Flag Poles on High Buildings Despite the Breezes That Blow.

FLIRTING WITH DEATH FOR A LIVINC. How We Dig Our Why You Mustn't Salt Lake is Really Metropolitan at Last, for She Now Has a "Steeple Jack" of Her Own-Ed. H. Wood, Who is a Handy Man at All Times When an Aerial Job is to Be Undertaken-He Paints Punish a Nervous Child.

N view of the widespread prevalence | most favor and are listened to with the greatest interest. of nervousness among all classes of

society, it is not surprising to find even children victims of this ailment. although they should really present the strongest barrier to its progress.

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Whenever nervousness to a diseased extent is found in children, it may be assumed with certainty that they have inherited and not acquired II.

inherited and not acquired II. Therefore, the blame for It rests not upon the children, but upon the parents. It is just as well to make this perfectly clear at the very cutset, in order to im-press upon parents the folly of trying to eradicate their child's nervousness by the infliction of punishment. Nervousness manifests itself in a child in just about the same way as it does in adults. It is easily irritated and wrought up; and, as many things are new to it which appear matters of course to the grown folk, the exter-nal occasions for the display of a child is nervousness are much more nu-merons.

merous. The child so afflicted knows no meas-The child so afflicted knows no measure in either joy or grief. The slightest provocation is api to call forth the one or the other to a degree of violence altogather out of proportion with the impelling cause. And it is immitterial whether the excliement be one of pleasure or of pain, the impression it makes is so profound that it is bound to interfere with the child's ability to sleep.

sleep. In close connection with great irrita-bility is the tearsoneness of nervous children. They are afraid to enter a dark of even an empty room, and when they awake at night they pre selzed with an agony of fear to find them-selves surrounded by deep darkness and silence. Hobgoblin stories act most disastrous-iv upon pervous children; and, on the

ly upon nervous children; and, on the other hand, it is among this class of children that stories of that kind find .

·HERE is a man living in a Bos-

ton suburb who makes himself

sick in a variety of ways in

He Becomes Sick on Purpose.

The nervous child begins at an early age to display the symptoms which em-bitter the life of a nerrasthetic and those in his environment. Such are the tendency to brood, to observe self and imagine oneself sick—in a work, the predisposition to hypochondria.

Nor is there wanting in these children the indecision which characterizes the nervous adult; the vacillation between entirely opposite and heterogeneous feelings and humors and the lack of will power. And to this cause may also be traced an entire host of other dis-turbances which are the bane of the life of a mergeneous furbances which are the bane of the Uie of a nervous child; such as stammering; inability to sit still or to remain en-grossed for any length of time with any serious occupation; poor digestion; in many of the children, a capricious al-teration between voraciousness and en-title lack of appetite; excitedness during school examinations, etc.

How to treat nervous children to pro-uce a betterment of their condition, or, t least, to minimize the manifestations of their nervousness can only be brief-ly indicated here. The main stress should be laid upon regularity in the child's life, to eliminate as much as pos-sible the occasions for excitement. The child should also be stimulated to for harmful broading. Care must be taken, however, not to over-exercise it or tax its strength to much.

If or tax its strength to index, After school the child's time should be devoted in part to light reading and to light sportive exercise. The diet should consist principally of vegetables: the clothing, light and not of a huxprious nature: the room, well ventilated and, above all, never too

Watever tends to inure the nervous child to cold and hardship is good, pro-vided it is free from other sickness.— Dr. Paul Hamburger, in N. Y. Ameri-

E LIRTING with death for a living what Ed H. Wood does. Probably one of Salt Lake's newest claims to being a big city is its having a real "steeple-jack." He is Mr. Wood, a quiet young man who hates notorie-

A few days ago persons on Main street saw a human form clinging to the fifty-foot flag pole on top of the f Deserct News building. One gazer drew another until quite a little crowd had gathered, but the man riding back and forth in the air nearly 200 feet above on a swaying pole kept at work unmindful of the "Ohs!' and "Mys!" of the frightened crowd on the street below. When his task was finished, -it took him but a few minutes-he remained on the pole-top to look over the city. The distant mountain ranges wer new to him, and from his position

of vantage he could see them and the miles of valley well. His legs were crossed on the slim pole, but his hands were free. IS A MODEST MAN.

