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THE TIMES

A DAILY NEWSPAPER

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THE TIMES

Port Limon, Costa Rica (G. A.)

Pork and Beans

Backed beans and pork will be made a regular daily article of diet at the States sanatorium of Rutland for consumptives. They will be given a two weeks' trial on the menu to determine if they possess special properties inducing to cure tuberculosis, alleged to have been newly discovered.

A report by Sir Hiram Maxim, an English authority on consumption, that experiments have proved baked beans and pork especially good for the disease has been read with great interest by Dr. Phillip C. Bartlett, superintendent of the State Hospital.

HEALTH GIVING PROPERTIES

An announcement of the report caused to this country reads, "Sir Hiram Maxim in a letter to the Daily Express extols the health-giving properties of American pork and beans, and protests against the concoction canned in Germany and masquerading as the real thing. He calls 'Boston's pride' the finest in the world and says it is more effective than cod liver oil as a cure for consumption."

If it has worked well in England, Dr. Bartlett reasoned today to a Post-reporter, the plan should work well in Rutland, where beans and pork can be procured in abundance at low prices and of good quality.

"The best treatment for the consumptive is given through his diet," said Dr. Bartlett today. "We keep him in the open air to whet his appetite, for by eating well he kills the germs of tuberculosis."

"Pork is good for the fat it contains. Fat is easily assimilated, keeps the body warm and protects it against chills."

"Beans are the poor man's meat; it has often been correctly said. Their nutritive value is very great, it has never been disputed. They contain an abundance of proteins, which are very necessary."

"We now have beans and pork on the menu list only once a week on an average and have given it no prominence over other foods that we consider nutritious."

"Don't consider that we expect to cure tuberculosis by beans and pork. The cure of that disease is a matter of general hygiene. We only hope they will tend to make the patients get well earlier through increased bodily vigor."

BOSTON PHYSICIANS DIFFER ON CURATIVE PROPERTIES IN BEANS

Leading Boston physicians, leaders in the treatment of tuberculosis, yesterday expressed surprise at the report of Sir Hiram Maxim that baked beans and pork had helped many English consumptives more than cod liver oil or anything else he had used. They said they had never recommended pork and beans to any extent, and differed in their opinions of how much good the diet would be.

Dr. Henry I. Bowditch of 416 Marlboro street one of the leading specialists in the United States, said: "A consumptive should eat just what agrees with him and plenty of it. Pork and beans are indigestible for a great many consumptives. So differently are people afflicted with that disease constituted, that no one thing can

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January 15th

be set down as good for the whole class."

BODY BUILDING POWER

Dr. Herbert O. Clapp of 419 Boylston street said: "Both beans and pork are excellent for consumptives who can digest them. They have excellent body building power. The beans have a nitrogenous element that is healthful. I should say that many consumptives would do well if they ate more pork and beans."

Dr. Edward O. Otis of 381 Beacon street said: "I should not consider pork and beans especially good for a consumptive, because there are so many other foods that for them are just as good if not better. A consumptive needs a well rounded diet and no particular food taken in large quantities and with great frequency would do any good."

Dr. Cleveland Floyd of 246 Marlboro street said: "I have never recommended pork or beans for consumptives. I never have heard of Sir Hiram Maxim's theory before, and I cannot figure out how those two foods could possess any special qualities."

Dr. John B. Hawes, 2d, of 295 Beacon street said: "Beans and pork are good solid food, and they are used to some extent at the State sanatorium for consumptives."

"I cannot see why they should be recommended for the men and women frequently than roast beef or other nourishing food. They are good so far as they go, but I think they are used by consumptives now as much as is necessary."

Dr. Richard C. Cabot of No. 190 Marlboro street said: "I should say that the statement of Dr. Sir Hiram Maxim is true. No one can take a great deal of cod liver oil without getting sick. It is possible to eat a great deal of beans and pork without becoming ill. Beans and pork are excellent food and a consumptive needs plenty of good food."

