

from the 15th of April to the 15th of December, when people die of yellow fever in four or five days. Next you have the dry or healthy season, from December 15th to April 15th, when people die of pernicious fever in from twenty-four to thirty-six hours."

"It goes without saying, then, that a regular life is its own reward. By a regular life I mean something after the following, which is the régime of many residents within tropical countries: Getting up early—say at six or seven—beginning the day with a bath, and then coffee and rolls. The breakfast is eaten at eleven or twelve, and is a breakfast, properly so called. In temperate climates many would deem it a dinner. I, in common with many old residents of the tropics, began mine by taking some ripe fruit, following it with a beefsteak potatoes and coffee. Dinner at six, and dinner as it is understood in all Anglo-Saxon countries, followed by a quiet evening and going to bed early. The regular life pays always; it gives the maximum of health, and the minimum of inconvenience. Many would vote such a life slow. May be it is, but it keeps one's disease-resisting powers up to the highest standard, and is a source of continual comfort."

He pronounces against the use of stimulants: "I am firmly of the opinion that the people who best resist such wretched climates and make the best fight against disease are the total abstainers."

Chap. VI describes the churches and the ecclesiastical ruins of Panama. We should like to quote the story of the origin of the cathedral of Panama, but we must forbear.

Chap. VII shows us the suburbs of Panama, and gives us a glimpse of the past. In Chap. VIII we are introduced to "life among the lowly." What are we to think of this? "The Indians and the negroes in Colombia are not greatly given to marriage. They simply get mated. I use the word advisedly. The women of the poor or laboring classes do not care for matrimony, their stated objection being that if they were true and lawful wives their husbands would ill-treat them,

whereas as long as they are mated, the man will be on his good conduct. These women know the men of their class thoroughly, and they deem matrimony little better than serfdom." And later on he tells us, "from sixty to seventy per cent. of the births are illegitimate." A lively description follows of the native "ranchos," their construction and their inmates. "Juan and Maria (typical natives) cannot freeze, as the climate is one of perpetual summer; and how can they starve when nature has done so much for them? Juan is a republican in name but a free-trader at heart. Of taxes and restrictions he will have none, be they war-taxes or otherwise. In all matters relating to the party in power he is a mugwump of the first water. In matters of religion he is a free-thinker during life, but generally ends by dying a Catholic. He works for others when it suits him, but not otherwise. He dearly loves a cock-fight, and calls upon all the saints in his Colombian calendar to bless his bird. He is a home-ruler of the first water, and, like the other members of that class over the water, would rather have a row than otherwise. As for the rest of humanity, or the world at large, he cares little."

Chaps. IX to XIII offers us animated pictures of Old Panama, the gulf and its islands, with a thrilling narrative of the ravages of the buccaneers. In Chap. XIV a serious danger to all countries doing business with the Isthmus or across it is indicated. "The old cemetery, owing to its small size, is dug up year after year. Bones and skulls, fragments of coffins, clothing and all sorts of things are turned out. The liberation of untold millions of disease germs will make clear to thinking people why the Isthmus is so unhealthy. From time immemorial the Isthmus of Panama has been recognized as one of the plague spots of the world. But for the fact that it is one of the world's greatest highways between the Atlantic and the Pacific, the systematic unburial of the dead under the direct sanction of the Government, and the consequent distribution of the germs of yellow fever and