A member of the "News" staff, who had discovered him, and a photograper climbed through a window on the top story of the building and managed to reach the base of the pole on the

He heard Wood's voice. The "steeplejack" was squinting at the tiny knob at the top of the pole, too, "Needed reguilding," he was saying, "and a new rope. Took 'bout twenty minutes. STRAIGHTENED UP COLUMBIA.

When the record-breaking, house

wrecking, tree-toppling wind storm hit Salt Lake in the latter and of October last, the statue of Columbia on the city and county building was twisted and bent badly. At expert "steeplejack" was needed to make the repairs at the extreme top, where scaffolds and plattings could not reach. Mr. Wood was the man who performed the job, and those who saw him at work remember how they shuddered and offered a silent prayer for the form. which, when silhouetted against the sky, seemed nothing more than a tiny black speck. Mr. Wood, while not afraid to climb to the dizzlest heights on the slimest poles or towers, is careful, and is on a constant look-out for treacherous places. He plans next day's work carefully but with no thought of possible accidents. A light head or limid heart are not for the "steeplejack"-the first trip to the top of a fifty-foot pole on a high building would also be the last.

Recently he has been at work with

HOSE who protest against the vils of drink are often and rightly reminded of the evils of vereating, and there is some truth in the ussertion, perhaps, that those who take no alcohol are especially liable to this error.

There is every reason to believe that civilized men, including even those who would be indignant at the charge of overcating, only too often dig their graves with their teeth.

A very distinguished American student, Prof. Chittenden, has ninde a series of very long and wide tests on all sorts of people, men and women, athletes, soldiers, sedentary students, workers and non-workers of all kinds, and his studies have concluively shown

and his studies have concluively shown that the tables of dict, ordinarily ac-cepted and printed in all former books on the subject, are very excessive. When the amount of food is greatly reduced from the average not only is no defect felt, but all sorts of chronic ill-health are found to disappear; while those who thought themselves fit find themselves far fitter than formerly, far less subject to fatigue and able to do far more work, whether physical or mental.

There work, whether physical or mental. There can no longer be any doubt that overeating is one of the lesser curses of dvilization. The truth Is that man's intelligence has served him a bad turn. The getting of food was the great need of our remote ancestors, and there can be no doubt that they were quite accustomed, when their luck in hunting was out, to fast, or all but fast, for days, at a time. Nowadays, we have become so clever that the average man can always count uron his three meals a day, whether he needs them or not.

Furthermore, we have completely abolished all the uses of the appetite; we use our wits to make it cheat and deceive us in every way, so that even when, if it had a fair chance, it would tell us that we did not need food, the art of cookery is invoked for our de-struction, and every atom of food for which we have no use has to be dis-posed of somehow. We put it into our bodies, and plainly something has to be done with it. It

Graves With Our Teeth.

We put it into our bedies, and plauily something has to be done with it. It is much worse than morely superfluous. Not only do we throw a great strain on the digestive organs and those which diapeae of superfluitles, but the bedily mechanism is elogged up and retarded by their products, and all kinds of premature degenerations of our organs are caused—we dig our graves with our teeth. For every child that is gorged by im-

our organic and the there are disjoint For every child that is gorged by im-becile parents scores of the poorest children are starved. Neither process makes an imperial people. The problem of overeating is partly one of the changes in man's habits. Year by year we become more brain workers and less muscle workers. An overwhelming majority of the men who will read this article belong to the for-mer class.

will read this article belong to the for-mer class. Now certain very remarkable experi-ments have been made which prove that the brain worker is in an utterly different class from the muscle worker as regards the amount of food he re-quires. Many experiments were made the men under fixed conditions, differ-ing only in that on some days they did no mental work, while on other days they spent many hours doing the hard-est and most laborious kinds of mental work, such as translating from one foreign language into another. The most deleate experiments failed to show that they used un an atom more food in the one case than in the other.-Dr. C. W. Saleeby, in the N. T. American.

