

PHYSICAN DENOUNCES ROLLER SKATING SPORT

Dr. John V. Shoemaker Holds Pastime Injurious to Children Who Have Weak Hearts—Street Exhibitions Injurious to Life and Limb.

And now comes a doctor to bring everlasting sorrow to the hearts of the youngsters of this city. Dr. John V. Shoemaker has made a careful study of the effects of roller skating and denounces it in no uncertain terms in an editorial in the Medical Bulletin. He says that too many children are on roller skates who have weak hearts and should not be allowed to take such violent exercise, and he emphasizes the importance of every child being examined by a physician before being allowed to indulge in such strenuous sports as roller skating and jumping rope.

Especially does Dr. Shoemaker denounce skating on the streets and pavement and deprecates the practice as a menace to public safety. He pronounces skating in moderation a good exercise which brings almost all the muscles in the body into play at the same time, but finds that too often the good effects are cancelled by the evil effects of excess, and that always there is danger to life and limb in the case of the skater and the pedestrian who passes.

Portland Doctors Agree. Local physicians in general take the same view of the matter. All lament the inclination to overdo the exercise, though they differ in their opinions as to the danger in various cities where the craze is more pronounced. Dr. J. E. Waterhouse, who was formerly head of the physical training department at the University of Oregon and has made special observations of athletes, says that skating under proper instruction is beneficial, but carried to excess, as in any line of athletics, is harmful.

"Wherever endurance is the prime factor in exercise," he said, "there is likely to be an evil result, and I have seen many former athletes with a condition of heart and lungs which I know has been induced by excessive athletic exertion. I think Dr. Shoemaker is absolutely correct in his statements. There is much harm resulting from excessive skating, and especially for little girls. The streets are rough and they get falls and jars that result often in broken ribs and limbs, to say nothing of the danger of being run over by vehicles. Parents should be careful. They do their children an injustice in allowing them to skate too much and carelessly. It is particularly harmful to little girls, who are made nervous and excitable. Over-indulgence in this, as in eating, drinking and exercising of any kind, is harmful."

"Skating has not been made a nuisance here," said Dr. Harry Lane, the mayor, "so that a limiting ordinance on sidewalk and pavement skating would be hardly called for. I have heard many complaints and I have not seen that it is particularly harmful, though, of course, carried to excess it would be harmful just as anything else is." **Was No Nuisance Here.** Dr. Mac Cardwell thinks that the fact is not enough of a nuisance to bring it to the public attention here.

ASK DINAN TO RESIGN AS CHIEF

Colonel Thomas Wilhelm to Be Appointed as Head of San Francisco Police.

(Special Dispatch to The Journal.) San Francisco, June 27.—The resignation of Chief of Police Dinan may be formally requested by the board of police commissioners this afternoon. If the members should find themselves in a mood averse to such a drastic step, one of them may be appointed to ask Dinan to file application for an extended leave of absence. In any event, Colonel Thomas Wilhelm of Governor Gillette's staff will be appointed acting head of the department.

The plan to make a national guard officer the city's police chief is not a new one. It developed that this step was practically decided upon three weeks ago, and it was within two days of the time that fact became known to the police commission, that the resignation of Commissioner Lohy was filed and accepted. This delayed the plan to out the chief.

NEW ORLEANS PLANS TO HOLD EXPOSITION

(Journal Special Service.) New Orleans, June 27.—At the invitation of the New Orleans Progressive Union and the Merchants Association, representatives of various commercial bodies throughout the lower Mississippi valley and the southwestern states met in conference here today to discuss the project of holding a bi-oceanic exposition in this city to celebrate the completion of the Panama canal. The promoters of the movement are gratified at the interest already displayed throughout this section of the country. The plan is to hold the exposition in 1915 or 1916, on the shore of Lake Pontchartrain, immediately in the rear of the city. New Orleans itself proposes to raise \$5,000,000, and the expectation is that this sum will be augmented from various sources to about \$15,000,000.

Metager fits your eyes for \$1. 843 Washington street, corner Seventh, formerly at 111 Sixth street.

