

# The Punta Gorda Herald

PUNTA GORDA — In Tropical Southwest Florida, a Seaport on the Famous Charlotte Harbor — a Town that is Known for its Natural Attractions and the Hospitality of a Cosmopolitan Citizenship

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## HOW YOU MAY BE COMFORTABLE IN THE SUMMER

Heat of the Season Not Such a Serious Matter in Florida

## CAUSES DEATH ELSEWHERE

In this State the Matter of Being Comfortable is the Weightiest Problem to be Considered in so Far as the Weather Conditions are of Concern

It's a problem not confined to the people of Florida, for to the citizens of the Peninsula State, the heat of the summer is not so serious a matter as it is in that tier of states just north of the almost forgotten Mason and Dixon Line. In those less favored communities it sometimes becomes a matter of life and death. In Florida it is merely a question of inconvenience. During the present season almost two hundred deaths were occasioned by high temperatures in one "hot spell" in Chicago, more than have occurred from the same cause in Florida, in twenty or fifty years, probably more than during the entire history of the state.

And so in this far southern part of the United States, the heat of the summer months is not a thing to be worried about, for it is not dangerous to human life or health, and the matter of being comfortable is the weightiest problem to be considered in connection with the weather.

The normal temperature of the human body is 98.6 degrees, summer and winter, and the work of the body is to maintain this degree as closely as possible. The natural variations from it are slight and depend mainly upon individual peculiarities, upon the hour of day or night, the effects of eating and drinking and a few other more or less indefinite causes, but any marked variations from it are likely to be followed by serious results.

Personal comfort depends much upon the rapidity of evaporation of natural moisture from the surface of the skin. Such evaporation is slow if the surrounding air is charged with humidity. If the atmosphere is dry, perspiration is absorbed more quickly from the skin with a corresponding increase of comfort. The draft from a rapidly moving electric fan is reviving because it removes the surface moisture, replacing it with drier air, even though it does not reduce the temperature of the atmosphere.

The matter of personal comfort, therefore, depends largely upon the kind and weight of clothing and whether the fabric has the tendency to promote the proper and normal evaporation of surface moisture, or to retard it. It is essential that the clothing shall be of such material as to permit as nearly as possible such normal evaporation, and this brings up the question of clothing fabrics best adapted to warm climates.

Cotton and linen are best because the heat and moisture of the body more easily pass through them to the outer air. In colder weather, because of this same degree of conductivity, they are poor protection for they admit the colder air from the outside. These fabrics lose absorbed moisture quickly by evaporation; that is, they dry quickly. Wool and silk absorb moisture less quickly and they give it off, or dry more slowly.

The conclusion follows that cotton and linen are best adapted to summer wear in southern climates, and that as few layers of these materials as are necessary, should be worn, to secure the greatest degree of comfort through evaporation of the surface moisture of the skin.

Summer diet—the kind and quantity of food and drink has much, very much, to do with bodily comfort. Some foods are heat producers, that is what they are for. You don't need as much heat in summer as you do (or think you do) in winter. Eat fruits and vegetables in preference and don't make experiments with your diet in summer. If you want to take

chances, try it in colder weather when the body is better able to withstand shocks and surprises.

Remember that water cooled with actual contact with ice is the best summer (or winter) drink yet discovered. Drink all of that you want, especially between meals. Bathe often. Keep the body clean and the mind clear. Keep your hardest working for the cooler months, see that your conscience is in good working order and you will find the Florida summer a most delightful season and decidedly preferred to that section much further north.—State Board of Health.

The census of 1910 shows that of the citizens of Florida born in Alabama there were 37,267. In the last five years a good many more Alabamians have no doubt moved in. The total number in 1910 of people born in other states living in Florida numbered 255,000 exclusive of 40,663 born in foreign lands. Practically one third of the people of the state are natives.—Tallahassee Democrat.

## The Supreme Court Decision

The esteemed Tampa Tribune says that if there is to be a recount at all, it should be a recount of the entire state. We feel quite sure that Mr. Knott and his friends would be perfectly willing to have the same done, but it was never done in any of the previous contests. So far as this paper is concerned, it would like to have the recount made by absolutely impartial, non-partisan experts with adding machines, which would make a mistake almost impossible. It would not defraud Brother Catts out of a single vote that is justly his for the nomination.