American.

Troubles of Tenants in Germany

"system, law and order." I'd like to hear of it, writes an American citlzen in Good Housekeeping. In Ger-

many I stopped for five months last year with a brother in Berlin, whom business called and kept there for at least six or seven years. He lives in an apartment house, very much like the apartment houses in our big citles. Eu. there's this difference-the law protects the landlord in Cermany, and as a con-

sequence rent is cheaper.

F THERE is any place on the face of the globe that can beat Germany for seen right.

WHITE MEN NEED ESCORTS IN ABYSSINIA.

In Abyssinia the natives kill white men in order to please their sweet hearts," declared Frank Mowrer, for-

hearts," declared Frank Mowrer, for-merly consul-general to Addis Abeba, and just appointed consul at Leghorn, according to the Washington Post. "It is never dangerous for a white man to travel in Abyssinia, provided he is accompanied by a native escort, because those who compose such an es-cort are always trustworthy, but a man takes his life in his hands if he goes abroad alone. Not that the natives are feroclous, but that he could not be sure that one of them had not made

this would mean the forfeithe of an your furniture, besides, maybe, a sub-journ in prison. You may sublet, but you must live up to your contract. Should any damage be done to the wall paper, mirrors, etc., the tenant required (may, compelled) to repaper and replace. This teaches cure, and less induigence toward youthful and destrictive oilve branches. It's quite a different proposition when you have to pay the damage yourself, you know! The tenant is provided with a latch key. Should he happen to lose it, he is obliged to provide new keys and locks for the whole house. The old key may have failen into unauthorized hands. "Coal bins and closet shelves used for kindling' wood"-absurd! Such hand over your keys, you've got to leave everything in about the same state and condition you found it. Moving without paying your rent? Can't be done. Can't remove any of a Yankce landlord. Our lays don't to rbeat" him he can do it, and the book on the trials and tribulations of a Yankce landlerd. Our lays don't to "beat" him he can do it, and the adot tenant.

circumstances of my sensations to the minutest detail, and if it doesn't I do the same. You have no conception of what a delightful feeling it is to ex-perience the contrast of intense pain and quick relief. I know that feeling well."

ton suburb who makes himself sick in a variety of ways in order that he may test the heating powers of the medicines manu-nover that he may test the matured by the company which em-iliary of the medicines manu-nover the second staken pur-posely to provide disorders, this vind-cator of infants' southing syrups, head-ache cures, indigestion medicines and cold cures is hale and hearty, a stout german, past middle age, of a stud-cures is hale and hearty, a stout german, past middle age, of a stud-ous and phlegmatic temperament. The headquarters of the best of all an employs him. There are oil paintings, soft carpets and Turkish rugs; he has a library of medical volumes, windows filled with flowers, and a profusion of butles, glasses and cruchles distrib-uted in the apartment. The head and hearts of the solution of butles, glasses and cruchles distrib-uted in the apartment. The has a variety of duties. According for the Boston Heraid he sits in so with cold cures. He contracts a vio-tice a cold, and then doses himself with cold cures. He contracts a bu-lead the morder to try the effi-cacy of a headache cure which is to be put on the market. The acquires the headache by com-one subject that at the end of a few hours the nergous strain produces the pains in the head he has set out to ob-

