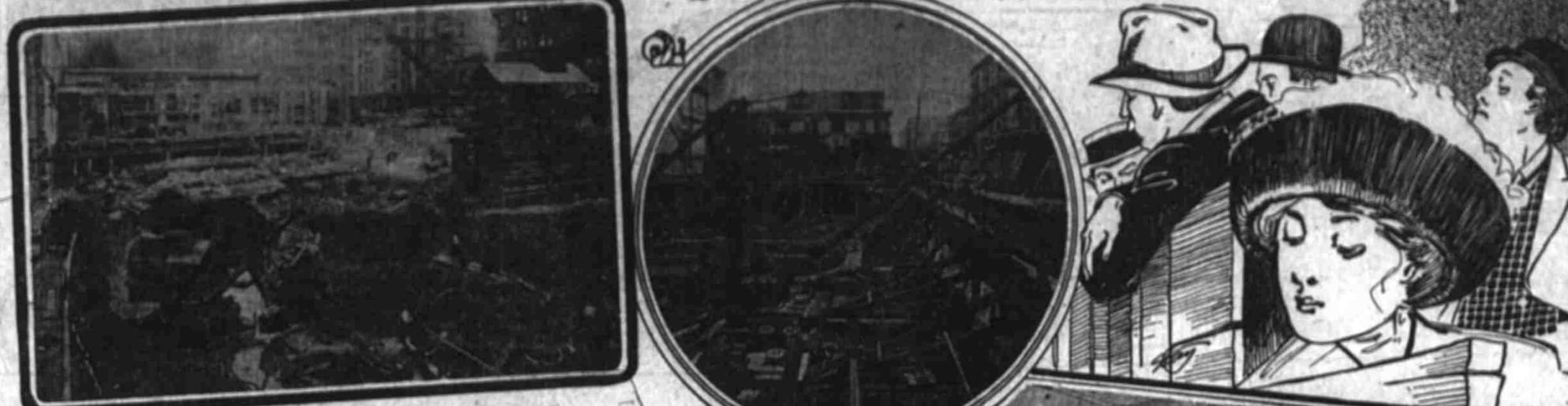


Half acre hole in heart of Portland



WRECKERS, AND EXCAVATORS, AT WORK.

Huge Excavation and Costly Concrete Work Required to Support Newest Department Store Building

ABOUT READY FOR SUPER-STRUCTURE

Written for The Journal by Will T. Kirk.

THE deepest and biggest basement in Portland was completed recently. It covers practically half an acre of ground and is 21 feet deep. It is the basement for the new Lippman & Wolfe building, being erected on Fifth street, between Washington and Alder, by the Hurley-Mason company.

In fact, the basement is a big, two-story underground building. There are to be two cement floors—one for the basement proper and the other for the sub-basement.

For four months the public was an interested spectator of the work being done in preparation for the superstructure of the large building. Crowds daily lined the banks of the great hole in the ground and many were surprised at the enormous amount of work that had to be done before the time came for the erection of the massive steel beams.

While the work was going on the half acre had the appearance of a mining camp after a big discovery. Men and machinery never rested from making the dirt fly. The work was kept going day and night, with over 100 men on a shift. At night the yawning hole was illuminated by powerful arc lights. The sight became intensely interesting as the hole became deeper and the men grew smaller to the onlookers on the banks above, whom the workers called the gallery.

Work of raising the old buildings on the site, one of which was a substantial brick structure, was begun July 1, and the work on the excavation for the basement was started during the latter

part of that month. About 25,000 yards of earth were removed in the hungry steam shovel, which burrowed their way with great mouthfuls. This is about five times as much earth as is usually removed for the basement of an ordinary business building covering a site 100x100 feet.

As the steam shovel gnawed away and gradually lowered itself, spectators began to wonder how the builders were going to get the engine and the shovel out of the pit it had dug for itself. The problem continued to worry them and was the subject of frequent discussions. When the shovel reached the bottom and looked like it was hopelessly beyond ever being brought to the surface again, one of those who had watched its descent day by day could restrain his wonderment no longer, so he ventured to ask a foreman how in the world he did intend to get the machinery out again.

"Why, we don't intend to take it out," the foreman replied. "It is an old shovel, anyway, and has just about served its time, so we are going to get it to working in one corner of the excavation and let it dig a hole to bury itself in. Then we will cement over the top of the hole."

The story gained considerable circulation among the gallery audience. But all doubt was allayed when the steam shovel was separated into three parts and hoisted to the surface.

Three Crews Employed.

During much of the time three entirely separate crews of men, of distinct crafts, were working on the job at the same time. When the wrecking crew

had removed one end of the old building the excavation crew began work. This latter crew reached the bottom of the basement at one end before the wrecking crew had finished at the other. The excavation crew moved over to the middle of the half acre, and the concrete workers began where the excavation crew left off. By having one crew follow on the heels of another there was not the slightest loss of time.

The bottom of the basement is only three feet above the level of the Willamette river at its low stage, and it is about 15 feet below the level of the river when the spring freshets have filled the banks of the stream full. This made it necessary for the basement to be constructed water tight, and for the bottom of the basement to be made strong enough to withstand considerable pressure from beneath.

For that reason the floor of the sub-basement was constructed with a solid surface facing downward. Most of the ground is a layer of smooth concrete. On top of this is laid several layers of burlap and waterproof paper, put down in a hot asphalt mixture. On top of this are laid reinforced concrete slabs and beams, running into the column feet. Between the beams is sand and gravel, and on top of it all is a heavy concrete floor.

