

Editor,
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THE TIMES

A DAILY NEWSPAPER

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THE TIMES
Port Limon, Costa Rica (G. A.)

Bread and our Health.

IMPORTANT OFICIAL REPORT.
(Issued in England)

The Local Government Board of England has issued two reports, one on the presence of calcium sulphate in baking powder and self-raising flour, the other on the bleaching of flour and the addition of so-called improvers, as well as on the chemical changes produced in flour by bleaching, which are of interest not only to every householder, but even to every member of the community; flour, and the various forms of food made from it, being matters of practically universal consumption.

The various preparations sold under the name of baking powders (it is pointed out) are all of them intended to give lightness to bread or cakes of various kinds, and the basis of them all is bicarbonate of soda, combined with some acid material which unites with the soda during baking and liberates the carbonic acid gas to rise through the dough in bubbles and so render the result more or less spongy. The process is precisely analogous to that by which effervescing drinks are formed by a long solution of the bicarbonate, with the simple exception that the brisk effervescence of the liquid is prevented by the greater cohesion of the dough, through which the gas can only ascend comparatively slowly and with difficulty.

The majority of the baking powders have as their acid constituent tartaric acid, or cream of tartar, or a mixture of these substances; but acid calcium phosphate is also used, and the powders may be divided into two classes, the tartaric and the phosphate. "Self-raising flour" is flour to which the baking powder has been added by the vendor, and is flour with which tartaric or phosphate preparations have been incorporated together with sodium bicarbonate for the purpose of producing gas when the flour is moistened. Whether in baking powders or in self-raising flours, the preparations in which phosphates are employed as the acidifying agents are liable to large contamination with calcium sulphate (sulphate of lime), which in some samples of the calcium phosphate may amount to as much as 40 per cent. of the whole and which, even in much smaller quantity than this, cannot be regarded as a safe or harmless article of daily or frequent consumption.

THE BLEACHING OF FLOUR.
The question of the bleaching of flour, which is dealt with by Dr. J. M. Hamill—with a separate report on the chemical changes produced by the process by Dr. Monier Williams—is a somewhat more complicated matter, and has been brought into prominence by the popular demand for a degree of whiteness in bread which many varieties of flour are unfitted to satisfy unless or until they have been subjected to some process of artificial decoloration.

The agent commonly employed for this purpose is nitrogen peroxide, generated by the action of electricity upon atmospheric air,

and employed by the aid of elaborate machinery, some of the forms of which Dr. Hamill describes. He concludes, with regard to all of them, that the alterations in, and the additions to, flour which result from a high degree of bleaching with nitrogen peroxide cannot be regarded as free from risk to the consumer, especially when regard is had to the effect of the bleaching agent on the digestive processes. Even in the case of flour which is bleached to the small extent which is at present ordinarily practised, it would in present knowledge be unwise to conclude that there is no risk attached by absolute freedom from risk. The fact that bleached flour has been shown to be something more than natural flour, the colour of which has been modified, is also of importance in considering whether bleached flour may properly be represented as genuine flour.

The practice being opened to these objections, it remains to inquire whether the consumer, who at present is seldom aware that his flour has been bleached, or that his bread is made from bleached flour, can be said to obtain any compensating benefit. To this a negative answer must be given. Apart from any dietic considerations a large number of people desire bread of exceptional whiteness, and it is reasonable to suppose that what is demanded by those who prefer such bread is an article made from flour, the whiteness of which is due to its being prepared from specially selected wheat by the elaborate mechanical separation and "purification" of modern milling methods. Few people would carry their approval of whiteness to the extent of requiring naturally dark flour to be chemically treated. In the United States, in Australia, and in Switzerland the practice of bleaching flour is either prohibited or restrained within definite limits by law.

CAUSE FOR APPREHENSION.