perience the contrast of intense pain and quick relief. I know that feeling well." There are from seventy-five to a hundred drugs mentioned in materia medica for disorders of indigestion, and the German tester has tried them all. Some of the things he has to do would make an ordinarily courageous man look about for the cyclone cellar. For an eyewash, he has more than once thrown sand in his eyes to pro-duce inflammation in order to test the wash as to its relief-giving properties. He even imagines bimself a baby oc-casionally in order to try the infants' mediches. He drugs himself by com-pounding a sleeping potion of infants' soothing syrup. "You may say," he explains, "that because a thing soothes me it does not necessarily follow that it would soothe a baby. Nevertheless, my re-suits have invariably proved that what was good for me was good for the in-fant, but of course in milder doses. "You see, we cannot get a baby to experiment on, even if we desired one, which we don't. A baby could not tell its sensations or impressions after it took the medicine, which is necessary to the success of the experiments." The man who voluntarily submits to "trying it on the dog" is not at all a dense animal, so robust that nothing can harm him, and willing from ignor-ance to sacrifice himself a chemist, a skill-ful one. How came such a man to embrace

ul one. How came such a man to embrace now came such a man of endates an occupation that carries with it so many disagreeable features? He will tell you himself that before he got his present berth he was a wreck, a vietim of chronic indigestion, a wasted shadow of the man he had been in ear-

shadow of the man he had been in ear-ly youth. "I have been in the manufacturing drug business myself for twenty-seven years," he says. "But things went wrong, my health gave out, my stom-ach was gone and soon I had not even employment. "It was then that I conceived the dulan of offering myself as a subject for experiment to the manufacturers of exemistary mediches. The first Ia

his machine at the man on the pole. man would use in saying, "I laid 4,000 the latter saw him and started sliding down quickly, evidently wishing to escape having his picture taken. The day."

"News" man and the "steeple-jack" reached the bottom of the pole at the same instant. Flicking an imaginary spot of dust

from his overalls, he said, calmly: "Well?" He would not consent to talk about his profession, but he did say his name

was Ed H. Wood, however, and he admitted that repairing flag-poles and similar work was his speciality, structural iron placing, his regular work. He also stated he followed this hazardous vocation in Chicago until he came to

ble,"

who disported themselves is before Ajax and Achill Nesses had practised char-ented the wooden horse. E-mus may have built a wi-d they built like the peop a sunicon foundation. . who is by right of lab-e at the head of those c-chealogical pursuits in t al, has for some time ac-tome was built upon a ma-and that the Romans su-and a different race of ps in for this was the discove or the Via Sacra, which co s of an ancient race.

an ancient ornaments.

ch discussion, bu been recently disco atine hill in large more varied asso

and with a more varied assortment of relics. While these discoveries are of great in-terest as indicating an earlier history to

NEW BOY PRODICY.

Master Leopold Lustig is a boy vio-linist who is about to make a tour of

the world under the patronage of the great violin virtuoso Wilbeimj. He has

A BAR

White !! MAL IN brick today and built a wall yester. AT HOME IN CHICAGO.

"I fixed the poles on the Auditorium and Great Northern in Chicago!" he said-that was all.

OVER 200 FEET IN THE AIR. "Steeple-Jack" Touching up the Flagpole on the Deseret News Building.

> t the terrible pletures in his mind ashe asked. "Were you ever hurt-did you ever fall?" Mr. Wood's face wore a pitying expression as he answered briefly, "No. never fell; been caught on pretty high perches when a sudden squall would bend things considera-The newspaper man looked straight

Salt Lake a year ago. In the Windy in the air at the tiny top of the pole. city he repaired the immense poles on The sky overhead did not seem far the Auditorium, Great Northern and overhead-not half as far away as the

roof. As the photographer was aiming | nished them in the same manner and | his partner putting guy ropes on smeltwith the same voice the ordinary work- | er smoke stacks and painting some big chimneys at Bingham Junction.

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EVERY DAY OCCUPATION. It was plainly evident that it was

useless to try to get the pole climber into the spirit of the occasion, and hopes for a batch of blood chilling stories, "experiences," with scare head His would-be interviewer shuddered and large type, wilted slowly. Mr. Wood was packing his tool kit and a few minues later was leaving the top of the building for the ground below and dinner at home at 242 West Second

> "Good bye," he said: "got another job tomorrow-higher pole than thisdoing pretty well in Salt Lake-no really high jobs, though.

