

**WEIGHTS HELP SOONER**

Compulsory Participation in Sports Has Greatly Improved Uncle Sam's Boys.

BASEBALL AND FOOTBALL FIGURE PROMINENTLY

Army and Navy Life States That the Country Gives More Attention to Development of Its Men Than Any Other Nation—How It Is Done.

The United States soldier is tougher and stronger—physically tougher—than he was before the Spanish war. It is not the war which is to be thanked for it. Athletic training has done the work.

It is said by Army and Navy Life that this country gives far more attention to the physical culture of its soldiers than does either Great Britain, France or Germany. While they require a daily setting up exercise similar to our own, these gun callisthenics and other prescribed forms of muscular stretching are supplemented in this country by athletic sports.

These are not compulsory. They do not need to be. They have been entered into so heartily that every post of any size has its organization which backs its track team, its football eleven or its basketball nine. In fact, what the war department wants there to do, as it has organized a bureau for the encouragement of athletes.

Nearly every garrison has its committee, consisting of at least one commissioned officer in addition to non-commissioned officers and privates, to arrange programs for field days, organize teams and pick out the star men of the command to represent it in the various events.

Soldiers are Pleasured.

The soldiers themselves have so willingly fallen in with the idea that they have contributed to paying for the outfits needed, and some of the garrisons support gymnasiums which are equipped with the latest devices of chest weights, rowing machines and horses, as well as bars, torpedoes, rings and a supply of foils and boxing gloves.

If the post is too small to allow an independent setting up point, it is laid out on the drill ground, with its diamond, a running track and supports for basketball. When the pigskin season opens the field becomes a football oval.

The average soldier could not be much of an American if he were not fond of baseball, while he makes a first-class man on the football team, because the daily routine keeps him hard, yet wiry and supple, and gives him plenty of wind. Within the last two years college eleven have sought matches with military teams, because they get such "fine practice," to quote the trainer, but the practice has more than once ended in soldiers scoring every point.

But the garrison gets its money on others besides its nine and eleven. It has its high jumper, its long-distance runner and sprinter, its strong men, who can put the shot and throw the hammer, while its team in the relay race is carefully selected for fleetness and endurance. The athletic committee often has its hands full to select entries for a athletic day, to select material, but because there are so many good men from whom to choose.

Storming a Fortress.

One of the most spectacular exercises sometimes included in the events in the west is the storming of an imaginary fortress, whose appearance and appearance must be seen without artificial aid whatever. The rampart of the fort is a fence of smooth boards 12 feet high. It would be impossible for a single athlete to leap over it. It is toward it by pressing against its surface with hands and feet, but a squad of men can surmount it in less than half a minute.

The attack is made in a column with four abreast, the rear rank pushing the front in advance to have time to

**DISTANCE RUNNING LEGISLATORS WILL ENCOURAGED P. SCHEME**

President Sullivan of A. A. U. in Favor of Assisting the Sport.

AMERICA HAS NEGLECTED CROSS COUNTRY RUNS

Value of the Distance Work Is Shown in the Good Work Done Each Year in the Championships by the Cornell Students.

Public Playgrounds Will Receive the Attention of the Legislators.

PORTLAND COMMITTEE VISITS THE CAPITAL

Judges Frazer and Cake Make Strong Appeals to the Multnomah Delegation in Favor of Establishing Playing Places for Children.

President James E. Sullivan of the Amateur Athletic Union is a strong advocate of long distance races. He is desirous of seeing this country as well represented in this particular line, as in other events which form the usual field and track meet programs, and as a result the development of American long distance runners will receive the special attention of the new executive head of the A. A. U.

Portland committee of legislators are holding a conference for the children of Portland now seen assured, and steps to provide for them will be taken at once. The Multnomah delegation of legislators, yesterday afternoon voted unanimously to support the plan submitted to them by the Portland committee to establish a public playgrounds commission with power to levy upon condemned land and establish the playgrounds.

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the triangular meet from May 23 to May 24 and 25 between the three colleges on account of a regatta which the Seattle university desires to hold on Memorial day. The managers of neither of the two visiting colleges agree with the Washington "date-fixer" that a two-day meet would be more successful financially than a one big holiday event, and as each team gets one-third of the net proceeds and pays its own expenses, the outside organizations certainly are the ones most concerned.

will be of great interest. While there is probably no doubt but that Oregon could best either team in a dual meet, when a third team comes into the question the outcome becomes a problem which the trainers will figure on many nights.

**Indoor Baseball.**  
(Special Dispatch to The Journal)  
Salem, Or., Feb. 5.—Arrangements were made yesterday for a baseball indoor tournament to be played between the Y. M. C. A. team and other city teams. The first game will be played off between the Y. M. C. A. and the nine from company M. G. N. G.

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It's easy, sure and cheap to be cured by Electro-Vigor. It has cured my rheumatism and I have my strength back. I will endorse your treatment at any time. EDWIN L. E. ROSE, Skamokawa, Wash.