The sub-basement floor is built just upside down from the way a floor is usually constructed, which prepares it to withstand the pressure of the water from beneath. The same waterproof material used in the floor is carried up through the walls of the basement on all sides.

Another feature that greatly inter-

ested the gallery spectators, and which was no small engineering feat, was the work of underpinning the adjacent buildings on the other half of the block. As the basement of those buildings did not

extend as deep as the new basement, something had to be done for the protection of the structures.

Holes, similar to mine shafts, were sunk about eight feet apart to the depth

of the new basement and concrete pillars were built under the adjoining buildings. When these were set the earth was removed between them and the intervening space filled with con-

crete, making the wall solid. Above the sub-basement floor will be the floor of the basement proper, thus providing two underground stores for this great structure.



EXCAVATION NEARING COMPLETION

Health and Efficiency CONDUCTED FOR THE JOURNAL BY LORAC LITTLE.

DR. ELMER LEE, in Health Culture, recently stated that dietetic abuse is the real cause of all forms of cholera. The victim being, as Dr. Charles E. Page says, "the victim of his own puts it, 'simply a teaspoon.' The same, says Dr. Page, is true of typhoid fever, in proof of which he offers the results of his 27 years of practice, during which he never has had a typical case of typhoid fever here he was called at an epidemic stage of the disease. Here is the way he summarizes his treatment:

"The whole secret of this very extraordinary experience lies in the fact of my application of the therapeutic fact of convalescence is safely secured, together with the employment of simple, moderate hydrotherapy; never any ice packs, be sure, nor any form of rough house treatment."

He continues: "When we look this matter squarely in the face, where can we find the least reason for typhoid inoculation, since nothing of that sort can be any theory of reasoning be supposed to prevent the individual from mistreating his stomach and bowels?"

Dr. Lee says, does this latter imply gross feeding; all that is needed is that the patient be a dyspeptic, for dyspepsia and consequent putrescence of food substances, produce the same result as the general order 134 of the war department, dated September 20, reads: "The typhoid prophylactic will be administered to all officers and enlisted men in the army under the age of 45 years who have not already had a well defined case of typhoid fever, and who are on duty at the stations where a medical officer is available for this purpose." It also provides for inoculation of recruits and soldiers in isolated places.

A GOOD deal of the physical weakness of men and women comes from flabby methods of training in childhood. Hence, Dr. C. F. Weege's article on "Graft in Education," in Mind and Body for October, is pertinent to our theme.

Dr. Weege is connected with the Carl Schurz high school, Chicago, and as an observer has the combined advantages of the trained physician and the practical educator. He deprecates the modern tendency of making all tasks easy and attractive to the child, claiming that this results in want of moral stamina. "Physical education shows the same tendencies," he says. "Everybody would like to get healthy and strong if it only were not so much like work."

Neither physical, mental nor moral education can or should be all (or largely) play, he maintains. Work rarely causes breakdown. "Rather than use the natural eases for weakness such as rest, exercise and recreation, we encourage idleness."

At least in our large cities we have ample proof that the young men and women lack firmness of character, lack the will power to fight temptations. They drift from nickel shows to pool-rooms and bowling alleys and cards, and when the circuit is completed they begin over by increasing the stake. These are the most obvious results; less common are good manners at all times, politeness and good behavior, manliness, frankness, standards of

honor. . . . More strength of character could be developed if more stress were laid on compelling the child to do things irrespective of whether they are interesting and pleasant or not. School training alone is not to blame. Home training is a greater factor. . . . One of our first maxims must be to demand strict obedience. That kind of obedience that needs no argument, no persuasion. When we say, Do, it must be done and nothing else. The explanation may come later if necessary. It will then do much more good showing the child the command was right and inculcating confidence in parent or teacher.

"We don't have to carry this blind obedience to excess. I understand the importance of bringing out the individuality by always catering to the child's liking of things, by making every task interesting? We bring out and strengthen what later may become a degenerating tendency, but we do not build up and develop character by indulgence."

This is commended to mothers who cannot feed their children properly, because "Johnny never eats vegetables," or "Kittie would starve rather than eat brown bread."

EXCESS of carbonaceous food, Dr. Charles McCormick told an audience in Portland the other night, is enough to cause rheumatism, arterio-sclerosis, erysipelas and other skin affections, migraines, appendicitis and even smallpox.

This is in line with what this department has been telling its readers for a year and more. Bread easily becomes the staff of death instead of the staff of life, if systematized with carbon and its products in imperfect digestion must have a clearing out, and nature follows lines of least resistance.

If you would feed yourself for health you will eat plenty of "grass"—that is, uncooked celery, onions, cabbage, and the like. They will prevent the accumulation of waste and purify the blood. This food question is so easy of demonstration that one can verify Dr. McCormick by confining himself to starches for a short time. One need not carry it to the point of actual illness. But confine yourself to starches, fats and sweets only for a few days, and if you are in the habit of feeding yourself properly you will quickly notice the effects. You will feel less alert, and whatever weakness you have had will begin to bother you. If ever subject to headaches, they will increase. If rheumatic, that complaint will wake up. If your memory is not the most perfect, you will notice it troubles you more than usual. Whatever may be your weak points there you will notice the effects. But the deterioration will be general, and if such a diet is continued long enough serious illness will follow.

The point is not that bread is to be banished, but that it is to be used only as the backbone of the diet. (By bread is meant grain foods.)

When we know that this kind of diet (that is, too much starch) is the most fruitful cause of colds in all forms, of fevers, of the stiffness and brittleness of rheumatism and the old-age ar-

thritic, the proposition is one of attempted fraud, however innocent it may appear. Live as you please and do not touch the cause, but have no relation whatever to it.

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