

Opening Up the Historic Spots of the Isthmus

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PANAMA CITY, Panama, Aug. 16.—The Panamanian government is rebuilding the road to old Panama. This road runs over the way picked out by the Spaniards centuries ago, and much of the new pavement is laid with the cobblestones over which the Indians and mules carried their cargoes of gold from the Atlantic to the Pacific. All the treasures of the Incas which Pizarro stole passed over this highway. They amounted to millions and were enough to have almost paved it with gold. The road went from here over the old Cruces trail. It was originally covered with field rock, and our government is now planning to reopen it, and it will macadamize the highway as far as the Cruces on the Chagres river, a distance of about eighteen miles. It was over that road that Henry Morgan, the buccaneer, came to capture old Panama, and it remained the chief highway across the isthmus until 1788, when the Spanish treasure ships stopped calling at Porto Bello.

In Old Panama.

I drove out over this road today to visit old Panama. Governor Maurice H. Thatcher, who will have charge of the repairs on the Cruces road, was with me and together we examined the work now being done on the road to old Panama.

Leaving Ancon, we skirted the savanna or open grazing country outside, crossed the limits of the canal zone and after a ride of about seven or eight miles came to the old Spanish bridge beyond which are the ruins of what was once the most important town on our hemisphere.

Old Panama was founded just about 100 years before our Pilgrim Fathers landed on Plymouth Rock. It was fed by the riches of Peru, which were brought for shipment across the isthmus and rapidly grew. As time went on the city increased in importance and mighty buildings were erected. One of these was a cathedral, the tower and some of the walls of which are still standing. I have climbed into the tower and had myself photographed in one of the second-story windows. The tower is, I judge, 100 feet high, and at one side is a great wall containing the stairway which led to the bell on its summit.

These ruins are now overgrown with vegetation. They are half buried in the earth, and in places trees have sprouted and now shade the ruins. Inside the walls of the cathedral is one tree more than 100 feet high. Others have spread their roots about the walls as though to protect them, and some have raised parts of the walls and carried them up with them. The whole country about is covered with the debris of the old masonry, including bricks and pieces of pottery and carved stone. All were a part of the Panama of three centuries ago. In making the new roadway a great deal of the old site has been dug over and the land reminds one of the plowed fields about Carthage in northern Africa.

Panama in 1600.

It is said by the best authorities that old Panama was considerably larger than the Panama of today. When destroyed by the pirates it had over 50,000 inhabitants. It had 200 warehouses, 2,000 fine dwellings and 5,000 houses of ordinary build. Many of its buildings were of brick. The bricks were made square and were about two inches thick. They were burnt red. Many of these bricks lie about the ruins today.

I am told that it is the intention of the Panama government to make excavations all over the site of the old city and to open the past as far as possible to the light of the present. Already there is a great tourist travel out to old Panama, and with the completion of the canal this will be one of the sights of the country. A concession has already been given to build an electric railway, and it is probably to be constructed in time.

In the Footsteps of the Buccaneers.

This country fairly teems with history. All the wealth of the Pacific coast of our continent was brought here, and the pirates and buccaneers hovered about its waters, hoping to catch and rob the Spanish galleons. Now and then the cities were besieged, and one of the most graphic stories of our hemisphere is that of Captain Henry Morgan and his band in the capture of Panama. The story was lifted from one of the pirates, who kept a record of everything. It was published about seven years after the events occurred, and it describes the expedition as a whole and in detail.

The pirate writer's name was John B. White, and he published his narrative in 1676. It was first printed in Dutch, but it has been done over into Spanish and English, and copies of it may now be bought.

Esquemeling tells first of the capture of Porto Bello by Morgan. The forts which he took are still in existence, and they lie across the harbor near the great wharves. From where we have been getting the stone for the concrete work on the Gatun locks.

