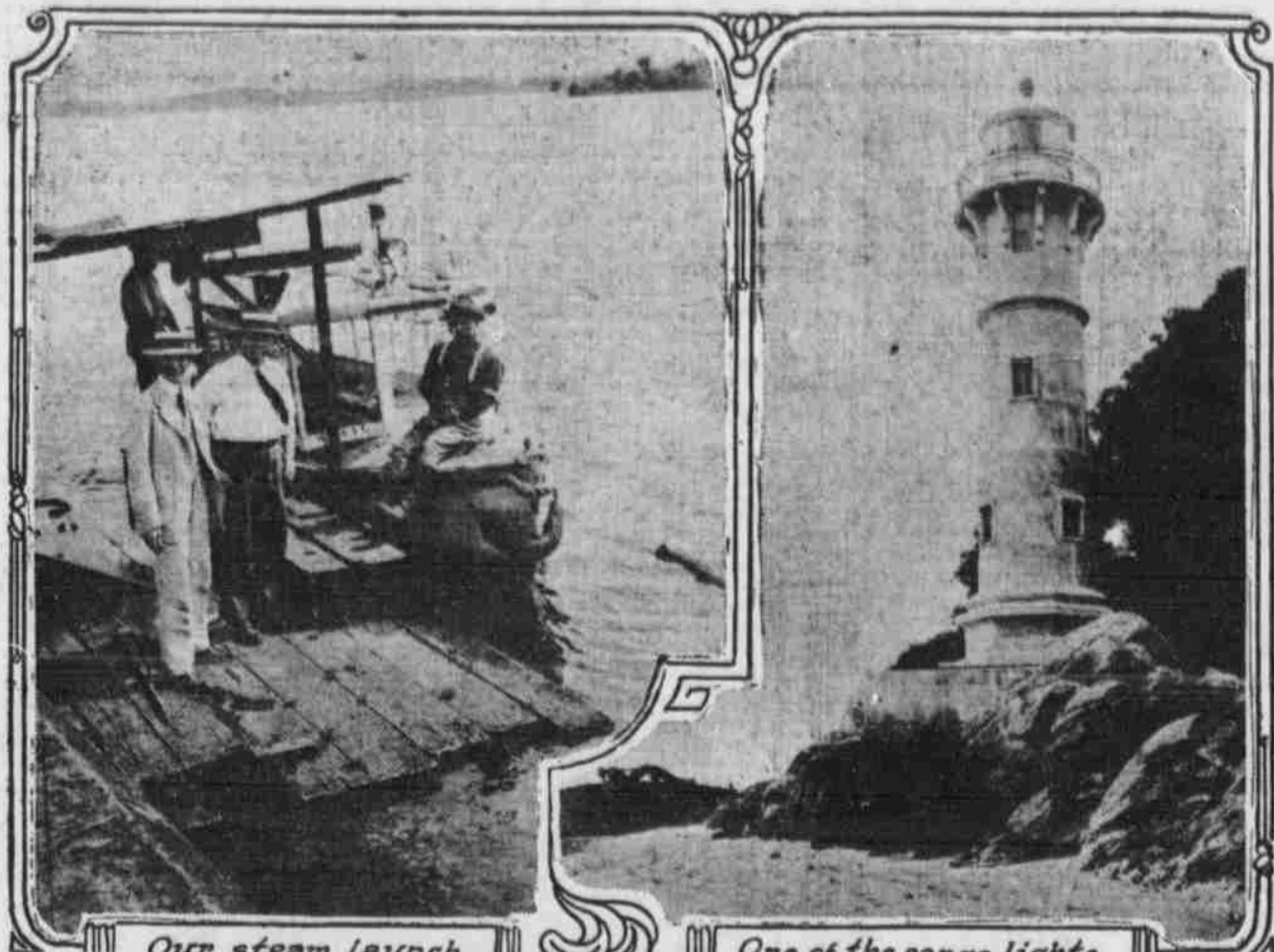


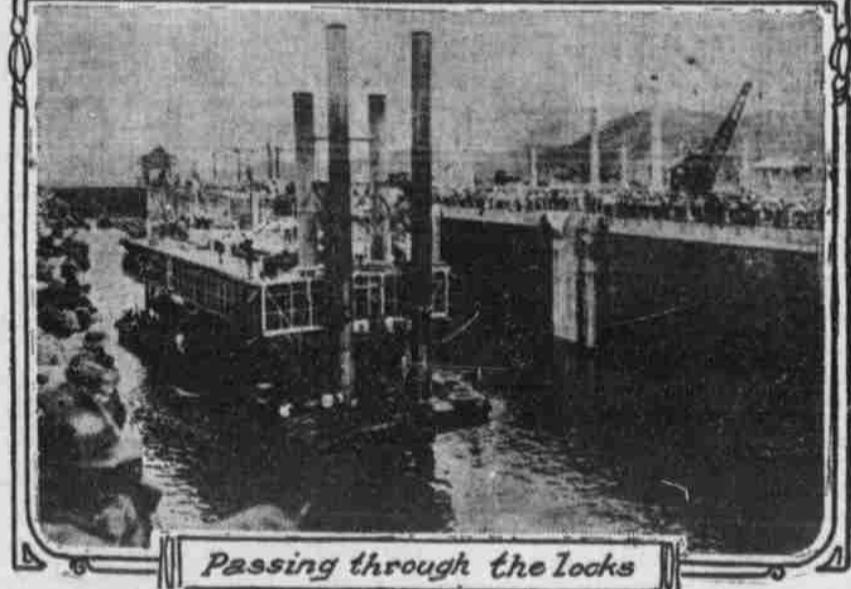
Steaming Through the Panama Canal in Launch



Our steam launch

One of the range lights

Copyright, 1914, by Frank G. Carpenter. VOLVO HOTEL, ANCON, Panama—(Special Correspondence of The Bee)—Am writing this letter at the close of a long day's journey through the Panama canal. I have traveled over it from the Atlantic to the Pacific, and today I rode more than thirty-five miles in a launch through Culebra cut and over the windings of the channel in Lake Gatun. Rear Admiral H. H. Rousseau of the canal commission furnished the launch, and he was in command of the party, consisting of Mr. W. H. Mullins, the Costa Rican manager of the United Fruit company, the managing editor of one of the New York dailies and several others. It was early in the morning when we started out from Gamboa, and it was long after noon when we ended our trip at the locks at Gatun, having spent eight hours in steaming in and out of the great channel which, within a few months from now, will be traversed by the steamers of the united oceans.



Passing through the locks

Other Visits to Canal.
I have visited the canal again and again in the several stages of its making. I saw it late in the '90s, when the French were in charge, and again in 1905, when our first chief engineer, Mr. Wallace, was dragging the old French machinery out of the jungle and setting our first steam shovels to work. I have been on the ground several times during the administration of Colonel Goethals, when more than 40,000 men were employed, and I have seen the mighty dredges and the two score of steam shovels, each of which does the work of 500 men, gouging out the beds of the oceans and lifting the rock from the great cut through the Andes.