The Haytian Situation

President Simon Says That Foreigners Are Not in Danger

Washington.—The State Department has received assurances from President Simon of Hayti that foreigners there are in no danger. Several days ago at the request of the British Government Secretary of State Knox suggested to President Simon that the present reign of terror there, which made the foreigners fear that their lives and property were unsafe on account of the existing revolution, be ended as soon as possible.

This action was taken on the protest of the British colony there which asked that the British Government take steps to insure their protection. The despatch boat Dolphin has been sent to Port-au-Prince to guarantee the protection of the foreigners.

In justifying the recent executions President Simon informed the Department that his Government was threatened by a serious

insurrection. Several army officers who had been convicted of treason, he added, had been put to death. No foreigners had been injured, he said, and the Haytian Government would adequately protect them.

Castro Buys Steamer

The Trinidad "Mirror" says: News has been received from Genoa by the Italian steamer that General Castro has succeeded in purchasing a steamer in Italy, which has already sailed with German and Italian officers and sailors who have been engaged for six months. A private letter states that the destination of the steamer is unknown, but, that it will either go to a port in the United States, St. Domingo or Hayti.

Landslide at Culebra

Large Slice of Gold Hill Slips Into The Canal

Avalanche May Change Plans of Engineers

PANAMA.—Another serious slide has occurred in the Culebra Cut, and has resulted in one man being killed and several injured.

THE GOLD HILL SLIDE

Colon.—Entirely without warning 500,000 cub yards of rock and earth slid last Thursday into the pioneer cut just opposite the town of Culebra. It is one of the worst slides the canal commission engineers have had to contend with.

The latest avalanche may change the canal plans materially. Some engineers say it seems as if it might be necessary to enlarge the entire prism sufficiently to prevent any recurrence of the sort after the completion of the canal. There seems to be no doubt that all of Gold Hill will have to be removed, in itself a considerable undertaking. As it is, 335,000 yards of the slide itself represent waste. The remainder it was intended to remove.

It is said that this slide was counter to the theories of the canal engineers. It always has been held that slide were caused when heavy rainfalls made the earth soggy and the sloping beds of rock beneath slippery. Then the weight overcame adhesion, and when the concussion of the dynamite blast gave an impetus the slides took place. But the Gold Hill slide is without precedent. There have been no heavy rains in this section for six weeks and there has been no blasting in the vicinity for more than a year.

On the steep slope of Gold Hill, directly opposite the town of Culebra, in other words on the east bank of Culebra, cut, a section 100 feet long and from twenty to a hundred feet wide dropped into the cut. On the 135 foot level was a berm. The slide started above this berm, which was completely destroyed along the entire length at the slide, a vast amount of material being forced clear

down to and nearly filling the pioneer drainage cut.

A few weeks ago a large amount of earth and rock slid into the canal at Las Cascadas, a few miles north of the town of Culebra. A few miles south is the great Cucaracha slide, which has been giving trouble. This makes it appear that the entire cut will have to be widened sooner or later to a large extent in order to avoid serious difficulty when the canal has been completed.

Current News.

The "Prinz Joachim" will leave this port tomorrow afternoon at 8 o'clock for New York, Colon, Kingston and Cuba, taking mails and passengers.

The following persons were booked yesterday as guest of Hotel Londres: Juan Rovira and Yomin Boladeros and at Hotel Montelo: Roy Bunting.

We learn on good authority that the British Minister has asked the British Vice-Consul of Limon to withdraw his resignation and retain the position for two years more. We understand that he has acquiesced to the proposition.

The Spanish Transatlantica Co. s.s. "Legazpi" arrived yesterday morning bringing the following passengers: From Barcelona: Fermín Boladeras, María T. Trepat, María Gil Sola, Juan Riera; from Habana: Juan Rovira, Olivia Fuentes, Ramón Guilarte and Anita Garcia.

As the passenger train was leaving the station yesterday morning one of the loafers that is to be seen blocking the path jumped on board the train, evidently intending to get a free ride. He was afterwards held by the company's station guard and put in charge of a policia but after the "hanger on" explained how he was put off the coach he was lectured and released.

