SPORTS OF THE DAY

El Comancho Gives Instructions to Non-Swimmers Thrown Into Water.

ALWAYS KEEP YOUR LUNGS FULL OF AIR

Do Not Struggle, but Keep Cool, for You Cannot Sink if You Observe the Simplest Rules of Weight and Water-Directions.

By El Comancho. Don't struggle when thrown in th ater accidentally; it is the struggle that drowns.

If you are thrown clear of the boat the first thing to do is to take a long breath, fill your lungs as you go over and hold your breath, allowing yourself to remain motionless, so far as your own efforts are concerned. Assume the position shown in figure 5 and keep still, You will sink but the air in your lungs will bring you to the surface before you need more air, and then, when you you need more air, and then, when you need it, you are in proper position to expel the air from your lungs and quickly draw another long breath. Speed in doing this is necessary, for you begin to sink slowly as soon as the air is out of your lungs, for the reason that your body equals the weight of the water it displaces; the air in your lungs is the margin that throws the scale in your faver by bringing you to the top of the water, where you will float with your face above the surface, as shown in figure 5, just as long as your lungs are full of air. This slight difference in weight will save your life every time, if you do not struggle, and keep your lungs full of air.

Exem Mands Under.

Reep Eands Under.

If you raise so much as a hand above water, however, you will sink every time, and the least struggle on your part, as in figure 6, will drown you every time. Therefore keep your lungs full of air all the time, and keep perfectly still till help reaches you.

If you can keep hold of the boat as it sinks or overturns, still keep your lungs full of air; that you must always do; then get down in the water as deeply as you can, and still keep your face out, and then work along to the end of the boat (figure 1), where you should put both hands on the end of the craft, throw your head back and keep still. You cannot sink as long as you keep still. Do not under any circumstances, try to climb in (figure 1), if you cannot swim, and have no help; just keep still and keep as low in the water as you can, and you are absolutely safe. Reep Hands Under.

Whatever you do, never under any conditions try to climb into a water-logged boat over the side; it can have no other result than that shown in the two sketches of figure 3, namely, to roll the boat over toward you, rolling you under water and twisting your handgrasp loose, then you sink for good.

It is not a hard matter to get into a water-logged boat from the end if you know how. The way to do this is to assume the position shown in figure 1; then, by a quick spring with your arms, go in over the end, and keep going (figure 2) until you reach the center of the boat, which will be slowly sinking (with a decided tendency to roll over at the same time) while you are doing it.

**Ecop Weight in Water. Climbing Into Boat.

Reop Weight in Water.

MOTORBOAT RACE IS POSTPONED FOR WEEK

A match race between two motor boats, which was scheduled for yesterday afternon, has been postponed until June 22 at 3 o'clock in the afternoon. The boats are the Mercury and the Fiirt, owned respectively by R. Macleay and Fred Lind, who have wagered 3300 on the result. The course of the race is to be from the old pumping station on the Willamette to the Morrison bridge.

depart-

The doctors who

are in charge of the

ments of this in-

stitution are gradu-

ates of the best col-

leges of Europe or

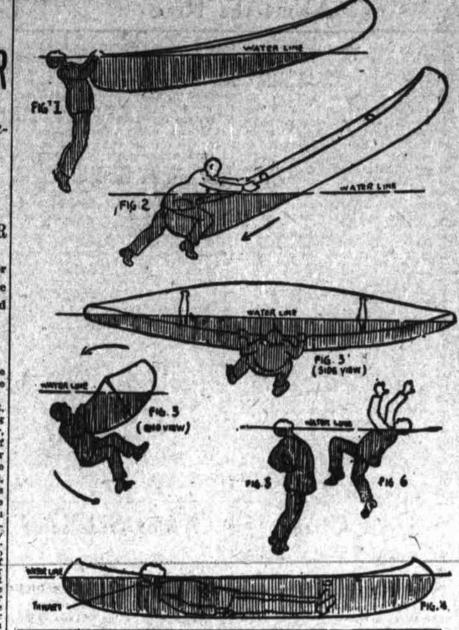
America and have

credentials from the

highest medical

boards in the United

different



You Can Save Yourself in Deep Water, Even if You Cannot Swim

TRAINING RULES OF JOURNAL EDITORIAL STAFF BALL TEAM

The Journal's editorial staff has gone into two-days' training for the final battle with the Telegram for the baseball championship of the Portland newspapers. The Oregonian pencil pushers are now wholly out of the race. They played The Journal once and were drubbed so badly that they decided to default all their other games.

default all their other games.