The work has been so great that it has dwarfed all past undertakings. It has changed the makers of the pyramids to pygmies, and has made the great Chinese wall seem no bigger than the rail fence around your farm. But I shall not write of the immensity of the construction. That has been pictured again and again. This letter deals with the canal at its completion, when the evidences of the labor and brains which have cost the United States more than \$300,000,000 have been largely buried by the waters of the Chagres. It deals with the great waterway as it looks now and much as it will look for all time to come.

Looks Thousand Years Old.
All the pictures you have seen of the canal have represented it as a mighty ditch through the mountains. It has been ragged and rough, and has looked as though it were gouged out over night. Now that the water is in, the canal seems to be a thousand years old. The secretary of war when he was here the other day could not realize that the green sides of Culebra had been made by steam shovels. It seemed to him like a natural valley, and he said it looked to him like the banks of certain rivers in Maine. The tropical vegetation has already covered the sides of the cut, and in time every bit of rock will be as green as the mountains which slope back from the canal. The vegetation now reaches almost to the water, and there are vines which hang down and bathe themselves in the channel. There are enormous masses of green in Gatun lake, and the Gatun dam is fast putting on a coat of emerald green. Within a few years the canal will be lined by masses of tropical vegetation from one end to the other. It will be like a great botanical garden, and will be the scenic canal of the world.

