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TO SLEEP-DISTURBERS.

The necessity of sufficient sleep and the evil effects of over-indulgence in it have recently formed subjects of comment for editors and lecturers. It is of much importance. Insomnia is a growing evil. It frequently leads to insanity or some form of brain and nerve disorder, that undermines the health of many sensitive people and causes premature death. Different persons require different periods of sleep. There is no general gauge for it. Each individual must determine the matter for himself, but rationally, and not by mere inclination and lassitude. The injury done to children by arousing them from a sound sleep has been pointed out by physicians and others and it is not without evil, often, to older persons.

But what we have in view just now is not to dilate on the general question of the necessity and benefits of sleep. It is to call attention to the needless disturbances that occur to it from thoughtlessness and selfishness. How many slumbers are disturbed by noisy people at night! Folks returning from the theater or the different resorts, kick up a clamor as they walk to their homes from a streetcar or otherwise, indifferent to the repose of people who have retired to rest. When they enter their own dwellings, some of them are apparently indifferent as to the repose of their own relatives. They slam doors, carry on loud conversation, move around as they would in the day time and think of nothing and nobody but themselves.

Many nervously organized people, if disturbed during the first hours or moments of refreshing sleep, are unable to resume it but lie awake half or all the night, weary of mind and body and excruciatingly vexed with the thoughtless awakeners. This is not done intentionally, perhaps, but has the same effect as if it were. It is occasioned by that indifference to the wishes or welfare of others that is so often seen in ordinary life, that crowds places of festivity or excess, that is shown in people blocking the way on street corners or narrow bridges, and in that utter callousness to anything but self that is of the very essence of impoliteness and shows low breeding.

Some people gain great rest and recuperation from a few minutes' sleep during the day in a chair. How delightful it is to such sweet slumberers to hear a voice, meant to be kindly, exclaim "Oh, won't you lie down on the lounge?" Sleep has gone for keeps and the friendly offer accomplishes the very reverse of that intended. Some "funny" people think it a fine joke to tickle a sleeper with a straw or a feather and wake him up to be laughed at. That is a silly practice and does more harm than any amount of hilarity can justify. Sleep is a restorer of energy and essential to vigorous health, and the need of it should be recognized and respected always and everywhere by and to both old and young. A little common sense in this as in all things is a great desideratum.

TREATMENT OF TYPHOID.

Typhoid fever seems to be again very prevalent. The orthodox idea that it can be invariably traced to the use of water infected with the germs of the disease, like some other orthodox notions, does not bear the light of full investigation. We will not attempt to account for the cause of the disorder, but wish just now merely to copy, from the Medical Record, the mode of treatment for patients suffering from it. We do this more for the benefit of physicians and nurses who do not read the Record than for others, because typhoid is such a weakening, debilitating and often fatal disease, that it requires the best of skill attainable to overcome its dire effects. The Medical Record says, in reference to an expert on this matter:

"Charles E. Nammack, in his method of treatment, after a thorough moving of the bowels, directs the use of milk, eggs, and water, as the essential foods during the febrile period. The necessary mineral salts may be given in the form of fruit juices and fruit jellies, and a daily cup of strained vegetable broth or soup flavored with beef or bacon. These viands also satisfy the patient's longing for something besides milk and albumen water. If milk does not agree, whey, buttermilk, koumiss, or peptonized milk may be taken. Ice cream offers a change. The average case will not need alcohol until later in the disease. Clarified goose, cream, and the juice of broiled beefsteak may also be given. A cup of hot coffee diluted with milk may be given early in the morning. As to drugs, a combination of hydrochloric acid and liquid pepsin may be given after the food. Special symptoms and complications in typhoid fever require great watchfulness. In cases of perforation, surgical operation is necessary."

PERJURY FOR PELL.

A work has been published by Dr. Willis B. Kline on "Perjury for Pay." He is a physician and surgeon of eminence who has served as a railway practitioner for over 25 years. He has collected statistics of suits brought against railroad companies during that time, and gives particulars of more than two hundred cases of passengers claiming damages, which he had examined by request of the company that employed him, to ascertain the real extent of their injuries. He found only about six or seven of them had been hurt permanently as they claimed, and some of them had deliberately created the condition causing the in-

Jury. The book gives particulars of the "fake" cases that came within the writer's experience, and forms further evidence of the swindling nature and performances of a certain class of criminals.