The Tribune again says: "The supreme court decision sets a very bad and dangerous precedent in this state."

The supreme court is merely following, not setting a precedent—a precedent that was made when Bloxham contested the seat of Day in 1870, now forty-six years ago. A precedent that was again followed in the case that made Drew our Democratic governor in 1876, and in cases that have come before the supreme court several times since.

The Tribune will, we hope, pardon us for saying that it does not seem to be well posted on our supreme court decisions as in some other matters.—Ocala Banner.

The unbiased citizen will agree with Mr. Knott when he says "that mistakes were made on the first tabulation of votes in every county of the State has now clearly been demonstrated." If the inspectors were not familiar with the new law we must concede that many of the voters were equally as ignorant. For instance, take Franklin county where many of the voters single shotted under the belief that this was the only safe way to have their votes counted for the men of their choice. And were the inspectors any better posted than the average voter who wanted his ballot to count? If Mr. Knott received a majority of the votes cast, how in the name of common decency can we refuse to give him what belongs to him by right?—Apalachicola Times.

A girl named plain Mary at her birth, dropped the "r" when she grew up and became May. As she began to shine in society she changed the "y" to "e" and signed her letters "Ma." About a year ago she was married and now she has dropped the "e" and is plain "Ma".—Chipley Banner.

It is about time to remember about cooperation again. Cooperation can be worked 365 days out of the year thruout a life time. Some Florida farmers are cooperating, but the large majority are not.

Florida shipped nearly fifty thousand carloads of fruits and vegetables during the season of 1915-16. Florida is some state and is getting bigger and better every day.—Palatka Times-Herald.

## Pan-American Union Represents an Ideal of Political Kinship

By GEORGE HAVEN PUTNAM, Noted Publisher

THERE has been during all the half century of my experience as a publisher a steadily increasing demand on the part of American readers for what you call "serious and important" books. The growing interest in South American affairs will stimulate the study of the Spanish language and the reading of Spanish literature. Such must be the natural result. As has been said, political affiliations bring about business connections, social relations and intermarriages. A better knowledge of the social conditions and methods of life and thought stimulates naturally an interest in the literature which presents pictures of life and examples of thought.

THE BEAUTIFUL PALACE IN WASHINGTON, WHICH STANDS FOR THE PAN-AMERICAN UNION, REPRESENTS AN IDEAL NOT ONLY OF POLITICAL KINSHIP, BUT OF NEIGHBORLY AND MORAL OBLIGATIONS.

This union, framed as it has been for the defense of the continent and for the prevention of war through the adjustment of the interstate difficulties that have heretofore brought about war. MUST BRING ALL THE PEOPLES OF THE WESTERN HEMISPHERE INTO CLOSER SYMPATHETIC RELATIONS WITH EACH OTHER.

We have confidence that a result of such relations will be the wider circulation throughout South America of books produced in the United States and a more intelligent and general appreciation in the United States of the growing literature of South America.

## FARM AND GROVE IN FLORIDA

Agricultural News Service University of Florida College of Agriculture

### Diversified Farming Insures Better Living

Why will folks persist in following the single cropping system? A great deal has been said against the practice in recent years and a great deal more has been said about the results which follow it. It is at the root of most of the farm and rural ills which exist at present. A great many men have worked for a solution of one or more of the results, but Dr. Bradford Knapp of the United States Department of Agriculture has submitted the formula which gets at the bottom of the trouble. P. H. Rolfs, dean at the University of Florida College of Agriculture, calls attention to Dr. Knapp's safe farming program.

This program has been published a great many times, but in view of the fact that single cropping still exists it is worth publishing many times more:

"1. A home garden for every family on the farm. Not less than a tenth of an acre for garden and half an acre for potatoes. An acre of sorghum or cane for the syrup of the family; the excess cane can be fed.

"2. Produce corn enough to feed the people and livestock on the farm for a year with a little excess for safety.

"3. Produce oats and other small grain to supplement the corn as food and to conserve the soil in winter.

"4. Produce hay and other forage crops sufficient to feed the livestock on the farm for one year, not forgetting the legumes which produce hay and enrich the soil.