I have gone through the Suez canal. It is a ditch through the desert, with ragged grassy towns here and there. Now and then one sees a caravan of camels moving along on the banks, and there are sometimes mirages in the air overhead. Otherwise, everything save the canal itself is thirsty and dry. Here at Panama everything is the greenest of green. There are palm trees and fern trees, wild bananas and all the plants of the jungle.

Immense Quantities Removed.
The slides altogether have now covered an area of 251 acres. They have ranged in area from one acre to seventy-five acres and their mass is inconceivable. Two hundred and fifty acres would make a good sized farm, and the volume of earth is estimated by the tens of millions of cubic yards. Already enough slide material has been taken out of the canal to make a wall as high as a two-story house and more than three feet in thickness, reaching from Boston almost to Chicago, and by the time the canal is completed we shall have dug out from the slides alone, a mass equal to a half dozen pyramids as big as the biggest in Egypt, with still some earth to spare.

Life in the Lake.
There are many alligators in parts of Lake Gatun, although most of them are small. Still they are so dangerous that the natives will not go swimming in the lake, and they are very careful to keep out of their way while fishing along the banks of the lake and it may be that a few may be found upon the islands. We see many wild birds and among others the white heron, from which the egrettes for our ladies' hats come. There are also wild ducks, and several pelicans fly up as we ride about among the floating islands. At the rising of one of these huge, heavy-throated fowl, one of our party quotes the slangy and rather coarse limerick concerning it:
A wise old bird is the pelican.
His pouch holds as much as his belly can.
He can stow in his beak enough food for a week.
I don't see how in the n-ll he can.

Beat Pilot Gets \$90.
But let me take you with me on our trip of today. Our steam launch makes about nine miles an hour and we have Fritz Marti as pilot and guide. He understands Lake Gatun and the canal from one end to the other. He is far better posted than the man who took the first tug through the locks into the lake and tried to cross to Culebra. This man drifted about this way and that and finally lost himself in the Trinidad river, from where he was brought back by an exploring party into the channel. Marti is one of the characters of the canal zone. He was a foreman of the biggest dynamite gang, and at one time was blown thirty feet into the air. When he came down on the rocks it was thought that all of his bones had been broken. He recovered, however, and is now receiving \$25 a month as the best pilot of the canal commission.

Scenic Marvel of World.
The big steamers will be several hours in crossing Lake Gatun, and I predict that the beauties of the voyage will be such that it will make this place one of the scenic marvels of the world. The tropical islands, with their palms and bamboos, their great fern trees and their magnificent forest giants, bound together with the lianas, will be in plain view. The lake, which is now slightly muddy from the vegetation and the floods, will then be as clear as crystal, and the tourist will look over a mirror of silver at the emerald wonders of the tropics. Off to the south as he nears the Gatun dam he will see a range of mountains which some claim to be a part of South America. It is, in fact, the beginning of the Andes, which are here like ant hills in comparison with the giant volcanoes which wall the western side of that continent.

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grass grown, and it will be little more than a great mound or windrow of earth holding back the water. At the left hand is the spillway, consisting of ten great black steel gates which move up and down between structures of concrete. This spillway is in the shape of the segment of a circle. It has an iron walk on the top. One does not realize its immensity until he comes close to it, but then it is very impressive.

There is a good-sized island right in front of the dam, and in going from the spillway to the locks on the opposite side we sail between the island and the dam. The dam has a wide approach or channel between concrete walls and the ships go from this right into the locks.

Around the Locks.
During my stay at Gatun some of the locks were empty and some were filled, so that I had an excellent opportunity to see how they looked. They are enormous vats which rise in three great steps from the level of the Atlantic to above the eighty-five-foot level of Lake Gatun.

Everything connected with the locks is of the most massive description and still the machinery is so delicate that a child could operate them. The great gates, which are in fact mighty double doors of iron, swing like the folding doors of an old-fashioned country barn. They move as smoothly as though they were as light as feathers or so many sheets of newspaper. Nevertheless, one of the doors or leaves of the larger gates is seven feet thick and so heavy that it would take 1,500 horses to haul it if it were broken up and put on two-horse wagons.

