

# Own A Farm in the Republic of Panama

The Land of Opportunity



EXHIBIT OF A FEW OF THE PRODUCTS GROWN IN THE REPUBLIC OF PANAMA

## Reasons Why You Should Own Land in the Republic of Panama

- It is one of the finest climates in the world;
- Where crops will ripen the year round;
- Where you need no heavy clothing at any season;
- Where you sleep with a cool breeze to fan you at night;
- Where your family live as at a summer resort all the year;
- Where you have cheap transportation for your products;
- Where there is no frost or drought to contend with;
- Where the market of the world is at your door;
- Where God irrigates your land free of charge;
- Where your land will enhance in value quicker for less expenditure of labor;
- Where cyclones and blizzards are unknown.

**CLEAR TITLE  
GUARANTEED**

### Estimated Gross Production per Acre

|   |                        |
|---|------------------------|
| 1. Egg Plant  | .....\$ 50 to \$ 75    |
| 2. Grapefruit   | ..... 500 " 600        |
| 3. Cotton (hybridized with native cotton), 2½ to 3 bales.                                 |                        |
| 4. Radishes   | .....\$ 75 to \$ 100   |
| 5. Pineapples (1,700 plants to the acre)  | ..... 200 " 250        |
| 6. Mangoes (50 trees to the acre), \$4 to \$5 per tree.                                   |                        |
| 7. Sapota (50 trees to the acre), \$4 to \$5 per tree.                                    |                        |
| 8. Oranges  | .....\$ 500 to \$ 600  |
| 9. Cucumbers  | ..... 450 " 500        |
| 10. Peppers   | ..... 250 " 300        |
| 11. Limes (80 trees to the acre), \$4 to \$5 per tree.                                    |                        |
| 12. Carrots   | .....\$ 80 " \$ 100    |
| 13. Ginger  | ..... 125 " 150        |
| 14. Chayotes  | ..... 75 " 100         |
| 15. String Beans  | ..... 75 " 100         |
| 16. Watermelons   | ..... 100 " 125        |
| 17. Bananas   | ..... 75 " 80          |
| 18. Radishes (as above)   |                        |
| 19. Sour Sop (100 trees to the acre), \$4 to \$5 per tree.                                |                        |
| 20. Okra  | .....\$ 50 to \$ 75    |
| 21. Squash  | ..... 100 " 125        |
| 22. Plantains   | ..... 90 " 100         |
| 23. Papaya (200 trees to the acre), \$3 to \$4 per tree.                                  |                        |
| 24. Sugar Cane (50 to 60 tons manuf'd into rum)   | .....\$ 500 to \$ 600  |
| 25. Yuca (Cassava) (m'f'd into starch and tapioca)  | ..... 450 " 500        |
| 26. Onions  | ..... 250 " 300        |
| 27. Tania   | ..... 200 " 250        |
| 28. Yams  | ..... 1,000 " 1,200    |
| 29. Cocoanuts (80 trees to the acre), \$4 to \$5 per tree.                                |                        |
| 30. Lettuce   | .....\$ 60 to \$ 75    |
| 31. Spinach   | ..... 40 " 50          |
| Muskmelons and Cantaloupes  | ..... 400 " 500        |
| Aguacates, or Alligator Pears (100 trees to the acre), \$4 to \$5 per tree.               |                        |
| Marañones, or Cashews (100 trees to the acre), \$3 to \$4 per tree.                       |                        |
| Corn  | .....40 to 50 bushels. |
| Rice (1 to 1½ tons per acre), \$90 to \$100 a ton.  |                        |
| Lima Beans  | .....\$ 60 to \$ 75    |
| Beans, ordinary   | ..... 75 " 100         |
| Sweet Potatoes  | ..... 250 " 275        |
| Guavas (made into jellies and preserves) (200 trees to the acre), \$3 to \$4 per tree.    |                        |
| Cacao, or Chocolate Beans (200 trees to the acre) (1 to 1½ tons), \$225 to \$240 per ton. |                        |
| Breadfruit (100 trees to the acre), \$4 to \$5 per tree.                                  |                        |
| Coffee (600 trees to the acre), averaging 50c. a tree.                                    |                        |
| Figs (100 trees to the acre), \$2 a tree.   |                        |

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Where God irrigates your land free of charge.  
Where your land will enhance in value quicker for less expenditure of labor.  
Where cyclones and blizzards are unknown.