"5. Produce the meat for the family by increased attention to poultry and hogs. Plan to gradually increase and breed up the cattle and other livestock so as to consume the otherwise waste products and make the waste land productive. Not less than 25 hens for a renter and 50 for a land owner. Set a standard of at least one sow for every tenant family and two for every owner, and breed them carefully and feed them well. Not less than two milk cows for every family, the cows properly bred and fed.

"6. When the living has been provided, grow a money crop. If this is done there will always be a few eggs and chickens, a pig now and then, and occasionally a steer for sale, and out of these surplus or sundry products let us pay the farm expenses."

This program will make for safe farming. It will relieve the necessity for borrowing money and for "store credit." It will enable farmers to bank money. It will provide a better living and conserve soil. It will make for a more prosperous and contented rural population.

Dean Rolfs suggests that every

farmer make preparations to follow the details of this plan. In Florida where the planting season lasts practically the year round it can be adopted at any season. The best season of course is the earliest available, which is now.

### Grapes on Small Scale Profitable in Florida

Enough men have failed at bunch grape growing in Florida to give the impression that these grapes cannot be grown in the state. A few men have found them profitable and their success shows that under proper care grapes can be grown profitably. One man near Green Cove Springs has three acres and he finds a ready market for the product. Like all men who have succeeded, he practices close pruning and cuts back close to the stump each year.

It is generally supposed that the heavier soils are best for grapes. This man, according to A. P. Spencer, district agent for the University of Florida Extension Division, has his on loose white sand. The Niagra has been most satisfactory to those who have succeeded in growing grapes.

While bunch grapes may not be profitable on a large commercial scale, they may pay when grown for local sale. Certainly they would be worth trial for home use.

### Cattle Die of Impaction

Young cattle are subject to impaction of the third stomach during the early fall when the grass becomes dry and woody. The trouble may occur in mature animals but it is not likely. According to C. L. Willoughby, professor of animal husbandry in the University of Florida College of Agriculture, young animals eat more greedily and their stomachs are not developed to handle the excess of dry food.

Impaction is caused by excessive eating when the grass has become woody and dry. The animals do not usually drink water enough even though plenty is available. The material packs into the third stomach tighter and tighter as the animal eats. Sometimes it ferments and bloats the animal.

Death usually comes in a few days and sometimes no evidence of previous sickness is noticed. For this reason animals should be watched closely and given a purgative. One of the best purgatives is epsom salts and ginger. Dissolve a pound or a pound and a half of epsom salts in a gallon of luke-warm water and add a tablespoon of ground ginger. Drench the animal with a quart of this at intervals of ten or fifteen

minutes. A quart of raw linseed oil or a quart of melted lard might also be given as a purgative.

There are thousands of acres of low lands in South Florida that now are not considered of any value, that will make ideal pasture for cattle and hogs with very little cost or work. These lands could be fenced, drained, and set to some improved grasses and used to fatten hundreds of cows and hogs at practically no cost. Livestock raising is sure to be one of the largest, if not the largest industry in a very few years. There is no industry that will make a country rich quicker than stock raising, and Florida owing to its climate, is as well adapted to animal husbandry as any state in the Union. Every farmer should have at least a small herd of hogs and cattle and the better the breed, the more profit he will make.—Plant City Courier.

Did you ever try advertising farm products in your local paper? N. M. Beeler, instructor in agricultural journalism in the University of Florida College of Agriculture, says that a good market can be built by systematic and consistent advertising.

### Saving With Clean Hands

Punta Gorda Herald has two articles running side by side, and one of them reads "Clean Hands" and the other tells about "Saving the Guava." Does the connection between these two essays indicate that one must have clean hands before saving those guavas? Or after? Can, by any stretch of culinary art, a guava be saved unless the hands are cleaned? Would there be a change in the aromatic indescribability of the aforesaid guava if it was saved before the surplus dirt and foreign substances were removed from the hands—or even feet? Explanations are in order. Query: Why polish the paws between the saving of one guava and the rescue of his brother?—Thorn, in Palm Beach Post.