As the Telegram has defeated The Journal once and has been defeated once this means that the two are even in the percentage column, and that one more game will decide the championship. This game, barring bad weather, will be played on the league grounds tomorrow morning at 9:30.

Training rules for The Journal have been adopted as follows. Any one violating them in the least particular will be court-martialed and shot:

1. Wake up in the morning, turn over and groan three times.

2. Flop over on your back, kick the

2. Flop over on your back, kick the 10. After the day's work practice any-bed clothes onto the floor and take 10 where from two to six hours. Within deep breaths of about 60 seconds each, this limit the length of time devoted to murmuring, "I will. I will," with determination after each breath.

10. After the day's work practice any-bed clothes onto the floor and take 10 where from two to six hours. Within this limit the length of time devoted to actual baseball practice will be optional. In general, get into walloping shape.

Hop nimbly out of bed, pour three quarts of ice water carefully down your back and then scream at the top of your voice.

back and then scream at the top of your voice.

4. Yank off your night shirt hastily and rub your body, freshened by the lee water, until you are the color of a boiled lobster.

5. Rush out into the open air and walk five miles at an agitated gait. It would be best to dress, however, before going out.

6. Breakfast, nine raw eggs, beaten in a pint of milk and eaten at leisure. No coffee or hot cakes.

7. Lunch, one cocoanut and a half pound of prunes.

8. Dinner, three pounds of raw porterhouse steak and three large dried onlons gently applied.

9. Once every hour during the working day leap to your feet, kick your beels together twice, stand on your head and then, in pantomime, go through the movements of throwing, catching, batting and sliding to bases.

10. After the day's work practice anywhere from two togs hours. Within

SUMMER RACE MEET

If you can thus reach the center of the boat, immediately lie down (figure 4) and keep still. The boat will rise and float, water-logged, but it will support you as long as you do not try to sit up, but keep your weight down in the water. This allows you to lie comfortably and safely in the water inside the hoat, with your head on a seat or thwart (in a canoe) until such time as help reaches you.

To sum up, these things you must remember and do to save your life in water accidents:

First—Keep your lungs full of air.
Second—Do not struggle.

Third—Keep all of your weight that you possibly can below the water line; remember that your arm alone out of water will force your face under.

Fourth—Keep cool and don't-be afraid of the water for you can't sink, even without a thing to support you, if you simply assume the position of figure 1 as you go overboard; draw a deep breath as you go, and then keep perfectly still.

MOUCODDOAT DACE TO

(Journal Special Service.)

San Francisco, June 15.—Ten innings were played here yesterday before Oakland finally landed the winning run on a couple of well placed hits. The home batters did not land much, but offset this by a brilliant fielding game.

Score:

R.H.E.

San Francisco ...0000010000—1 30 Oskland0000001001—2100 Batteries:—Jones and Street; Ran-dolph and Bliss.

Portland vs. Salem High. The Portland high school and Salem high school baseball teams are scheduled to cross bats at Salem today. Neither team has been defeated this year and the winner will claim the championship of the state.

PORTLAND HAS BEST HORSES IN NORTHWEST

Portland has more and better riding and driving horses than any other city in the northwest, according to a statement made by B. F. Swaggart, who returned yesterday from a six weeks' tour of Washington points. Mr. Swaggart says the riding clubs here are the possessors of much finer steeds than can be found in Seattle, Tacoma, or any other northwestern cities. The list of fine thoroughbred horses in the Port-iand Hunt club has been added to by a span which Mr. Swaggart sold yesterday to W. A. Cummings.

Northwest League.

National League. Chicago 4; Brooklyn, 2. Philadelphia 5; Cincinnati, 4. Boston, 6; St. Louis, 3. Pittsburg, 2; New York, 1.

American League.

Postponed game-Boston, 4; St. Louis, 3.

Philadelphia and Cleveland at Philadelphia; Chicago and New York at New York.

WATCH PORTLAND DIE

Administration Greasing the Toboggan Slide Scattle Dead, Portland Dying. Never an obstructionist, always a booster, having done more to advertise Portland than Portland has to advertise me. I have a license to prognosticate. Who's paying the freight? The common people and the poor devils who are buying the "wildcat" lots. Who's going to reap the harvest when the slump comes?

to reap the harvest when the slump comes?

