

DO NOT GIVE UP ATHLETICS

Figures Show That Men Are Healthier if They Continue Their Exercises.

MAN'S FULL STRENGTH COMES ABOUT FORTY

List of Prominent Athletes Who Are Now Vigorous and Active, Attributing Their Health to Judicious Participation in Athletics.

Professor Allbut of Cambridge has quietly made a sensation by remarking that a man should not play golf before he is 35. This implies that the more violent sports may be indulged in up to but not after that age.

Let us consider facts. A man at 25 is as young as a horse at 40. An elephant is at 40 as an elephant is at 50. But keep a 10-year-old horse pent in a stable, restrain a 5-year-old dog from running, or chain a middle-aged steersman and notice how little such treatment will benefit their health.

When men attain their full strength until they are 40; whence it would seem that they should ease up when about 35. And after that age they should work, though not really strenuously. A man does not really begin to live until he is 30 or 35.

We have many remarkable instances of strength and endurance in old men. We have the case of the pedestrian Weston, who recently walked 96 miles in less time than he made the same distance 18 years ago.

Such a doctrine is subversive to progress. The body, one day, despite all our efforts, becomes incapable; let us not, therefore, hasten an oncoming helplessness by refusing to do what we are yet able. Structures can go on performing their functions only so long as the functions are regularly demanded of them.

Happiness At Home Depends largely upon what you have to eat and drink. Therefore have a case of our Wines and Liquors in your house.

Wines and Liquors in your house. We have any desired brand and in tip top condition. We carry only such goods as will meet with the approval of discriminating buyers.

National FIFTH & STARK STS. Telephone Main 6400

function redevelops the structure sufficiently to enable him once more to do so. It is the belief that no exercises or sports should be given up at any particular time of life, but the exercise in its intensity and amount should be diminished as one's feelings prompt.

RACING RESULTS AT SHEEPSHEAD AND DOUGLAS

New York, Sept. 14.—Sheepshead Bay summary: Five and one-half furlongs—Vauvero won, Eldorado second, Argentua third; time, 1:38 1-5.

ON THE GRAND CIRCUIT AT SYRACUSE TRACK

Syracuse, N. Y., Sept. 14.—Grand circuit summary: 2:08 class, pacing, two in three, purse \$2,900—Doris B. won two straight heats and the race in 2:04 1/2, 2:04 1/2.

AMERICAN LEAGUE.

Table with columns for Team, Won, Lost, P.C. for American League.

NATIONAL LEAGUE.

Table with columns for Team, Won, Lost, P.C. for National League.

PACIFIC COAST LEAGUE.

Table with columns for Team, Won, Lost, P.C. for Pacific Coast League.

A NEW DEPARTURE

The Cost of Internments Has Been Greatly Reduced by the Holman Undertaking Company.

SPOKANE TO PLAY MULTNOMAH

Football is to Be Resumed This Season in Well Known Athletic Club.

MEMBERS ENTHUSIASTIC OVER THE OUTLOOK

Endeavor Will Be Made to Arrange Games With Whitman, Idaho, Seattle A. C. and the Winged M Eleven of Portland.

Former football stars, with enviable records as pigskin warriors on eastern gridsiron, gathered at the Spokane Tuesday evening and took the preliminary steps looking to the organization of an eleven to represent the Athletic club this season.

Bright Outlook for Team. That a team can be organized that will provide an interesting season for any eleven that can be found in the northwest is apparent at a glance at the abundance of experienced players who can be drawn from.

LARGE CROWDS WITNESS THE SALEM RACES

Harness and Running Races Prove Good Attractions at the State Fair.

LEAGUE PRESIDENT IS IN TOWN

Magnate Eugene F. Bert Stops Over for Visit En Route to the Sound.

WILL TRY TO UNRAVEL NORTHERN TANGLE

Officials Assert the Organization Is in Good Standing and That League Will Come Out All Right—Two Portland Games Thrown Out.

EDWARD F. BERT, president of the Pacific Coast league, arrived this morning en route to Seattle, where he will try to straighten out the tangle started by the backers of the Seattle club.

SPORTING GOSSIP.

Rain again prevented Portland and San Francisco from meeting at Recreation park yesterday. During the wet spell the Giants may play any games they wish excepting baseball.

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Advertisement for C. P. Bishop Hats, featuring the text 'ALL THAT IS NEEDED TO MAKE PORTLAND THE BEST DRESSED CITY IN THE UNITED STATES IS MORE WEARERS OF BISHOP'S READY TAILORED CLOTHES AND ROBERTS HATS \$3.00'.

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COLORADO REPUBLICANS TO NAME STATE TICKET

Convention Meets on Friday—Open Field for Governorship.

Denver, Sept. 14.—Not to be influenced by any thought of the proverbial ill luck of Friday, the Republicans of Colorado assembled in convention in Denver today to name a state ticket, which they are sure will be successful at the polls in November.

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