A short time ago we cited a number of instances of professional litigants against railroad companies, who piled the "permanent injury" deception as a trade, going from city to city under different names to bring suits for damages, often succeeding after deceiving attendant surgeons, or inducing dishonest doctors to aid them in their nefarious work. Some of them eventually came to grief and were properly punished for their crimes.

The trouble in such suits is that juries are prone to take the side of complainants when wealthy corporations are the defendants. The sympathies of the average juror are with the professedly injured party, and the sentiment is to the effect that the company sued is rich and can afford to pay what is claimed or something near to it, and impostors are often successful on that account. Exposure of this deception is not intended to improperly influence courts or juries in favor of defendants, but to promote caution and invite close investigation in such matters.

That is the purpose of Dr. King's book, no doubt, and it is proper that such deception as has come to his personal knowledge should be exposed and condemned. Responsibility for real injuries sustained should be placed where it belongs, and any company, firm or individual whose negligence or other fault has caused those injuries, should be required to meet the consequences. But the exaggerations, false pretenses, and schemes to mislead a wealthy corporation, association or person, as a prey to malingers and their attorneys, ought not to prevail. To the defeat of justice and equity and the triumph of falsehood and wilful deception.

OUR NAVAL DISPLAY.

Warships on parade always make an imposing sight, and the great naval display at Oyster Bay on Labor day must have been immense. It is supposed to be the largest fleet ever assembled in American waters; it certainly was the most powerful, being composed of modern ships with all the equipment for destruction known to our advanced age.

New York papers complain of the lack of interest displayed by the public in this exhibition of the new American navy. It seems that these marvels of human ingenuity, when at anchor in the North River, attracted but little attention. Their presence there did not draw immense crowds. The suggestion is, therefore, made that the government detail officers to lecture about the navy, its history, development, and importance for the national defense.

We willingly admit the immense importance to the country of the navy, as long as wars are among the possible evils that must be counted with. This importance will grow with the years, until wars shall be no more and implements of war be rendered useless. But we believe that the indifference to the naval display on the part of the public is not an entirely bad feature. The spirit of the age is different from that in which arms and armors, fortifications and battering-rams, armies and navies had the chief position of interest in human society. Those paraphernalia were at one time essential to the existence and development of nations, when war was the normal state, and peace only a temporary condition, often the result of national exhaustion and weakness. It is different now. The prosperity and growth of nations depend on peace and friendly intercourse, on the establishment of lines of communication and interchange of products. Public interest and curiosity have therefore been transferred to the contrivances that go for the maintenance of peace, from the war engines.

Lectures on the development of the universal peace idea, from the days of Grotius to the present age would be more useful and more in harmony with the noblest efforts of our time, and the mission of this country. They would be more suitable for popular instruction, since this country is not a military power, but one that stands for advancement along the lines of useful activities.

TWO COUSINS.

The New York World of Sept. 1 asks whether it is anything more than coincidence that Frank H. Hipple, president of the Real Estate Trust of Philadelphia, and Senator John Hipple Mitchell, of Oregon, in his youth plain John Hipple, of Pennsylvania, should have ended long careers of honor and trust in criminal money dealings? The two men are said to have been cousins. There were some taint in the blood that led them toward crime and disgrace?

John Hipple, the World goes on to say, left Pennsylvania in 1860 for the Pacific coast. There he practiced law, entered politics and was elected to the United States senate for a number of terms. At the age of seventy he was convicted in connection with Western land frauds against the government. Death unexpectedly saved him from a term in jail. Frank H. Hipple was a pillar of the church, trustee and treasurer of its funds, a man of unquestioned probity. A short time ago, without apparent cause, he killed himself. He had not only wrecked the trust company of which he was president, but embezzled its funds. Hence the query: "Was there some taint in the blood?"