There is no boom in Portland excepting in the real estate offices and with the newspapers, and when Portland is purified the dear taxpaying public will have to build more and larger non-taxable churches to hold the army of purified sinners. I feel myself "slipping" already, but am sitil "going some."

Say, do you want to hear a sermon of truth preached by a non-hypocrite as to how, who and why the "milk got in the cocoanut"?

If you do, come out to Castle Edel Brau (Twelve-Mile House) tonight, any time, including Sunday. A cool grove and our table supplied with everything to please the palate, Broiled chicken! Why we raise everything we sell except our sparkling water, and we "raise" that from our well. And, speaking of water, we have ginger pop and other soft goods on ice for Sunday. Attractions! That's where we shine. The wisard of the piano, Ragtime Hayes; Leo Whita, the sweet-voiced vocalist, will entertain you while you wait. Come—if not in an automobile or by carriage, telephone and we will meet you at Gresham O. W. P. car.

Yours for truth, FRED T. MERRILL. Presbyterian Building Plan.

(Special Dispatch to The Journal)
Aberdeen, Wash., June 15.—The Presbyterian church society has sold its
present church building to the Polish
church for \$2,200. The structure is to
be moved from the lot on which it
stands; and a fine modern church will
be built on its site.

Portland and Los Angeles Play 15-Inning Game to a Tie on Home Grounds.

MORE THRILLS THAN IN ALL PREVIOUS GAMES

Little Dutchman Twirls Great Ball for Entire Match, Hits Safe Three Times, Executes Two Double Plays and Stars at Base-Running.

YESTERDAY'S RESULTS. Portland 2, Los Angeles 2; called at nd of 15 innings. San Francisco 1, Oakland 2.

STANDING OF THE CLUBS.

Maybe you didn't journey out to Recreation park yesterday because it looked like rain. If you didn't you missed one of the greatest games ever played in the Pacific Coast league during this season or any other. There were as many thrills crowded into its 15 innings as were produced by all the rest of this season's home contests put ogether—and then some.

One of the most phenomenal things about the exhibition was, that while about the exhibition was, that while there was a lot of hitting, not a runner crossed the home plate until the twelfth chapter; that when Los Angeles scored one in the twelfth Portland came back and tied the score and more innings had to be played; that when Los Angeles scored again in the fourteenth Portland tied it again and the game was called a tie at end of the fifteenth because everybody was tired but the spectators. That was the one disappointment of the game—it should have been played to a finish, though it might take till dark.

Bemarkable Performance.

Bemarkable Performance But by far the most remarkable feature of the game is yet to be mentioned. His name is Schimpff. He is young and small and Dutch. One hundred and twenty-five pounds would about measure his avoirdupois, but he puts every inch of his five feet six into the swing of his arm when he throws, the result being that his shots go like bullets. Then he is greased lightning on his feet. And—so he says—twenty-one years old yesterday.

These points might be mentioned at any time and arouse no particular enthusiasm, but you will understand if you saw Schimpff play ball yesterday. But for Fay's wild throw the Beavers played an errorless game and there were stunts which made the scanty grandstand rise up and howl. But before little Schimpff's work the stars of the Portland team paled as the stars in the sky pale at the rising of the sun. This is no joke.

Starred Everywhere. But by far the most remarkable fea-

In the first place Schimpff pitched the entire 15 innings. It was the second full game he has twirled on the home grounds. The first was a joke in which the Seals batted him all over the pasture for 13 runs. But somehow the heavy sluggers of the sunny south, while they hit many a long fly, could not land safe on his twisters yesterday. In the first nine innings they got only three safe ones and he fanned out the great home-run getter, Carlisle, three Starred Everywhere. great home-run getter, Carlisle, three

great home-run getter, Carlisle, three times.

Becond, the "Shrimp" batted. Three hits out of seven for the entire Beaver bunch. Great! And he ran bases. The little twirler scored both of Portland's runs. It was by his clever steal that he reached third in the twelfth and was able to tally on Donahue's fly, and it was his two-bagger which put him far enough along to get around and come in when Ellis tried to take Carlisle's fly in the fourteents.

Lastly, the Shrimp fielded his position in great shape and by carrying through two double plays he pulled himself out of bad holes in both the eighth and the fifteenth. The little fellow put some ginger into the fans that has not been evident since the opening days out there at Twenty-fourth and Vaughn streets. Here's the official score:

PORTLAND.