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Send for my beautiful 100-page book describing my treatment with illustrations of fully developed men showing how Electro-Vigor is applied. I will send it prepaid, free, if you will enclose a close this coupon.

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**DR. TAYLOR**  
The Leading Specialist

**SPORTING GOSSIP**

**Activity at Cornell.**

Baseball season will soon be here. The "varsity" team are awaiting their season in order to begin their favorite sport. Few cities in this country can boast of more amateur ball clubs than Portland and another thing is the length of the season in this city. The young men play the national game nearly every day in the year, only stopping when the weather won't permit a match.

At Cornell university they devote more attention to cross country running than the majority of American colleges and the result is shown in the intercollegiate championships and in the long distance races at the intercollegiate athletic meets. In the past seven years Cornell has won all but one of the championship cross country events, while the runner have always figured prominently in the distance races at the intercollegiate track meets. W. E. Schutt, now a Rhodes scholar at Oxford university, holds the two-mile record of 9:40, made in 1902. The athletes clubs have developed some excellent runners from time to time, who could lead off from two to five miles in fast time, but unfortunately not enough attention is given to this branch of athletics.

"If fighters would quit the ring after they get two good lickings there would be fewer fighters, fewer fatalities and room in lunatic asylums," said Tom Sharkey in New York the other day.

"On the level," continued the sailor, "there's more crazy men in the ring today than people have any idea of, and it's all because they just love to get licked. I quit the game when I thought there was no chance to be a champion. There's no use sticking at the game, losing this week, winning the next and taking a flyer at being a champion. These fellows go crazy before they ever get near the top, and it's the same crowd that causes all the trouble. They go gray in the ring, fight mad and think ghosts are beating them. Every man is good in the ring until he gets one or two hard beatings, and then he's dead so far as fighting is concerned. All of our best men have fought one or two great battles and then have gone back."

John L. Sullivan quit the first time he was licked. John had the right idea. He was a better man and let it go at that. "Corbett lost to Fitz" and then he was in a grueling battle, and was never good after that. Fitz never came back after Jeff beat him that second time. He can still fight, but he isn't the same Fitz."

Connie Mack, in speaking of the task involved in developing a team, said: "In the development of a championship team it is necessary to study each individual player in order to find out his strong and weak points. It does not always mean that each man will be a leader in his position will win games. Research in the records of champion ball teams will bear me out that the men who play together finish highest. Players are generally tempted to hit the ball out and if their heart was not in the success of the team they would chafe under restraint. Nothing is so unfortunate to perfect harmony in a club as hesitancy about obeying orders. All coaching should be done in practice. When the men are on the field lined up for the game, like actors they should know their parts without help from the manager on the bench. I

**Winlock Team Wins.**  
Winlock, Wash., Feb. 5.—The Winlock A. A. C. basketball team defeated the Puget sound university team here on Tuesday. The score was 19 to 12.

**OREGON AND IDAHO OBJECT TO A CHANGE**  
(Special Dispatch to The Journal)  
University of Oregon, Eugene, Feb. 5.—The University of Oregon and Idaho track management, have entered strong protests against the change by the University of Washington management of

**MY SPECIALTY MEN'S DISEASES**

**DR. TAYLOR**  
The Leading Specialist

There is no ailment peculiar to men that I cannot cure. For sixteen years I have devoted my entire time and energy to the treatment of men's diseases. My methods have been perfected by actual experience, with a thorough theoretical knowledge as a basis. I am the only physician thoroughly and permanently curing those functional derangements commonly classed as "Weakness," and my success in overcoming such cases has placed me foremost among specialists treating men's diseases, and has brought me the largest practice of its kind in the West.

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**Weakness**  
So-called "Weakness" in men is curable—fully curable. It has not been cured by the methods in vogue on money expended, for they are methods based upon supposition and not upon fact. Prematurity and loss of power in men is due to a chronic state of inflammation in the prostate gland, and not to a disordered nervous condition, as has been supposed. I treat the inflammation by a local process that does not fail to accomplish its purpose, and with this condition corrected full and complete strength and vigor returns.

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Every case of contracted disease I treat is thoroughly cured; my patients have no relapses. When I pronounce a case cured there is not a particle of infection or inflammation remaining, and there is not the slightest danger that the disease will return in its original form or work its way into the general system. No contracted disorder is so insidious as to warrant uncertain methods of treatment, and I especially solicit those cases where other doctors have been unable to cure.

**Varicocele**  
Without using knife, ligature or caustic, without pain and without detention from business, I cure Varicocele in one week. If you have sought a cure elsewhere and been disappointed, or if you fear the harsh methods that most physicians employ in treating this disease, come to me and I will cure you soundly and permanently by a gentle and painless method. Don't delay. Varicocele has its dangers and brings its disastrous results. If you will call we will be pleased to explain my method of curing.

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