Finally, Dr. Hamill concludes with the warning:
"The increasing activity which is now being displayed in the use of different articles as additions of flour must be regarded with considerable apprehension. It does not appear desirable that such an indispensable foodstuff as flour, the purity and wholesomeness of which are of first importance to the company, should be manipulated and treated with foreign substances, the utility of which from the point of view of the customer, is more than questionable."

ALCANTARA WINE
Genuine spanish wine; the best tonic for the stomach and nerves; Imported only for JUAN PAGA's, fruit the market. Proof it and you will always drink it.—Pe.

The Fire Brigade.

In another column we publish a letter signed by Mr. Samuel W. Babb, painter. We must need say we admire his frankness and wishal have some regard for his opinion, because we are sanguine that he is conscientious in his arguments.

We agree with Mr. Babb that the brigade worked well and deserves the recognition of all, and does their greatest effort was to save Mr. Felipe Alvarado's building or else to-day it would have been in utter ruin; also the Mirinar Hotel, even Alfonso's building—a costly structure would have been

lying in ashes, but for the perseverance of the men who apparently regardless of their life climbed on some debris at the back of Quinto Vaglio and like demous brave the heat which was intense, and with loss in hand put the water on the burning building that threatened Borzone's large tavern all the time.

We are also at one with Mr. Babb when he says the men worked skilfully and also admit they could have even done better, but we must be cognizant of the fact that the brigade is in its infancy, and it has not gone through the necessary discipline that tends to make them efficient men. It would not be saying too much when we say properly speaking the fire brigade is not properly organized as yet. It was only a few days ago before the fire that Mr. David Lindo was appointed Superintendent of it and before he had the opportunity of putting the men through an exercise he was summoned so fight an uphill battle which he ought not to be ashamed of.

We will admit some of the men were awkward and was not up to the mark and had to be put out of commission but when we take into account their utter infancy they claim success in their achievement.

We are alive to the fact that many willing hands that have been accustomed to handling fires went to their help with the hope of saving their property as well as their friends.

We cannot understand Mr. Babb's logic when he says that if a body of colored men were on the staff they would have done better. Would they not have been the same as white, where and when could they have got the practice without there was no brigade, they both would be on a par. Not a case of exhaustion came to our notice, neither was any mentioned. We fail to see the usefulness of the line drawn by Mr. Babb. We are not against having colored men on the brigade, a man is a man, one he is equipped for that which he undertakes; but we positively assert that no body of colored men could have done better at the recent fire under the same conditions. We hope to see better work in the future when the men under the superintendence of Mr. Lindo will be properly taught and disciplined.

The Editor of the Times.

Sir,—Permit me space in your valuable columns to congratulate the captain of the fire brigade and men for the skilful manner they acquitted themselves at the recent fire in Limon. But will the captain permit me to say that in my opinion you could have done better if you had a body of colored men, who are of a stronger constitution and is more equipped in handling fire implements would have achieved more praise and recognition. If you are wishful of extinguishing fires in Limon you must endeavor to get a respectable set of colored men. I believe you will find them equal to any white man you can produce.

Thanking you for space
I am, etc.,
SAMUEL W. BABB,
Painter,
10th May, 1911.

A Faithful Servant.

At a meeting of the Directors of the Jamaica Mutual Life Ass-

urance Society held recently at Jamaica it was decided to retire Mr. A. H. Jones' Secretaryship of the Society.

Mr. Jones has been in the employment of the Company a little over 50 years. He has been Secretary for the company for 40 years, which is a record for Jamaica. Recently the gentleman fell into poor health and he had trouble with his eyes. Mr. Jones retires on a well earned pension.

Current News

A floating pavilion 13x70 feet is to be erected at the Liverpool Consistory. To afford grand hops look out for posters soon to be distributed announcing date of and a dedication.

Prince Henry Falls in Airship.

Dan talk.—Prince Henry's life was in grave danger this afternoon when flying with Aviator Earl over the military reservation the cylinder of the machine broke causing a speedy descent into the midst of a regiment drilling on the parade ground. Fortunately no one was hurt, but the Prince and Aviator Earl were badly shaken up and several of the soldiers, but not of escapes from being crushed beneath the aeroplane.