LOS ANGELES. Carlisle, if. 7 0 1 5 0
Dillon, 1b. 7 0 2 22 1
Brasher, 2b. 7 0 1 0 8
Smith, 3b. 5 2 0 1 1
Cravath, rf. 5 0 1 3 0
Delmas, ss. 5 0 0 3 1
Ellis, cf. 6 0 2 1 0
Eager, c. 5 0 2 7 1
Nagle, p. 5 0 1 3 9

SCORE BY INNINGS. Los Angeles 0 0 0 0 0 0 0 0 0 0 1 0 1 0 - 2

Hits ...100001010121012-10

Portland .0000000000001010-2

Hits ...001000110110011-7

SUMMARY.

SUMMARY.

Struck out—By Schimpff, 5; by Nagle, 6. Bases on balls—Off Schimpff, 3; off Nagle, 4. Two-base hit—Schimpff. Three-base hit—Ellis. Double plays—Nagle to Dillon, Schimpff to Carson; Schimpff to Mott to Carson. Sacrifice hits—Carson, Casey, Cravath, 2. Stolen bases—Schimpff, Casey, Hit by pitched ball—Nagle. First base on errors—Portland, 3; Los Angeles, 1. Left on bases—Portland, 12; Los Angeles, 10. Time of game 3 hours and 40 minutes. Umpire—Perrine.

NOTES OF THE GAME

Lew Dockstader's minstrel band was there and helped to keep the interest at a high tension. By playing "A Hot Time" when the Beavers came to bat in the seventh, they tried to force a score. They failed, and when the visitors were retired by a double play in the eighth they suggested, musically, that it was "A Measly Shame." Again when the visitors were retired it was "They Walked Right In, and Then Turned Round and Then Walked Out Again." As Donahue went in to bat the fly that brought in Schimpff they played "The Wearing of the Green," and when it was still a tie at the end of the twelfth the tune was "We Won't Go Home Until Morning."

Portland's runs were made in this wise: In the twelfth, Carson walked, Schimpff hit an easy one to Nagle, who shot it to second, putting out Carson. Fay hit a grounder to Delmas, who threw it to Brashear in pienty of time to retire Schimpff, but the latter dropped it and it rolled a few feet away. Disgusted, Brashear did not go for the ball,

Casey made another of his great one-handplays yesterday. A man who takes a bail with one hand when he can get two on it is a vain seeker after the plaudits of the grandstand. But when he does a tall sprint backward to get it and then reaches sideways and grabs it with his longest fingers he is doing a stunt worth especial mention. This is what Casey did with Smith's fly in the second. It ought to have been a hit, but Casey got it and was deservedly applauded to the echo.

If the weather is good tomorrow Portland and Los Angeles will play a double header for the price of one admission. The first game will begin at 2 o'clock.

Yesterday's tie counts for nothing in the percentage column. The tie must be played off at some time later in the

Yesterday's game was the longest played in the Pacific Coast league for several years.

LOVED POKER GAME BETTER THAN WIFE

Bernard Potter's Spouse Says Fair Divorcee Also Alleged to Have Caused Trouble.

Los Angeles, June 15 .- Because Ber nard Potter, one of the best known lawyers of the city, formed too close an attachment for a woman client for whom he is said to have secured a divorce and showed by his actions that he thought more of a poker game than of his wife,

more of a poker game than of his wife,
Mrs. Gertrude A. Potter was granted a
decree on general principles, scored Potter unmercifully, stigmatizing his action
as the most aggravated case of "legal
extreme cruelty." Potter made no pretest nor defense.

The evidence showed that Potter's relations with another woman were discovered by his wife through the receipt,
in his absence, of numerous queer telegrams from a woman in Clinton, Iowa,
whose name was not disclosed. Mrs.
Potter related on the stand how, after
she has been away on a long trip, her
heart was broken on her return when
her husband, instead of greeting her affectionately and passing the first evening with her at home, told her he had
an appointment to sit in a poker game,
and would rather play than be with her,
and he went.