The United Fruit Company steamer "Parícutina" left Limon on Friday night last with a large cargo of bananas amounting to 55,000 bunches for New Orleans via Barrios. She also carried passengers and mails. The following passengers left for New Orleans: J. J. Parkham, Mr. and Mrs. T. M. Solomon, A. Johnson, Clifford Solomon, J. S. Garver, Juan Zavala, Mrs. Juan J. Zavala and child, Miss Paula Talvera, Mrs. S. S. Work, Mr. and Mrs. John Wilson. For Barrios: Miss Doris Cohn, Samuel Cohn, Mrs. R. Cohn, G. E. Greshaw, M. Kooch, A. Cohn, James Brown, C. Winkler, G. K. Echeverria, and 5 deckers.

Our readers will remember our referring to 53 St. Kitts men that left here on one of the Royal Mail Steam Packet Company's boat that was consigned to J. F. Alvarado & Co. We are informed that on the arrival of this boat in Colon the men were not allowed to land as they could not comply with the laws of the republic, by producing certain documents that should have got from here.

Alejandro León

Notifies the Public that under the name of "EL TORO" he has just opened a new Bar and Grocery facing Maduro & Sons. He has in stock goods of the most renowned European and American marks. His specialty is the famous cocktail "YAKUCHI".

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The Editor of the Times.

Allow me to crave your indulgence and ask for a wee bit of space in your valuable columns to endorse the sentiments of an apparent sufferer who like myself have often to travel on the rails by train, indeed one can not explain the aifeerings and horrors he has to undergo to procure a ticket before entering the train, to be hustled along a line of the unwhashed especially on pay days, is something wretched. And often to breathe the pure smell of woodforn or some other sweet smelling perfume that generally arise from the motley crowd who stands perhaps to the number of 60 or 80 to be attended to in a short space of 5 minutes. I therefore recommend any country, Jamaica, the ticket agent to be on the spot say at 6 o'clock so as to avoid perhaps a fight or something more disastrous. It is his nothing to do during the interim he may if he is a lover of the weed indulge in a piece.

G. C. S.

Subjugation of Arab Tribes

Washington.—Advices from Constantinople announced the subjugation of the Arab tribes in the province of Yemen, who, under the leadership of Sheh Kahya and Iben Edris, took up arms against the Government, and succeeded in interrupting communication between the port of Hodeida and the cities of Sena and Menaha, the two latter cities being besieged.

Imperial troops have arrived at Hodeida, and, under command of Colonel Riaz, defeated the insurgent forces, joined the forces at Sena and Manaha, and re-established communication throughout the country.

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Brazil to Admit Imperial Dead

Bodies of Emperor Pedro II and Empress Theresa To Be Taken to Rio Janeiro

Rio Janeiro, via Galveston, Texas.—The Brazilian Government has resolved to permit the bodies of Pedro II and Empress Theresa, at present in the Brazzaville mausoleum at Lisbon, to be brought to Brazil.

Many Haytiens Flee

Washington, D. C.—Many Haytian families have crossed the Dominican border in the vicinity of Dajalon, fleeing from the revolution in Hayti. This information was telegraphed to the Bureau of Insular Affairs by Mr. W. E. Pulliam, general receiver of customs at Santo Domingo.

The U. S. S. Dolphin, now at Port au Prince, has been instructed to proceed immediately to Aux Cayes, where in the morning of the city the American consular building was destroyed, to extend protection and assistance to the consular agent and American citizens, provided the conditions at Port au Prince warranted her going to that place.

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Trusting to be favoured with your very respectful orders.
We remain,
At your commands,
A. SKINNER KLEE
HORACE CASTRO R.

Office: Opposite Criminal Courts.
Hours.—From 8 to 11 a. m.
" " 12 to 5 p. m.

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CIGARETTES. "WHITE SEAL" brand, of the renowned house of B. & J. B. Machado from Kingston, Jamaica.
CONDENSED MILK. "EAGLE & CROWN" brand. Compares favourably with the best imported brands.
CODFISH. In drums of 200 and cases of 100 pounds net. We guarantee the prime quality and the dressness of the fish.
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NOTICE. We specially request our friends and the general public to note that we guarantee the full weight of our beef and codfish.

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