The Republic of Panama is bound to be the COMING WINTER RESORT OF THE UNITED STATES, and we might say, of the world; and that prediction is easily explained. People who migrate in winter to escape the rigors of the North, do not get the relief they anticipate in a SEMI-TROPICAL CLIMATE. HERE WE HAVE NO FROSTY NIGHTS FOLLOWED BY EXTREME HEAT DURING THE DAY. HERE WE HAVE DURING DECEMBER, JANUARY, FEBRUARY AND MARCH, ONLY SUNSHINE DURING THE DAY AND COOL OCEAN BREEZES DURING THE NIGHT; AND NO RAIN TO MAR THE DAY'S PLEASURE. The average resident of the North finds it hard to imagine sleeping in the open every night without the necessity of screens where one breathes pure, rejuvenating air that is bound to bring the bloom of health to the cheeks of the old as well as young. Another feature that is sure to attract the tourist to this country is the fact that NO ONE WITH CONTAGIOUS DISEASE IS ALLOWED TO ENTER THIS COUNTRY. The Republic will soon have attractive hotels and beautiful roads, and it is already famed for its hunting and fishing grounds. All this, added to the productiveness of the soil, makes it not hard to figure a phenomenal future for the one who invests in Panama.

Citrus fruits will be a factor in the future development of the Republic of Panama. The orange of the Republic of

Panama is becoming famed for its juicy, delicious flavor, although no one has grown oranges on a large scale here as yet and therefore the demand is many times greater than the supply.

Citrus fruits grow and produce most abundantly in practically all parts of the Republic, and too, with scarcely any cultivation, care or attention. The soil and climate of the Republic of Panama seem to be especially adapted for their growth and cultivation.

Many people of California who are interested in citrus orchards, on visiting this Republic marvel at their wonderful production in Panama. The trees grow and bear under the most natural conditions, not infested with insects nor troubled by frosts. The soil being exceptionally rich requires no fertilizing.

From this commodity alone one would in a few years have an income for the balance of his life. Being in close proximity to the Pacific entrance of the Canal, transportation facilities are unequalled. Supplying the hundreds of steamers plying through the Canal mean a fortune to persons who would plant their land to citrus fruits. Besides this, the freight rates from the Isthmus to New York by water are far cheaper than the freight rates from California to New York by rail.

This industry in Panama will, we feel, be one of the greatest enterprises in this country in the near future. We are convinced of this fact on account of the many citrus fruit growers in the States inquiring for lands in the Republic of Panama suitable for the cultivation of the above fruits.

Corn, sugar cane and coconuts produce wonderful results to the owner here.

So the man who is wise enough to grasp the opportunity offered in helping to develop the resources of this country will reap a reward financially beyond his fondest dreams.



## La casa de maternidad y la escuela práctica de obstetricia

Su labor y sus beneficios

Por CIRO L. URRIOLA



LA Maternidad de Panamá nació, por decirlo así, con el advenimiento de la República. Apenas constituida la Asamblea Constituyente, el autor de este escrito, Convencional por la Provincia de Panamá, presentó á la consideración de esta alta Corporación un proyecto de ley sobre el establecimiento de una Maternidad en la capital de la

## The Maternity and the Practical School of Obstetrics

Its Labor and its Benefits

By CIRO L. URRIOLA

THE Maternity came to life, so to speak, with the advent of the Republic. As soon as the Constituent Assembly met, the author of this article, a Deputy by the Province of Panamá, introduced a bill for the consideration of that high corporation, providing for the establishment of Maternity in the Capital of the Republic. The bill was well accepted and became a law on the 19th of April, 1904 (Law 24 of 1904). By this law the foundation of a Maternity is enacted in lands adjoining the Hospital of Santo Tomás, and