VALLEY PINS HOPES

ON C. & E. SALE

(Special Dispetch to The Journal.) Albany, Or., June 15 .- The reported sale of the Corvallis & Eastern railroad to the Harriman interests is of much concern to the residents of this valley. For 'years Albany and this section of the state, together with the great country lying directly east across the Cascade mountains, has been living in the hope that at some time this road would be extended and reach out after the trade of that great section. With a survey and roadbed practically completed to the summit and the easiest grade possible to obtain as a route through these mountains, it is the hope that the new owners will take active steps to have the extension carried out with all possible dispatch. The greatest possible factors in the development of this section would be the building of this road to an eastern connection and establishing of an outlet to the sea at the harbor of Yaquina. valley. For years Albany and this

BOARDS MAY CHOOSE OTHER TEXT BOOKS

(Special Dispatch to The Journal.) Salem, Or., June 15 .- J. H. Ackerman, superintendent of public instruction, is sending out circular letters to the clerks of school districts of the first class or that have 1,000 or more children of school age enrolled, stating that "the attorney-general on June 8, 1907, rendered a decision to the effect that on the second Monday in July, 1907, and on the second Monday in July ever six years thereafter, and at no other time, a board of directors in districts of the first class may, when in their judgment more systematic grading of their schools requires it, choose text books in addition to those authorized by the state; and the result of their choice shall be regularly reported to the state board of education, to be by them filed as in the case of other authorized text books." sending out circular letters to the clerks







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How Drugs Wreck the Nerves

ach weakens your nerves. Every time you kill pain or an ache by unnatural means-by stupefying the nerves with poisonous drugs, you are hurting them, and anyone can see that in time, by steady dosing, your nervous system will be broken down com-Drugs not only weaken the

nerves, but they upset the stomach, rendering it unable to supply the nourishment for the nerves and organs of the body. Drugs destroy the digestive juices of the stomach, therefore you do not get the proper nourishment from your food. You may eat heartily, but if your digestive apparatus is out of order you won't get much good out of your food. So many people are doping

their stomachs with drugs, trying to overcome some chronic disease or weakness, and wonder what makes them so nervous, restless and unable to think clearly. They nat-urally blame the disease for it, but the trouble is really caused by drugging. The life of the nerves is

electricity. If they are weak it is because they lack electricity. Electricity is the nourishment which the stomach generates for the support of the nerves and organs, and when it is unable to generate this force it must have artificial aid. This is electricity-

artificial electricity as applied by Electro-Vigor.

My method of curing disease is to go down to the very foundation of the trouble and remove the cause. When I have removed the cause, Nature will do the rest. If your nerves are weak I restore to the stomach the power it has lost, which in turn gives the

ech the power it has lost, which in turn gives the necessary strength to the nerves.

Electro-Vigor is a relief from the old system of drugging. It does by natural means what you expect drugs to do by unnatural means. It is nature's way of curing disease, for it gives back to the nerves and organs the power they have lost, which is their life.

Electro-Vigor is a body battery made up of separate dry cells. It is easily, comfortably worn next

to the body during the night and gives out a con-tinuous stream of that strength-building, nerve-feed-ing force which is the basis of all health. Electro-Vigor is not an electric belt-there is no charging to do-no vinegar or acid solutions to bother with,

When I came to you I was in a very distressing condition. A continual drain had debilitated my system, and as invariably happens, the nervous system broke down also. To a man in such a condition, life is nething but a burden. I am happy to say that I am now perfectly healthy and full of energy, all through the use of Electro-Vigor.

WM. ROCKEFELLER.

There is nothing to equal Electro-Vigor as a cure. It cured me of digestive trouble and restored my strength after I had tried many other methods without benefit.

THOS. KELSAY. Smith, Or.

I Give It Free

Get my 100-page book describing Electro - Vigor and with filustrations of fully developed men and women, showing how it is applied.

This book tells in plain language many things you want to know and gives a lot of good, wholesome advice for men. I'll send this book in plain wrappers, prepaid, free if you will inclose this coupon.

I want to convince every sufferer that he can get benefit from my treatment. Nobody should be without it, for it is cheap enough, far cheaper than a course of doctoring, and I want everybody to try it. Send for the book now.

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We cure with the same success all Chronic Diseases of Men, such as Kidney and Bladder Trouble, Rupture, Ulcers and Skin Diseases, Eczema, Rheumatism, Locomotor Ataxia, and all Nervous, Chronic and Special Diseases of Men. We cure every case that we agree to take of CATARRE, BROW-

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All private and wasting diseases promptly cured and their effects permanently eradicated from the system.

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Nervous diseases and nervous prostration made a specialty.

Eczema and all skin diseases promptly cured. Consultation and Examination Free and Strictly Confidential If patient cannot call at the Institute, write for full instructions.
All medicines are furnished to patients from the laboratory of the

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