When these gates are shut they do not require to be locked or fastened in any way to keep out the water. They just come together, and that so tightly that a piece of metal thinner than the silky hair of your baby girl or one less than one-fourth-thousandth of a foot thick could not be wedged in between them. There

is not a drop of water that comes through. There are ninety-two doors or leaves of this kind in the locks, and they weigh altogether about 40,000 tons, which would be a good sized load for 120,000 horses, or enough to load a two-horse wagon train thirty-eight miles in length.

"Lights Along the Shore."
The most characteristic feature of the canal locks to be seen as one looks at them over the water are the many columns concrete ending in gigantic arms which hold the electric lights, making the workings as bright by night as by day. These pillars of light run along on both sides of the locks, and in the center they form an avenue that would be an ornament to any park or to any city upon earth. There is some talk of planting palms between the lights, but this is doubtful, as their shade might obscure the lights.

The electricity which supplies these lights, and also those for the whole canal, comes from the hydro-electric plant now building. This will be operated in connection with the fall of the water from the level of Gatun lake to the spillway floor, a height about that of a seven-story house. The generation is by great turbines, and enough of a current will be produced to not only light the canal and work the locks at both ends, but to furnish force and power for the mighty machine shops, docks and other equipment at the terminals. The transmission line which will carry this current from one side of the canal to the other is now in the course of erection. The wires will be hung to posts of structural steel resting on concrete bases and running across the railroad track, high above the cars. There will be enough electricity generated to move the trains of the Panama railroad, and if necessary this line can be used for that purpose with but slight additional expense.

FRANK G. CARPENTER.

A Staple Medicine for Every Family

No Self Respecting Group of People Should be Without a Good Family Laxative

It is inconceivable in this day of general intelligence that any family would be without a simple remedy for the minor ills of life, for often by giving such a remedy in time a serious disease can be frustrated and a life saved.

For example, if at the first sign of a cold a simple laxative-ionic like Dr. Caldwell's Syrup Pepsin were given, the beginning of a serious lung affection or of a typhoid fever might be avoided. And also in headaches, nervousness, etc., a small dose of this remedy would relieve the congestion and replace distress with comfort. Mothers give it to tiny infants and little children, and grown people take it with equally good effect.

Thousands of good American homes are never without it, among them the home of Mrs. C. A. Wright, 1811 Pasadena Ave., Long Beach, Cal. She had considerable trouble raising little Lawrence, three years old, but after regulating his bowels with small doses of Dr. Caldwell's Syrup Pepsin he began to thrive and she has had no further trouble with him. They use it generally in her home.



LAWRENCE A. WRIGHT.
the stomach, headaches, drowsiness after eating, etc. Have no hesitancy about giving it to any member of the family, however young or old, for it contains nothing injurious to the youngest person.

A bottle can be obtained at any nearby drug store for fifty cents or one dollar. The latter size is more economical and is bought by those who have already convinced themselves of its merits. Syrup Pepsin users learn to discard pills, salts, cathartics and purgatives generally as they are too great a shock to any average system.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 419 Washington St., Monticello, Ill. A postal card with your name and address on it will do.



The Doctor's Advice by Dr. Lewis Baker

"Anxious M."—Give your children for bedwetting 10 to 15 drops in water before meals the following: Tincture cubeba, 1 dram; tincture rhus aromatic, 2 drams; compound fluid balsam, 1 oz.; castor oil, 1 oz. This should be given about one hour before meals in water.

"T. R. A." writes: "I am afflicted with catarrh in throat and nostrils. Weak eyes and headache have resulted. Please advise what to use."
Answer: Obtain a two ounce package or box of antiseptic iodo powder and use it according to the directions which accompany each package.

"X. Y. Z." writes: "My hair is harsh and dead looking and my scalp is covered with dandruff. Can you help me?"
Answer: Get a 4 oz. jar of plain yellow mayon and use it regularly and your hair will become soft and fluffy and it will bring back the intense natural color in the hair; your dandruff will be cured and you will be rewarded with a healthy growth of hair.