Porto Bello is practically nothing today, but in 1683 it was one of the chief landmarks of the new world, and was noted everywhere for its wealth and importance. It was then the strongest fortified town that the king of Spain had in the West Indies, with the exceptions only of Cartagena and Havana. Esquemeling says that its castles were almost impregnable, and that the garrison consisted of 200 soldiers. It had a population of about 2,000 people, and among its buildings were some great warehouses, where the silver and gold were brought upon mules, and where the ships landed the negroes brought here to be used as slaves.

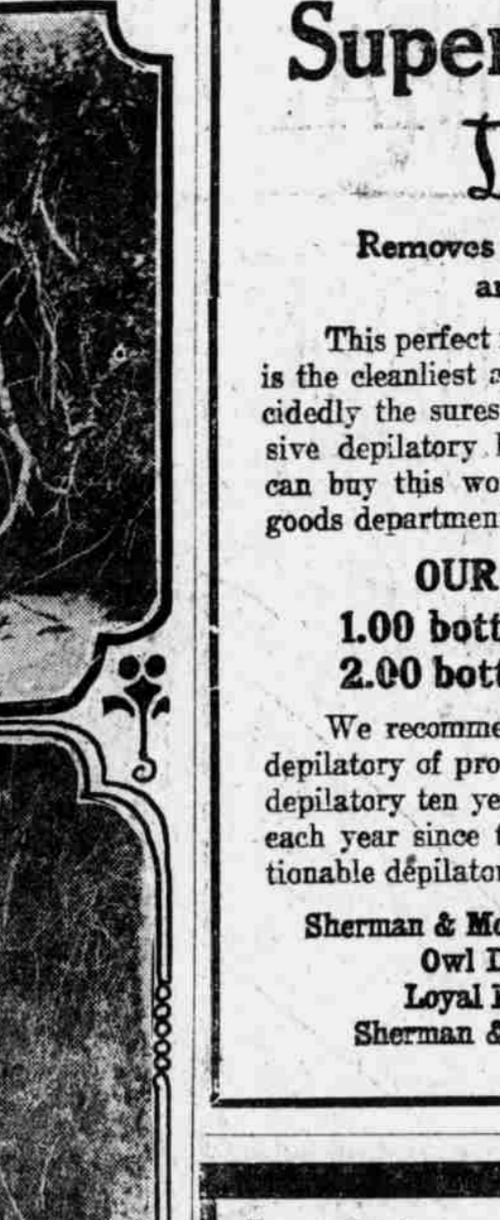
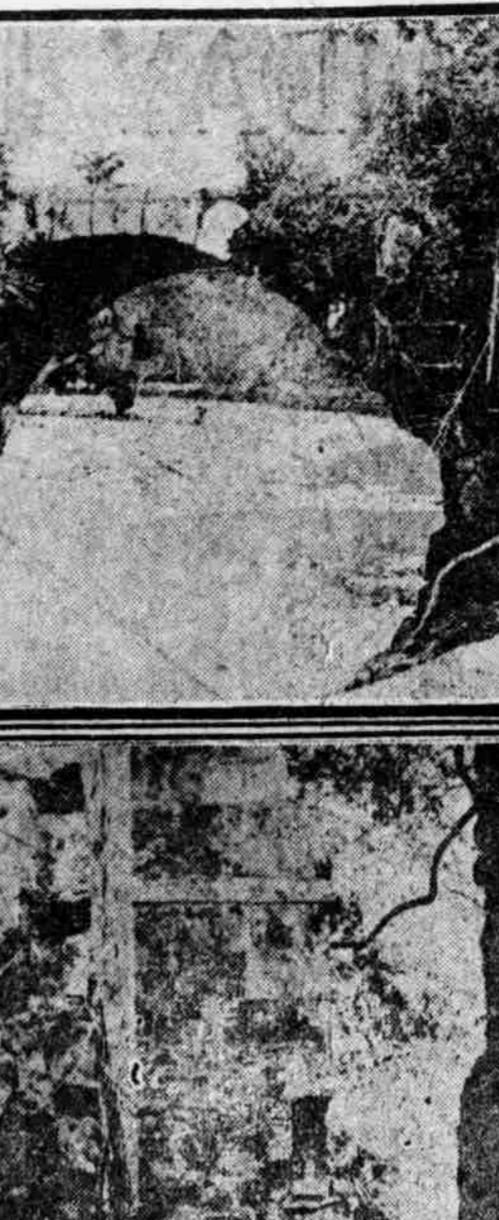
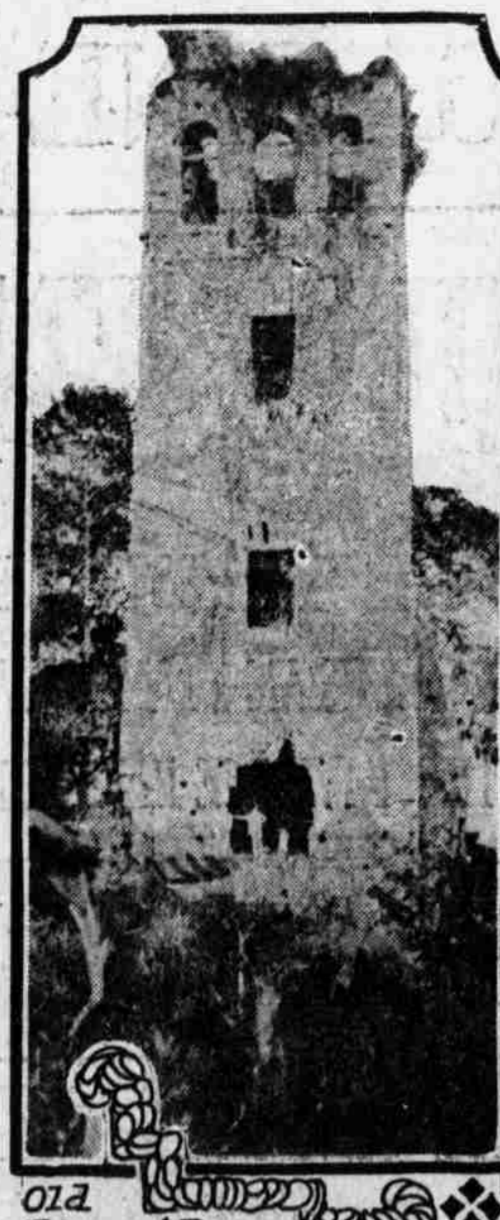
When Morgan took Porto Bello he slipped in and embarked some distance up the coast. He then marched with his buccaneers down to the forts and put the Spaniards to the sword. He blew up one of the castles and set fire to another. The battle was a terrible one, and the Spaniards fought bravely. The governor of the town refused to surrender, saying, "I would rather die as a soldier than be hanged as a coward."

