young men

verted into a criminal or started o

the road to success. They are glad to get them from those ages up to 24. After 24 a man's habits are more or

nan is rejected.

Seattle be dereaded in the contest, out there are several thousand young men of Portland who need this institution to be given an opportunity. The names of persons desiring to join should be sent to General Woodward. The com-

operations are shut off from mittee will do the rest.

DEFEAT SEATTLE.

Big Thing in Campaign, However, Is to Develop Men and Boys Through Association, He Says.

tess fixed, and after that age they may be wasting their time in endeavoring to do something for him unless it be in an educational way. However, no "Our boys have heard something about 'whaling the everlasting tar out of a man,' " smiled Colonel Ed Werlein. of the appealing features of the C. M. C. A. organization for the younger class of boys is the camp at Spirit We have called ourselves the Woimclass of boys is the camp at Spirit Lake, Wash., which is every year oper-ated under the direct personal super-vision of J. C. Meehan. It is near the base of Mount St. Helens in a beautiful location, is equipped with cabins and spacious park grounds, where basebail diamonds, tennis courts and so on are laid out. Strict Discipline Maintained, A strict discipline is maintained at the person the bays bains called for the insurrectos the person the bays bains called for the futures of the boys of Portland, and if Colonel Davidson can get more the person the bays bains called for the insurrectors the futures of the boys of Portland, and if Colonel Davidson can get more the person the bays bains called for the insurrectors the futures of the boys of Portland, and if Colonel Davidson can get more the person the bays bains called for the minut the organization than can

of them into the organization than can my bunch, then I will be the first to

CCC CCC CCC CCC GCCLECC CANDY 0



10¢

Y. M. C. A. TEAM DETERMINED TO