It is a question that often suggests itself, when the careers of closely related persons are compared. Undoubtedly, the characteristics of ancestors appear more or less clearly in the posterity; environment also has much to do with the formation of character. But the important point in connection with this subject is this: that neither heredity nor environment can force anyone to enter and continue a criminal career against his own will and choice. Ample provision is made for all who honestly engage in a warfare against evil influences, to overcome them. Nobody is a slave of sin without his own consent and preference. The responsibility, therefore, rests with the individual, and cannot be shifted upon ancestors or environment. The careers of such men suggest the

thought that neither wealth nor social position is a guarantee of honesty and virtue. In all walks of life the moral leper may be found, mingling with the crowds. Even among those who attend churches and would fain be counted for "pillars," they can be observed. It is well to be reminded of such facts occasionally. It is well to remember that it is not because a man or woman is rich or poor, high or low, engaged in one avocation or another, that makes him or her honest at heart and in act. It is the character that has been formed in the battle against both inherited and surrounding adverse influences that counts for true nobility. In this combat there may have been discouragements and defeats. It may even have left scars. But the victory is all the more glorious, and the qualities developed are all the more valuable, because of the strength needed to overcome the temptation.

CO-OPERATIVE RECREATION.

The camping out season is about gone for this year, but it is nevertheless interesting to read about the application of the principle of co-operation to recreation. And the lesson conveyed by the experiment may be of benefit to many, another year.

The people of Dayton, Ohio, are known for their successful co-operation in the management of industrial enterprises. This summer the chief manufacturer of the city closed his factories for two weeks, after having conferred with the employees on the advisability of so doing. Then they all went to work and arranged for a co-operative outing at Lake Michigan, 200 miles from the city. A camp was laid out on the lake shore and tents to the number of 1,350 were set up, with streets and alleys. The grounds were furnished free of charge, and special attention was paid to the sanitary conditions. Special trains were run from Dayton to Michigan City at low excursion rates. The multitude was fed by a regular commissary department, and there was a big dining tent seating 1,000 persons. The camp had a postoffice, telephone station, laundry, tailor shop and other conveniences. There was a children's playground, with games and sports in charge of a kindergarten teacher; also a dancing platform and other provisions for recreation and amusement. At night the grounds were lighted with colored electric lamps. The remarkable part of the story is that the total cost of the ten days' outing was but \$5.75 for each person. This included railroad fare both ways, use of tent and cot, and meals. The camp had its own brass band, which gave two concerts daily and also furnished music for dancing.

This is a striking illustration of what can be accomplished by intelligent co-operation. If this principle were applied more generally the luxuries of life could be enjoyed by all at a price within the reach of everybody.

No company cares to build a belt road on the earthquake belt.

Nelson didn't defeat Gans, but he succeeded in killing himself.

"Your humble servant" is found in letters only and never in houses.

Any outrages on the strike-breakers will be credited to the discredit of San Francisco.

The Panama canal will be built long before there is government ownership of railroads.

And now Gans is going on the stage. Something in the colored minstrelsy line, probably.

So quiet have been the terrorists for a few days that they must have run out of bombs.

If the President would but cut short the hot and cold spells every one would be grateful.

"Who has changed?" asks the Boston Herald anent Mr. Bryan's return. Times, we should say.

The resorts being closed their patrons might resort to church going by way of change and novelty.

It would have been a good thing if the Sheridan had been twenty miles away from Barbers Point.

It seems to be easier for the Cuban rebels to sack a town than for the Cuban authorities to bag the rebels.

Fearing to meet Palma on a war footing the Cuban rebels would like to meet him on a peace proposition.

For two years there has been much talk of smashing the trust, but up to date no trust has been "smashed." Smashing a trust is not child's play.

Chicago proposes to prosecute her "quack doctors" and fraud medical institutions. Nothing she could do would tend more to the benefit of her health.

National Committeeman Walsh of Iowa sent out his letter of resignation to Chairman Tom Taggart as "advance matter" and not a paper published in such a fame!

"I did not know it would be so hard to be a fugitive," says Stensland. Which shows his ignorance of the Book that says, "The way of transgressors is hard."

It is claimed that during the last twelve months \$150,000,000 has been invested in Mexico by outside capitalists, and that half of this vast total was from the United States.

The primary election law is proving a success in many parts of the land. It really seems to give the people better control of nominations than any other plan thus far evolved. Next winter's legislature should give the matter serious consideration.

It should be of special interest to the advocates of government ownership of railroads to know that conservative estimates place the total value of the railroads of this country at from twelve to fourteen billion dollars. No doubt Uncle Sam could buy out these concerns, but by what method could the money be raised?