There are thousands of acres of idle land in Florida—acres which are doing nothing to bring in something to the owner, although it must be admitted that the owner and not the land, is to blame. The cultivation of these lands, with the proper attention to study studying conditions and taking advantage of soil and climate, would result in many dollars being in circulation that have not yet been even introduced in Florida.—Palatka Times-Herald.

The camphor tree grows on most all Florida soils. There is in this county one camphor farm of over two thousand acres. The fact that Japan and Formosa are now depended upon for camphor and in view of its uses in the manufacture of ammunition, and in view of the lessons we are learning from the European conflict, Florida should go into camphor farming more extensively.—Palatka Times-Herald.

Quit sending your money away for goods that can be bought right here. The home merchant helps pay the taxes, subscribes for all charitable purposes, gives you credit when you badly need it, and is entitled to all the patronage that you can give him. Buy at home all the time.—Palatka Times-Herald.

With hundreds of laborers being induced to leave Jacksonville and other cities to go North for employment, the labor situation in Florida will soon become an important and serious one.—Palatka Times-Herald.

The editor is rather run down. The other day a correspondent wrote to him for advice on journalism. He was told, among other things that he must write on only one side of the paper. And now he has written to ask which side.—Linotype Bulletin.

The Russians that the Germans captured are no longer preserved in alcohol.

## APPEARANCE OF RUSSIAN TROOPS IN THE BALKANS

Indicates Concentration of Allies' Forces For An Important Campaign

## ROUMANIA TO ENTER WAR

Battle Along Macedonian Front is Becoming General—Serbians Capture Two Forts—Operations in West and East Overshadowed by Those in the Balkans

London, Eng.—The offensive in the Balkans is in full swing, with Russian troops arriving in Saloniki to fight with the allied forces and Roumania reported about ready to enter the war on the same side.

Landing of Italian forces who are also to take part in the Balkan operations is continuing. An official dispatch reports that Greek troops have been engaged with Bulgarians in the vicinity of Seres.

Athens advices indicated that Russian troops have been in the Balkans for more than three weeks, the initial contingent having arrived at Saloniki some time previous to July 31, the news having just been released by the British censorship.

The arrival of the Russians at Saloniki, together with the report that Italians had landed there, indicates that the allies intend to concentrate sufficient forces for an important campaign.

It is only 350 miles in an air line from Russia to Greece, but Roumania and Bulgaria lie between and to bridge the distance Russians had to travel thousands of miles. As the Bosphorus is closed by the Turks they were deprived of the short sea route.

The Russian troops sent to France earlier in the war made a journey of approximately 17,500 miles, traveling to Port Dalny, Manchuria, overland, and thence by water to the Suez canal and the Mediterranean.

Since the White sea is now open, it is possible the Russians took the Atlantic route by way of Gibraltar and the Mediterranean.

Dispatches regarding operations on the Macedonian front are followed by numerous indications that the battle is becoming general along the 150 mile line. Immediately north of Saloniki in the Doiran region, Serbian troops are reported to have captured two forts while in the heaviest fighting reported, on the left bank of the Struma, Anglo-French forces are attacking the Bulgarians northwest of Seres.

On the western end of the line the Bulgarians claim notable advances, some of which are conceded. They have pressed southwest from Florina, occupying Kastoria and Koritza.

Operations on the western and eastern fronts are overshadowed by those in the Balkans. The entente offensive, however, is proceeding uninterruptedly on both these fronts. The French have resumed artillery activity on the Somme capturing trenches near Estrees and Soyecourt, south of the river. They have also made progress north of the stream in the outskirts of Clerf, an objective in their drive for Peronne.

The British on the Somme front are gradually creeping nearer Thiéval, their latest advance bringing them within 1,000 yards of the place. They also report a considerable gain near Pozières, where they have pushed forward along a half mile front. Guillemont, northwest of Combies, is still holding out, although the British are fast hemming it in and artillery fire continues heavy. Petrograd reports the situation still unchanged in Galicia, but claims the gain of further ground from the Turks in southern Turkish-Armenia, west of Lake Van. In Persia the Russians who have been driven back a considerable distance in recent operations appear to be making a stand.

Thirty full loaded cars of hay and grain come into Florida every day in the year, to be paid for in cash. Food for thought!—Ocala Banner.