### Estado actual de la Maternidad

Pero este desconsolado estado de cosas no debía durar por mucho tiempo y en los años siguientes al de 1908 se acentúan día por día los beneficios de esa institución. El profesor de la Escuela Práctica de Obstetricia implantó un plan de estudios sistemático y completo y de acuerdo con los progresos modernos. El curso consta hoy de veintidós capítulos, según un programa aprobado por el Gobierno. Estos Capítulos corresponden: I. El estudio anatómico del esqueleto pélvico y de los órganos genitales de la mujer; anatomía de la cabeza del feto con sus suturas y diámetros. II. La Fecundación. III. Nociones de Embriología. IV. Diagnóstico de la preñez. V. Ley de comadrecisa—Presentaciones y posiciones. VI. La palpación abdominal como medio de diagnóstico de las presentaciones y posiciones. VII. Descripción del trabajo del parto. VIII. y IX. Mecanismo del trabajo del parto. X. Estrechez de la pelvis. XI. Cuidados necesarios en un parto normal. XII. Parto de nalgas. XIII. Partos trasversales. XIV. Anomalías del cordón umbilical y descenso del mismo. XV. Partos demorados. XVI. y XVII. Hemorragias: A—*ante-partum*; B—*placenta previa*. C—*post-partum*. XVIII. Complicaciones varias (eclampsia, ruptura del perineo, asfixia del recién nacido). XIX. Período puerperal. XX. El niño. XXI. Historia de la hetero-infección puerperal—Antisepsia y asepsia en obstetricia.

La enseñanza de estas materias dura de Mayo a Diciembre de cada año, de manera que durante la duración del internado las alumnas tienen la oportunidad de seguir este curso por dos veces y de repetirlo por otras tantas más, llegando así a adquirir al fin del segundo año tal cúmulo de conocimientos en este ramo especial como no los posee partera alguna, panameña o extranjera, no graduada en esta institución.

En cuanto a los conocimientos prácticos, son asimismo incalculables, pues en los dos años de internado tienen ocasión de asistir o de atender a unos cinco mil puerperos y de ver practicar casi todas las operaciones obstetricales modernas. Al mismo tiempo las alumnas concurren todos los días a la consulta externa de la Maternidad, donde se examinan diariamente poco más o menos cinco o seis mujeres encintas y en las cuales se determina: (a) la época en que se verificaría el parto; (b) el diagnóstico, por medio de la palpación abdominal, de la presentación y posición del feto, y la verificación de este diagnóstico por medio de la auscultación; (c) si la presentación es de nalgas o de hombros, cambio de la presentación por la versión externa; (d) examen de la orina. En el caso de resultar albuminosa, se invita a la enferma a que ingrese inmediatamente a la Clínica de la Maternidad para ser sometida a un régimen especial, o si no puede entrar en las salas, se le prescribe el tratamiento que debe seguir a domicilio. También se determina en esta consulta el diagnóstico precoz de la preñez, cuando no han aparecido todavía los signos de certidumbre de este estado, mediante un procedimiento propio del que esto escribe, que adquiere mayor perfección cada día y que ha dado hasta ahora espléndidos resultados. Esta consulta externa se acredita día por día entre las clases pobres de la Capital y puede decirse que son incalculables los servicios que presta al pueblo, evitando a tiempo muchas y gravísimas complicaciones. A este respecto las clases pobres están hoy más favorecidas que las acomodadas, entre quienes no ha penetrado aún la costumbre de estos exámenes previos al parto y porque la palpación abdominal, como medio de diagnóstico, no es corriente entre los Médicos que no han hecho una especialidad de la obstetricia.