After taking the town the pirates looted it. They tortured the citizens to make them give up their wealth and this with such cruelties that many died on the rack.

Besieging Old Panama.

Morgan now sent word across the isthmus to the citizens of old Panama, demanding a ransom. This was refused and the pirates went with his crew back to Cuba and thence to Jamaica to prepare for its capture. They had then in ready money 250,000 pieces of eight, as well as a great stock of linen, silks and other goods.

The fall of Old Panama occurred in 1671, and the fleet which started out to take it was perhaps the largest pirate gang ever gotten together. It had thirty-seven ships and 2,000 men. Morgan was admiral and he divided the fleet into two squadrons and made a fixed scheme of division as to what share every man should have of the booty. When the pirates engaged with Morgan they did not know just where they were going and had the hope of plundering either Cartagena, Panama or Vera Cruz. They selected the place by lot, and the lot fell upon Panama.



The Old Spanish Bridge

Old Tower at Panama

PORTO BELLO

RUINS OF OLD PANAMA - GOV. THATCHER IN CENTER

used to make them confess where they had hidden their treasures.

The New Panama.

For a year after this raid there was no city of any size on the Pacific coast of the isthmus. Then the queen of Spain decreed that Panama should be rebuilt, and a plan was made which placed the city where it is now. The old site was much worse than the present one, although the latter is not good. The landing at old Panama was such that ships could not come in at low tide, and even today the large steamers anchor at Balboa.

The building of the present Panama was begun about 237 years ago. The work was slow and the cost enormous. It was estimated that \$10,000,000 were spent upon the fortifications. A great deal of this went into the walls which surrounded the city, some of which are still standing. These walls were long in building, and a story is told which states that the king of Spain was once observed looking out toward the west with a frown on his brow. Hereupon one of the knights asked him what he saw. The frown changed to a grim smile, and the king said: "I am looking for the golden walls of Panama. They are costing so much that we ought to see them even here in Madrid."

Some Old Buildings of Panama.

There are but few of those old buildings now left in Panama. You can trace the walls and you will find the people living in and near them today. The cathedral in the plaza in the center of the city is one of the best specimens of the past. It is about the oldest church on the continent. It was built by a Panama bishop whose father was a freed negro slave. This man got his start by selling charcoal, and he left so much money that his son, the bishop, was able to build the cathedral.

Another old church here which is now fast falling to ruins is that which has the wonderful arch, proving that there is little danger from earthquakes. This arch is almost straight, and any great shock would seem to be able to throw it to the ground. Nevertheless it has stood for centuries, and it still stands, although the rest of the church is in ruins.

In the Footsteps of Columbus.

It is interesting to wander over the historic ground of the isthmus. I have visited the Chiriqui lagoon, where Columbus is said to have first set foot on what is now the republic of Panama. He came in 1502, and sailed along the shores of Costa Rica. He stopped at Colon in 1503, when he named the broken mountain range there visible San Cristobal. It is after Columbus that we have called the part of Colon which now belongs to Uncle Sam Cristobal.

Balboa and His Search for Gold.

Another old historic spot at Panama is where Balboa stood when he discovered the Pacific. Some of the authorities have picked out the spot. Balboa had been at Port Darien, on the Caribbean sea, at the southern end of the isthmus, and had there made a settlement and built the first church on the American continent. While there the Indians told him many stories of the gold to be found farther on. One of the chiefs, named Comagre, gave him about \$50,000 worth of gold, and told him that over the mountains was a nation so rich in this metal that they ate out of gold dishes. He described a temple of solid gold and offered to conduct Balboa to where it lay. This was the beginning of Balboa's search for the South sea. He had sent the word home to Spain and in return was given the title of Captain General de la Antigua and told to make an expedition to find the gold. It was on September 1, 1513, that he started out with 190 white men and a party of Indians. Farther on he got other Indian guides, and on September 3 he was told by an Indian chief that he would see the great sea when he had passed over certain mountains which were then in sight. This man gave Balboa some gold ornaments, which he said came from the ocean.

The Discovery of the Pacific.

Going onward, Balboa had to fight his way through the country, and it was not until September 25 at about 10 o'clock in the morning that he reached the heights from which he saw the Pacific. On this spot he put up a cross made of the trunk of a tree, and wrote upon it the name of the ruler of Spain. He then made his way with his men down to the beach and waded out into the water, where he waved the banner of Spain over the ocean and proclaimed that it and all the lands on and about it longed to his king.

Balboa got a great deal of gold and pearls on this expedition. He was given one pea which weighed twenty-five carats and which sold for \$3,000 and five

his papers he says that pearls were so plentiful that some of the Indian canoes had their oars set with them. He did not find the temple of gold and an expedition was sent out later to search for it.

Still later Balboa headed an expedition which carried boats over the isthmus and there put them together to explore the South seas. They went out past the

SCHOOLS AND COLLEGES.

Islands in Panama bay and visited the Pearl Archipelago, which is still farther out in the Pacific. The expedition, however, resulted in no finds of great value, and when Balboa came back the governor of Darien, who was jealous of him and his fame, accused him of treason and cut off his head.