ARREST HOERETH FOR ASSAULTING DAUGHTER

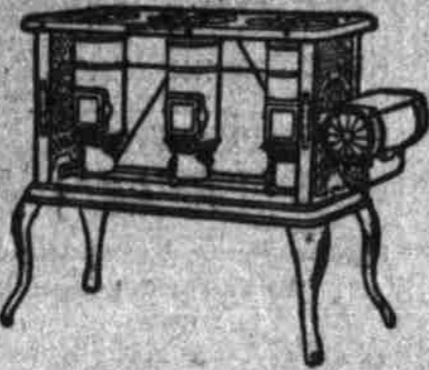
(Special Dispatch to The Journal.) Hillsboro, Or., June 27.—Detective Andrew G. Vaughn of Portland, today arrested Andrew Hoereth of Swedeville, four miles west of Portland, on a warrant issued out of the justice court here charging Hoereth with assault on his 12-year-old daughter, Rose Hoereth. Officer Hawley of the juvenile court of Portland is directing the prosecution and was here yesterday conferring with

Deputy District Attorney Wall and had the warrant issued. Hoereth will be brought to this city tonight and arraigned. The girl is now in the custody of Officer Hawley. Granite School Directors. (Special Dispatch to The Journal.) Granite, Or., June 27.—At the annual school meeting held here Frank Furt and W. A. Schluter were elected directors and S. W. Gutzridge was elected clerk. The question of a special tax of three and a half mills for the maintenance of next year's school carried.

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Wick Blue Flame Oil Cook-Stove

is always under immediate control. If you use a New Perfection your kitchen will be cooler this summer than ever before. Every stove warranted. Made in three sizes. If not at your dealer's, write to our nearest agency for descriptive circular.

The **Rayo Lamp** is the best lamp for all-round household use. Made of brass throughout and beautifully nickel-plated. Perfectly constructed; absolutely safe; unexcelled in light-giving power; an ornament to any room. Every lamp warranted. If not at your dealer's, write to our nearest agency.



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RICH PROSPECT IS DISCOVERED

Southern Oregon Mining Man Uncovers Rich Vein of Quartz on Surface.

SMELTER RETURNS ON ORE SHOW BIG VALUE

Property Has Not Been Developed, but Outlook Is That Clark Will Have Greatest Producer in Gold Hill District.

(Special Dispatch to The Journal.)

Gold Hill, Or., June 27.—The richest body of ore uncovered on a southern Oregon mine for several months is that now being worked on the Clark property of Applegate district. A train of freight wagons is on the road hauling the rich rock from the property to the railroad, where it is shipped to the smelter. The mine is the property of H. J. Clark, and has been under development for the past three or four months.

Though only shallowly developed, the ledge is wide even on the surface, with a high grade character of ore. The average smelter returns on the ore shipped is \$398 a ton, of this about \$185 a ton is free. Several carloads of the ore are on the dump ready for shipment. This will be hauled out and shipped as fast as the teams can move it. There is much more to be removed, and the property gives promise of developing into a bonanza. Nevada mining men who have examined it pronounce it equal to many of the far more famous properties of Goldfield and Manhattan.

A four-foot ledge of pure calcite has been found on the meadows of the Gold Hill district. As the rock of the ledge is of the best grade calcite, carrying much lime, it will no doubt prove valuable in the manufacture of cement. The Gold Hill quartz mines are more active this summer than they have been for several seasons. No less than eight properties are in operation in this district, besides several that are under development. A few of the latter are shipping ore.

CHEHALIS HOPS FOR SHIPMENT TO LONDON

(Special Dispatch to The Journal.) Chehalis, Wash., June 27.—J. E. Leonard, local agent for the well known Tacoma hop firm of Herman Klaber & Co., has secured from local growers for direct shipment to London the largest shipment of hops ever consigned from the Chehalis district. The lot includes between 700 and 800 bales and includes the 1906 crops of John Garbe, W. J. Wasson, William Blake, Harry P. Fuller and C. W. Long. Klaber & Co. have recently opened a London office in charge of W. F. Prosser, who for four years was a resident of Tacoma.

CONTRACTOR ILSE PLAYS IN GOOD DUCK

(Special Dispatch to The Journal.) Spokane, Wash., June 27.—The \$10,000 check forfeited by Contractor Ilse to the city for delay in beginning work on a sewer will be refunded. It was found that there was a defect in the sewer project and that it would not drain all the territory through which it passed. In order, however, to protect the city treasury, the check will not be paid until the money into the city treasury and the council will vote an ordinance refunding to Ilse, \$10,000.

BOARD AT BARLOW ELECTS TEACHERS

(Special Dispatch to The Journal.) Barlow, Or., June 27.—The school board has elected Miss Florence Buchanan of Hood River as principal of the Barlow school, and Miss Diana Ekern as primary teacher. The Norwegian school has commenced here for the summer. Mr. Berg of Portland is teaching. The studies are mostly religious and historical, with writing and language.