"Mrs. G." writes: "I want something to increase my weight about 15 or 20 pounds. My blood is thin, watery and I have a pale complexion. Doctors say I am anemic."
Answer: Probably your assimilative functions are impaired and anemia is the result. I would advise that you begin taking three grain hypo-nitrate tablets at once and continue until your blood is re-vitalized with red and white corpuscles. These tablets assimilate the fatty elements in food, thus giving color, weight and strength to the abnormally thin.

"Tom K." writes: "I have been unable to work for some time on account of rheumatism. What would you advise?"
Answer: Take the following and I am sure you will soon be back at your work again. Mix the following at home and at take a teaspoonful at meal times and at bed time: Iodide of potassium, 2 drams; sodium salicylate, 4 drams; wine of colchicum, 1/2 ounce; comp. essence cardiol, 1 oz.; fluid balsam, 1 oz.; and syrup sarsaparilla, 5 oz.

"Clara" writes: "I have had a cough for about a year and fear I shall never be rid of it, as it gets worse with every fresh cold I contract. Could you give me a remedy?"
Answer: I can give you a remedy that I am sure will relieve you and one that

The questions answered below are general in character; the symptoms or diseases are given and the answers should apply to any case of similar nature. Those wishing further advice, free, may address Dr. Lewis Baker, College Building, College-Hillwood street, Dartmouth, enclosing self-addressed, stamped envelope for reply. Full name and address must be given, but only initials or fictitious name will be used in my answers. The prescriptions can be filled at any well-stocked drug store. Any druggist can order of wholesaler.

is absolutely harmless and pleasant to take. Make a syrup with one pint of granulated sugar and one-half pint of boiling water, put on the fire and let it come to a boil, then cool and add the contents of a 2 1/2 oz. bottle of essence mentholaxone, which you can purchase at any drug store, and you will have a pint of the finest cough syrup on the market today. It is about eight times cheaper than ordinary labeled cough medicines and will last much longer.

"Miss Celia" writes: "I suffer with my stomach and have to live on a very limited diet. Please prescribe something to increase my appetite and overcome this nausea and distress."
Answer: Tablets tripeptine, you will find most effective if regularly used for several weeks. They are sold in sealed cartons with full directions.

"Adam J." writes: "A period has arrived in my life where I find my natural strength and nervous system failing me. I do not recuperate as of yore. My food and rest seem not to benefit as they should. Am weak, despondent and unable to perform the duties which were assumed earlier in life, while my ambition for work and pleasure is slowly going."
Answer: I think a powerful, harmless tonic and nerve medicine will rejuvenate and restore the functions of digestion, assimilation, and elimination by vivifying the nervous system. Obtain three grain cadomene tablets, packed in sealed tubes and take as per directions accompanying.

Ellen J. asks: "I am only 23 years old and weigh 130 pounds. I am short, fat and uncomfortable. I dislike to go in company, as I feel embarrassed. Can you advise a face reducing remedy?"
Answer: Anyone who is too fleshy can safely take 5-grain arbolone tablets. They are sold by well-stocked druggists in sealed tubes with full directions for use. A pound a day, if used regularly, can be taken off.

Q. R. writes: "Please advise something to take that will cure chronic constipation. I have suffered for years and have used many kinds of pills, but they do not cure."
Answer: I think most of the illness is caused by chronic constipation. If the following tablets are taken regularly they will gradually effect a cure as they stimulate the liver and bowels into healthy action. They are packed in sealed tubes and are called three grain sulphur tablets (not sulphur tablets) with full directions for taking. They will also purify the blood and tone up the entire system. If you are dyspeptic, take tablets tripeptine. These two medicines you will find in any up-to-date drug store.—Advertisement.



You just can't resist that delicious taste of pure maple in Log Cabin Syrup. It goes great these snappy mornings on your wheat cakes.

TOWLE'S LOG CABIN SYRUP

Log Cabin Syrup is a delicious treat served with every meal. Order a can from your grocer today—you will know it by the Log Cabin Can. If your grocer doesn't handle Log Cabin Syrup, send us his name and 25 cents and we will forward you a full measure pint can by prepaid Parcel Post and also our Free Recipe Book containing many delicious maple dishes.



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