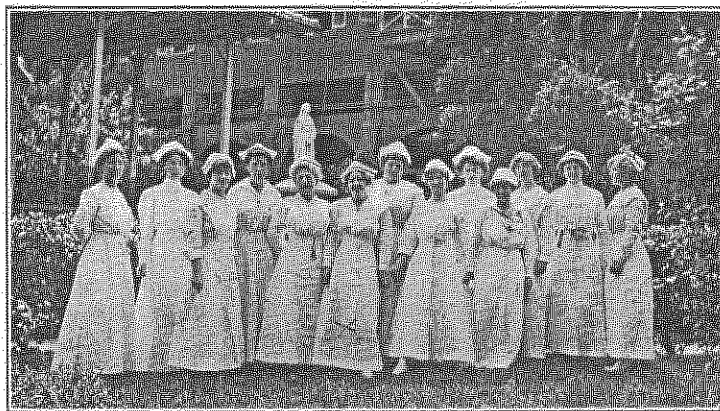
Las consecuencias de este plan de estudios no han tardado en dar sus frutos y de las aulas de la Escuela Práctica de Obstetricia han salido ya más de diez alumnas graduadas que hoy practican con éxito el arte de los partos en casi todas las Provincias de la República y propagan las nuevas tendencias.

### Actual State of the Maternity

But this afflicting state of things was not destined to last very long, and in the years following 1908 the benefits of the institution are felt day by day. The professor of the practical School of Obstetrics established a systematic and complete course of studies according to modern progress. The course consists at present of twenty-two chapters, in accordance with a program approved by the government, the headings of which are the following: I. Study of the pelvic skeleton and of the genitals of woman; anatomy of the head of the fetus with sutures and diameters. II. Fecundation. III. Notions of Embryology. IV. Diagnosis of pregnancy. V. Law about obstetricians. VI. Abdominal palpation as a means of diagnosis of the presentations and positions. VII. Description of the labor of delivery. VIII. and IX. Mechanism of the labor of delivery. X. Straightness of the pelvis. XI. Necessary cares in a normal delivery. XII. Breech presentation. XIII. Transversal presentation. XIV. Abnormalities of the umbilical cord and descent of the same. XV. Delayed deliveries. XVI. and XVII. Hemorrhages; A—*Ante-partum*; B—*Placenta previa*; C—*Post-partum*. XVIII. Various complications (eclampsia, rupture of the perineum, asphyxia of the newly born). XIX. Puerperal period. XX. The child. XXI. History of puerperal hetero, infection, anti-sepsis and asepsis in obstetrics.

The tuition of these matters lasts from May to December every year, so that during the time of their studies the students have the opportunity to follow twice this course and

Enfermeras del Hospital de Sto. Tomás



Saint Thomas Hospital nurses

to repeat it as many times, so acquiring at the end of the second year an amount of knowledge in this special branch which is not possessed by any obstetrician, native or foreign, who is not a graduate of the institution.

As to the practical knowledge, it is also incalculable, as during the two years they have the occasion to nurse about five thousand women, and to see nearly all modern obstetrical operations. At the same time the pupils assist every day to the outside consultation of the Maternity, where five or six pregnant women are daily examined, in whom there is determined: (a) the epoch in which the delivery will take place; (b) the diagnosis, by means of the abdominal palpation, of the presentation and position of the fetus, and confirmation of this diagnosis by means of auscultation; (c) whether the presentation is a breech or a shoulder one; (d) examination of the urine. Should it prove albuminous, the patient is invited to enter the clinic of the Maternity at once for her to be submitted to a special treatment, or, if she cannot enter the wards, she is prescribed the treatment that she must have at home. It is also determined in this consultation the forward diagnosis of pregnancy, when the sure signs of the state have not yet appeared, by the own method of the undersigned, which is getting greater perfection every day and has given splendid results up to the present. This outside consultation is more popular every day among the poor classes of the Capital, and it can be said that the services it renders the people are incalculable, avoiding in time many and very serious complications. The poor classes, in this respect, are at present more favored than the well-to-do people, among which the custom of these examinations before the

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### Auge y prosperidad de la casa de Maternidad