It so happened that the sudden descent of the machine was noticed in time to sound the warning and the cry caused the body of soldiers to scatter in all directions as the royal marshall and his skilled aviator came crashing to earth.

Prince Henry was acting as pilot at the time the cylinder broke to the engine. A large number of royal guests were present at the aeroplane field and witnessed the thrilling mishap in midair to the aviators.

Neither one of the aviators was hurt largely because of the steering work of Prince Henry who caused the machine to take a slanting descent. His work brought him many compliments when the crowd surged about the aeroplane expecting to find both men injured, if not fatally hurt.

Squires Digest of News.

1. Monday, May 1.—This was observed as a special holiday and all public places were closed in the afternoon.

2. Tuesday, 2.—Mr. Moses Morrison of Limon, a confidential employee of Don Cecil Lialo came to Squires' and started work in the C. Ministry formerly independently owned by Mr. Isaac Ingle—Success, Moses!

3. Wed.—Mrs. Wilson recently from the U. S. A. whether she had gone to take up courses in nursing and obstetrics, honored Squires with her visit—She was looking rather sweet and well, mostly intelligent and confident. We wish her a large patronage and a very successful practice in her putative undertakings. In the person, ability and savvy of Mrs. Wilson, a new star is born in the firmament of "Ecology and Cosmetics" with assured brilliancy to eclipse all other stars; even if it is "Washers" must give place to this more different galaxy.

(To be Continued)

American Naval Menace.

London.—"The Morning Post" in an editorial on the work of the coming Imperial Conference suggests that the committee on imperial defence discuss the American naval menace on the great lakes. The "Post" asserts that it does not matter that the vessels are called training ships; their presence is a violation of the Rush-Baert treaty and a standing menace to Canadian independence. It would be better to have the Americans denounce the treaty if they do not wish to abide by its terms.

The "Post" proposes the postponement of the Lord Mayor's meeting in support of the arbitration treaty until the American government has given an earnest of its good faith by dismantling its navy on the great lakes.

Redeemable Certificates

Industrial Bank of San Francisco
The Agency for the Province of Limon is now represented by Mr. A. CENEDELLA in the Chambering Mr. H. S. Marshall Box 172 up to Post Office.
The Redeemable Certificates will please let me have their whereabouts.
For information: A. CENEDELLA, P. O. B. 545—Limon.—May 11.—15 v. at

Dutch Take Palmas Island.

Manila.—Delayed advices reaching here via Jolo report that the Dutch have taken possession of Palmas Island, sixty miles south-east of Mindanao, and have lowered the United States colours and substituted the flag of Holland. It is understood here that Washington does not intend to protest against the action of the Dutch, the United States Government regarding the island as valueless.

Prince Weds Actress.

Ola Humphrey, an American actress, was married lately at the Strand registry office to Prince Ibrahim Hassan, son of the late Hassan Pasha, who was an uncle of the present Khedive of Egypt. The marriage certificate described the bridegroom as a bachelor, 32 years old, residence Stuy Hotel, and ranked as a Prince of the Ottoman Empire. The bride's age was given as 27, and she was described as the divorced wife of Edwin Nolant, the divorces included Richard Weston, and Comte Oscar de Nevers.
The bride recently scored quite a success in the London production of Henry du Souchet's "Man from Mexico."

For Sale
2000 lbs of P. Brown and Bsd Room for all English and opposed of all pieces in all, at Babb's prices. Part 111. a. this is sp. pr's office. May 11.—6 v.

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J. JORGE FONSECA

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Office: opposite the Office of the Judge 2 private residences: situated near houses of Mr. Madros

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O. E. JAMES

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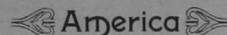
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Port Limón, C. R., 1911.

B. RAMÍREZ I.