FRANK G. CARPENTER.

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Health and Beauty Hints

BY MRS. MAE MARTYN.

C. L.: The hot sun and wind will not injure your skin, even though it is delicate, if you apply a sprumax lotion each day. The lotion is made by adding two teaspoonfuls glycerine to ½ pint which has been cooled, then 4 ounces sprumax. Powder and rouge are unnecessary when the sprumax lotion is used, and if you apply the lotion every day you will find that it banishes tan and freckles and dispels the oily, shiny, blotchy condition. The sprumax lotion is invisible when on and is not affected by wind or perspiration.

Myra: Each night apply pyroxin to wash roots with thumb and forefinger and they will come in long and silky. Your eyebrows will grow thick and heavy by rubbing on pyroxin with finger tip. Be careful and don't get any where hair is not wanted.

Dorothy D.: No harm results when delatone is used to banish hairy growths. Just make a paste with some delatone and water, spread over hairs and in 2 or 3 minutes remove, wash the skin, and every trace of hair or fuzz has vanished. Hardly is it necessary to use more than one application of delatone.

B. A.: Of course you cannot make your hair look bright and pretty, because soap was never intended for shampooing, as it causes the hair to grow streaky and brittle. Dissolve a teaspoonful canthrox in a cup hot water and you will have enough mixture for a delightfully soothing and invigorating shampoo. The latter created by canthrox allays scalp irritation and dissolves dandruff and excess oil, and after rinsing well, the hair and scalp are clear and sweet, while the hair dries quickly, with an even, rich color. Nothing compares with canthrox for keeping the hair silky, brilliant and fluffy in hot weather.

Mrs. J. R.: Boils indicate a poison-laden blood, and you can hope for little relief until the poisons are eliminated from the system. In ½ pint alcohol pour 1 ounce karden, then put ½ cupful sugar and hot water to make a quart. Take a tablespoonful before each meal, and you will soon be rid of your boils. The tonic will clear up the skin and give you health and energy, and should be kept handy in the house, as its use often prevents serious sickness.

I. X. L.: You can obtain quick relief from burning, smarting eyes by frequent dropping of 2 or 3 drops of a plain hazel (or hot water), then 4 ounces sprumax. For soreness or for removing foreign particles, as well as for granulated lids, it is unequalled. To dull, listless eyes, it will give a youthful charm and sparkle, and its occasional use frequently overcomes the need for wearing glasses.

Kather H.: You cannot expect to have a clear, fair skin so long as you continue using greasy creams and another the pores with powder. Make-up and use this plain almozoin cream-jelly, followed by an application of the sprumax lotion (see answer to C. L.). Put 2 teaspoonful glycerine into ½ pint cold water, then add one ounce almozoin. Let stand for several hours, then apply to skin and massage in well. The almozoin cream-jelly will rid the skin of pimples, blackheads, blotches, fine lines, sallowness and other complexion umps. It also discourages hairy growth.

Grace W.: The discomfort you suffer from overfatness can be easily remedied if you will get four ounces parnotis and dissolve in ½ pint hot water, then take a tablespoonful 3 times each day. This harmless treatment gently dissolves fatty tissues without inconvenience and does not call for dieting or violent exercise. You can reduce your weight to what you want; it and your flesh will be firm and elastic in weeks. The almozoin cream-jelly will rid the skin of pimples, blackheads, blotches, fine lines, sallowness and other complexion umps. It also discourages hairy growth.

X. L.: An excellent hair and scalp tonic for summer months is made by adding one ounce quinton to ½ pint alcohol, then ½ pint water. This almost instantly soothes the burning and stings irritation. Its continued use puts the scalp in a healthy condition and encourages a beautiful growth of silky, brilliant hair. It is a good idea to shampoo occasionally with canthrox (see answer to B. A.), then use the quinton tonic once or twice each week.

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