Just what Mr. Wood considers "really high job" is a mystery to the writer. So is the method which might be employed to get his opinion. If a

ARE INTERESTED.

pole tall enough to reach Mars could

For instance, the tenant is required to sign a contract, and the breaking of this would mean the forfeiture of all your furniture, besides, maybe, a so-

The acquires the head to closely upon one subject that at the end of a few hours the neryous strain produces the pains in the head he has set out to ob-tain. Then he takes a dose of the medicine that is being experimented with, and watches results carefully, noting every effect in a book in order Often he has to contract aches that aren't headaches. It may be that a new medicine is to be brought out for indigestion or the scores of disorders resulting from dyspepsia. The manufacturers desire to make a practical test of the formula for their goes to a restaurant late in the even-ing and gives an order that makes the waiter's eyes bulge. "I eat a lobster salad, then drink milk, which is usually prohibited with such a salad," he says cheerfully, in telling about it. "To make it more certain I have vinegar mixed with the milk, and follow it all with a Welsh rarebit. After that, the only thing I have to do is to wait for the results. "They are usually not long in com-ing acon I have violent pains in the chest, a feeling as of a heavy weight lying upon it, with sharp pains shoot-ing across my body every second. Of course it is agony while it endures, but I take a doze of the remedy to relevet it. "If it gives me relief, I note all the

rarebit. After that, the only thing I have to do is to wait for the results. "They are usually not long in com-ing. Soon I have violent pains in the chest, a feeling as of a heavy weight lying upon it, with sharp pains shoot-ling across my body every second. Of course it is agony while it endures, but I take a doze of the remedy to relieve it. "If it gives me relief, I note all the ROME DISCOVERED

other famous sky-scrapers. These ground below. Looking steadily at buildings are hundreds of feet in the sky a few seconds gave him the feeling the building was toppling over height and are provided with flag "What must it seem like up there!" poles-huge because the wind currents thought the newspaper man growing at excessive heights are terrific. These dizzy, as he watched the slim iron rod facts did not seem to be of any special value in Mr. Wood's opinion. He fur- I sway and jerk,

be built, Mr. Wood would "shin" up and regild Mars' south pole, and upon reaching earth would possibly long to be in Chicago, where there are "really high jobs."

FORESTRY PEOPLE

South.

a Yankee landlord. Our laws don't protect him. It a tenant has a mind to "beat" him he can do it, and the landlord has practically no redress. He simply has to "take his chances." Do you wonder that rents are high in our cltics? If our laws won't protect him, the landlord must protect himself, in some a rankee landlerd. Our laws don't protect him, it a tenant has a mini to "beat" him he can do it, and the landlord has practically no redress. He simply has to "take his chances." Do you wonder that rents are high in our chick?



ANY WOMAN MAY BE SUCCESSFUL.

For 30 years prominently identified with one of New York's greatest re-tall shops. Mrs. Mary Balrbrother says it is the power of any woman to suc-ceed in a business currer and to compete with men in their own fields. Her rules are few, but she says she has never found it difficult to observe them and to them she attributes her own success. They are: Always he unindful of your employer's interests; punctuality; don't shivk your work; aim higher; he courteous, to all; make your own oppertualities; be conscientious, truthful, polite.

A LESSON IN HEALTH.

Healthy kidneys, filter the impurities from the blood, and unless they do this good health is impossible. Foley's Kidney fure makes sound kidneys and will post-lively use all forms of kidney and blad-der disease. It screngthens the whole sys-tem. For sale by F. J. Hill Drug Co., "The Neyer Substitutors."



played almost from babyhood, and Profeasor Kleacwether of Leipsic, who discovered his talent and taught him, be-lieves that Master Leopold has a brilliant future in store for him.