THE PENALTY OF SARCASM.

Chicago Evening Post.

Senator Ingalls, during his early life, was unable to restrain his propensity to indulge in sarcasm. This habit eventually lost him his place and his popularity. On one occasion an intimate friend wrote to him urging the appointment of another friend to a position under the government. To this letter the senator returned a very sarcastic answer, and received the following reply: "My Dear Senator: I think it would be well for you to reserve your sarcasm for the rapidly increasing number of your enemies, instead of offering it to the decreasing number of your friends, of whom I am one." It is said Mr. Ingalls never forgot the rebuke, but it was too late.

JACK AND HIS CIGARETTE.

London Telegraph.

It is curious that at a moment when an outcry is being raised against the spread of cigarette smoking ashore the admiralty should have come to a decision to render it increasingly popular on the lower decks of his majesty's ships. It has been determined to issue a fine-cut tobacco to the navy at the exceedingly low price of 1 shilling the pound, of course, free of duty. For years past there have been marked indications that the devotion to the pipe of the men of the new navy, which is a mechanical force as distinct from that in which the old seadogs of the past served, is decreasing, and that they recognize the convenience of the cigarette, which provides a medium for smoking during short intervals of rest from duty.

SEEDS SOWN BY CANNON.

From M. A. P.

The story goes that the present Duke of Atholl devised a most original method of seed-sowing. On one portion of his property are some inaccessible rocks, which have been guilts of a green leaf for centuries. Some ancient cannon happened to lie near at hand, and by the duke's order these were charged with tin canisters filled with seeds of hardy plants and shrubs and fired straight into the cracks in the rocks. A little soil had collected there, and the experiment is said to have been crowned with success.

JUST FOR FUN.

Parlor Car Diversion.

"Porter," said the fussy lady in the parlor car, "I wish you would open this window."

The lady in the seat directly across the car heard the request and drew a cloak about her.

"Porter, if that window is opened," she snapped testily, "I shall freeze to death."

"And if the window is kept closed," returned the other passenger, "I shall surely suffocate."

The porter stood timidly between the two fires.

"Porter," remarked the commercial traveler, "your duty is very plain. Open the window and freeze one lady. Then close it and suffocate the other."—Puck.

Nellie's Advice to Her Pastor.

"Mamma, I've got a stomach-ache," said Nellie, six years old.

"That's because you've been without lunch. It's because your stomach is empty. You would feel better if you had something to eat."

That afternoon the pastor called, and in the course of conversation remarked that he had been suffering all day with the headache.

"That's because it is empty," said Nellie. "You'd feel much better if you had something in it."—Judge Magazine of Fun.

How He Knew It.

Fair Passenger—They say you can't fool a streetcar conductor with a plugged nickel, but I worked one off on him a few minutes ago.

The Other Passenger—I know it, madam. He gave it to me in change just now.—Chicago Tribune.

RECENT PUBLICATIONS.

The September number of The American Boy is in every particular up to the standard set by the previous issues of that magazine. From the cover design to the last page are found features of interest to boys, both old and young. The illustrations of the present number are particularly pleasing.—Sprague Pub. Co., Detroit, Mich.

The September number of Suggestion presents some interesting articles on suggestive therapeutics, personal magnetism, health, and happiness. It has several illustrations on optical illusions.—4029 Drexel Boulevard, Chicago.

The art feature of The Red Book for September consists of a series of portraits of Maud Adams, and other photographic studies of great interest. The stories of the number are: "A Placard at Tender John's," F. L. Stealy; "The Captivation of Cheston," Leta Field Hubbell; "Taking Care of Caroline," Reginald Wright Kauffman; "A Deal in Diamonds," Campbell MacCulloch; "Old Force-o-Habit's Way," Vincent Harper; "The Wedding Gift," Olivia Howard Dunbar; "His Friend the American," Len Low; "A Knight of the Hop Fields," Kate W. Hamilton; "The Electrobal and Mon Pere," George Aland; "England," "The Defection of Helen," William MacLeod Raine, and "For the Promotion of Billy," Catherine Carr. "Yellow Silk," "Parisian Mode," and "Some Dreams of the Day" complete this excellent number.—153-164 State street, Chicago.

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