DON'T! Don't let your child suffer with that cough that grows curer if it were Baldard's Horsehound Syrup, a pure cure for Coughs, Bronchitis, Influenza, Croup and Pulmonary Diseases. Buy a bottle and try it. B. B. Laugher, Bynahia, Miss., writes: "I have two children who had croup. I tried many different remedies, but I must say your Horsehound Syrup is the best Croup and Cough medicine I ever used." Sold by all druggists.

Oregonians Desire to Have the Best

Every package of GOLDEN GRAIN GRANULES is VERY HEAVY. Ask your grocer to prove to you that you get full weight. GOLDEN GRAIN GRANULES is the grain coffee. Do not say that GOLDEN GRAIN GRANULES tastes like other cereal coffees, because it does taste like 45-cent coffee, if made right and not too strong. (Remember, please, that water is cheap in Oregon.)

IT TAKES ONLY FIVE MINUTES TO BOIL THIS PURE, RICH, NUTRITIOUS, SYSTEM-BUILDING AMERICAN COFFEE.

Golden Grain Granules Can Be Had in All Up-to-Date Grocery Stores in the United States and Canada, and Also in the Following Cities:

- IN WOODBURN, OR. (Railroad Center.) J. A. Austin. Beebe & Whitman. Haskell & Colvin.
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- IN LEBANON, OR. (\$15,000 Payroll Per Month, Factory Center, Paper Mill, Etc.) Millsap & Son. G. T. Cotton. Bach & Buhl. George L. Allen.
- IN CORVALLIS, OR. (Has the Agricultural College of Our State.) E. B. Horning. Victor P. Moses. A. Hodes. R. L. Taylor. Thatcher & Johnson.
- IN SILVERTON, OR. (Hops and Lumber Center.) George Cusiter. Julius Alm. Thompson & Dullum. B. R. Bentson.
- IN ALBANY, OR. (Railroad and Distributing Center.) Owen Beam Co. W. A. Eastburn. S. E. Young & Son. C. E. Fox. W. I. Christy. Ellis & Son.

Any out-of-town grocer desiring a full-sized package can get one free of charge by writing name and address on letter-head and mailing the same to Golden Grain Granules Sales Headquarters, 12 Front street, Portland, Oregon.

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But Once in a Lifetime An Opportunity Comes to the Public to Become Stockholders in a Dividend Paying Mine

The opportunity is now before you, knocking for admission. The wide awake will hear it rapping at the door and will unlock the purse and will invest while there is yet time, the money which now earns but 4 to 7 per cent. Here is an opportunity to obtain stock in a mine fully developed and now on a dividend basis. Your stock carries 10 per cent preference over and above the owners' stock. As stock is now selling at 50c per share that means 20 per cent. We are in the MINING BUSINESS, NOT A STOCK JOB-BING SCHEME. A visit to our magnificent mines will satisfy you that we can do what we say. We live in PORTLAND. We want PORTLAND people to be our patrons, so the money will stay in PORTLAND. Most good things needing more funds are taken off to the east and placed there and the dividends are paid to the eastern stockholders.

We Are for Portland and Oregon

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How will you decide? DON'T BE HASTY. WE INVITE you to go to the mine, look over the property. If you can't go yourself, you and your friends club together, SEND DOWN A MAN WHOM YOU CAN TRUST, and wait his report. DO IT NOW. Call at our office, get one of our prospectuses. See our display in Staple's jewelry store window, corner of First and Morrison. But above all, INVESTIGATE THOROUGHLY, and then buy some stock. We will accept subscriptions on installments, and upon all stock paid for in full we pay DIVIDENDS in GOLD.

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SUMMER SEASIDE Of the SERVICE O. R. & N.

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The fine passenger steamer T. J. POTTER will leave Ash street dock at 10:30 a. m. of that date and regularly thereafter throughout the season according to published schedules, for

Illwaco and All Beach Points

Round Trip Tickets \$4.00 - Saturday to Monday Tickets \$2.50

THAT TRIP EAST—Next Sale Dates July 3, 4 and 5

Portland to Chicago and Return \$71.50—Tickets Good for Ninety Days Correspondingly Reduced Rates to Other Eastern Cities and to the JAMESTOWN FAIR Get full particulars at the City Ticket Office of the Oregon Railroad & Navigation Company C. W. STINGER, City Ticket Agent, Third and Washington Sts., Portland, Or. WM. McMURRAY, General Passenger Agent