BENEATH ROME. Some startling discoveries have been made recently in the excavations of Rome, which go to show that that effy is -in a more real sense than has been sup-posed-the Eternal city. These discoveries (carry the mind far back of the poetics) fancies of Homer and Virgil, and appear to tell of a people more ancient than the Trojans, who disported themselves on the seven hills before the poetics of

the Eternal city, especially as they may be supplemented by much more elaborate indis, they are of greater interest in help-ing to establish certain important theories in ethnology. No country on earth has such varied interest as Italy for thosy who are trying to put together the his-tory of races. All varieties of the white races at one time or another found au of the inhabitants today is totally unlike the races which have existed there in ear-ling they may tremendously add not each the former hads in Ryar-meters.

POPULARITY OF ESPERANTO.

Despite the efforts of such eminent scholars as M. Beaufront, official France has been slow to extend recog-pition to the new language, presum-ably because of a desire to maintain the position of their own as that of the world's diplomacy: but we know from world's diplomacy; but we know from personal inquiry in the smaller towns that the French people are really en-thusiastic over Esperanto, nearly ev-

that the French people are really en-thusiastic over Esperanto, nearly ev-ery village containing a small group of students, and even the more intel-ligent innkeepers giving it earnest at-tention. A strong movement, destined apparently to be crowned with suc-cess at no distant date, to add Esper-anto to the curriculum of the public schools is now well under way. Canada has many ardent supporters, and in enterpristing Japan a single school comprises nearly 400 students. In this country comparatively little progress has been made, although many of the universities have small organizations, and the foundation of an international association has been laid in Boston. Many newspapers and periodicais, de-voted exclusively to the language, are published in various parts of the world; and it is a pleasing indication of the spirit of the new west that the first journal of this character to appear in the United States is published in Okla-homa. Birlety, wherever the new lan-guage has been introduced is has taken root and achieved almost firstan-taneous popularity.-George Harvey, in North American Review.

CURED HEMORRHAGES OF THE LUNGS.

LUNGS. "Several years since my lungs were so badly affected that 1 had many hemory-ringes." writes A. M. Ake, of Wood, Ind. "I look treatment with several physicians without any benefit. I then started to take Foley's Honey and Tar, and my lungs are now as sound as a builet. I recommend it in advanced stages of lung trouble." Foley's Honey and Tar stops the cough and heals the lungs, and prevents serious results from a cold. Re-fuse substitutes. For sile by F. J. Hill Drug Co., "The never substitutors,"

JULY FOURTH

Reduced rates via Oregon Short Line. Tickets on sale July 3rd, and 4th, limited to July 6th. See agents, City Ticket Office. 201 Main St.

the shakes of a set of the set A delicious luncheon with prompt service at all hours at the Royal Cure. "A Good Place to Eeat"



Donna Amada Diaz de la Torre, the eldest daughter of the president of the Mexican republic, is a very beautiful woman of the Spanish type. She is



also highly accomplished and is reputed to be one of the best informed women in the republic. President Diaz is very proud of his brilliant doughter, and she usually at his side during public functions.

Tenry & Prite att "GIRLS, GET GOOD JOES." "A good job is better for a girl than an indifferent husband," is --philosophy bestowed on the graduating class of an cestern college is Prof. Henry S. Pritchett, president of the Mussachusetts Institute of Tech-nology. This famed educator contends that women are now equipped bet-ter than ever for the life struggle and that to surrender their independen for matrimony is an admission of inferiority to the opposite sex whit does not exist. Women who have imastered a prefession, he misinfaths, have no necessity for marrying and use in a position to choose their mates without regard to the ability or the man to support them. I that they are perfectly certain, he says, that they are selecting from a viewpoint of reason and discretion, the good job had better be their objective point.

Priam and Plyssea driving or invented mulus and Remus but if they did the Manur-on a st

of Nippur-on Signor Boni. skill and time

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