El auge y prosperidad de la Casa de Maternidad se pone de manifiesto considerando el movimiento de las entradas mensuales en sus salas tanto públicas como privadas, de tal modo que en los meses de máxima los lechos existentes son insuficientes y muchas puérperas yacen por horas enteras en el suelo antes de poder procurarles uno en que cumplir la dieta puerperal. Los tiempos son muy diferentes a los de 1907, en que, según el Mensaje Presidencial, sólo *cientos tres* casos ingresaron en las Salas de la Maternidad en diecisiete meses: computando únicamente la estadística del año transcurrido, en que 2461 parturientas fueron admitidas en esta institución, como lo demuestra el gráfico adjunto, bastaría para hacer resaltar esta diferencia cotejar el mes de menos entradas de 1914, o sea el de Abril con 147 entradas, es decir, 44 de excedencia sobre los diecisiete meses de 1907-8, para demostrar la estabilidad y beneficios de este establecimiento. Y que este auge y prosperidad van en aumento lo revelan las últimas cifras correspondientes al mes de enero en curso de 1915; porque si en 1914 el máximo de entradas correspondió al mes de Septiembre en que se asistió a 247 parturientas, el número de puérperas admitidas en el mes en referencia llega a 265, lo que hace esperar que en los meses de máxima (Agosto-Septiembre) este número llegue a una cifra no alcanzada hasta ahora.

### Ensanche necesario de la Maternidad

En vista, pues, de este aumento creciente cada año en las entradas, se impone como una medida urgente el ensanche adecuado de la Maternidad, en relación con el aumento rápido de nuestra población; y con el fin de poder establecer otros servicios no muy indispensables en una institución de esta especie. El principal de estos nuevos servicios sería la fundación de una Sala-cuna, destinada a los niños pobres de determinada edad que actualmente carecen de una sala adecuada en que puedan ser atendidos convenientemente.

El otro servicio sería el de Ginecología. Es verdad que en el Hospital de Santo Tomás hay dos servicios de Cirugía esmeradamente atendidos, pero el de Ginecología debería también ser una dependencia de la Maternidad por los lazos afines que los unen uno y otro y porque en ocasiones una puérpera está obligada a pasar a las Salas de Ginecología.

Aparte de estos ensanches, la Maternidad ha menester también una armamentaria más completa e incubadores modernos para los niños prematuros.

Bajo este nuevo plan, la Casa de Maternidad prestaría otros beneficios a la comunidad, completando así su labor social con el apoyo y reconocimiento de los necesitados.

delivery has not been established yet, and because abdominal palpation as a means of diagnosis is not used by physicians who have not made a specialty of obstetrics. The consequences of this course of studies have soon been apparent, and the Practical School of Obstetrics has already given more than ten graduates who successfully practice at present in almost all of the provinces of the republic, and diffuse the new tendencies.

### Success and Prosperity of the Maternity

The success and prosperity of the Maternity is clearly seen when one considers the monthly number of patients in its wards, either public or private, so that in certain months the existing beds are insufficient and many patients lay for hours on the floor before one can be procured for them. The times are very different from those of 1907, in which, according to the Presidential message, only *one hundred and three* cases entered in the Maternity in seventeen months. Taking in mind only the statistics of the last year, in which 2,461 patients were admitted to the institution, as the graphic annex shows it, it would be enough, in order to evidence this difference, to compare the month in which there were less admissions in 1914—that is to say, April, with 147; in other words, 44 more than the seventeen months of 1907-8. This proves the steadiness and the benefits of the establishment. That the success and the prosperity are increasing is shown by the figures corresponding to the month of January, 1915; for if in 1914 the maximum of admissions corresponded to the month of September, with 247 patients (see the annex), the number of patients admitted in the month referred to reach 265, which makes one think that in the months of greater applications (August-September) this number will be unprecedented.

### Necessary Enlargement of the School

In view of this increase in the admissions, more and more every year the adequate enlargement of the School in accordance with the rapid growth of our population, and with the object of establishing other services very indispensable in an institution of this kind, is indicated as an urgent measure. The principal one of these new services is the establishment of a special ward destined to poor children of a certain age who at present have not an adequate ward in which they could be conveniently attended to.

The other service would be that of Gynecology. It is true that there are in the Santo Tomás Hospital two surgery services carefully attended to, but that of Gynecology could also be a dependency of the Maternity, on account of the close relationship between the two, and because sometimes a lying-in woman is obliged to pass to the wards of Gynecology.

Besides this enlargement, the Maternity needs also a more complete set of furniture, instruments, commodities (Spanish *armamentaria*) and modern incubators for premature children.

Under this new plan the Maternity would render other services to the community, thus completing its social work with the support and the gratitude of the poor.

