

Honey as a Food and as a Medicine

That honey was an excellent and healthful, as well as a strength-giving, food was well-known to the ancients. Witness Jonathan's wearied and famished army in the wood of Ephraim having their strength restored and their energy revived by partaking of the providential supply discovered by them, no doubt gathered and stored by native bees in their homes within "the hollow oak." The wisest man that ever lived advised his son to eat of honey "because it is good." And Democritus, who lived to be a centenarian, attributed his want of illness and prolonged life to partaking of so much honey as a regular part of every meal. Just lately we heard of a young lady, whose life was despaired of by the doctors, being spared, and recovered by the regular use of honey as a food.

Scientists inform us that it contains almost all the requirements of life-supporting food, added to which it requires little or no digestion, so that a weak stomach is greatly relieved of the heavy duties of converting it into a heat and strength-giving force, as it is so easily assimilated. It has thus a great advantage over sugar and other saccharine foods. We are also informed that its use helps the intestines and the kidneys in performing their special functions, a consideration of great importance in weak subjects. For growing children who crave for sweets nothing better than honey could be given, and it is my belief that more of it used would give us healthier members of the rising generation. Mahomet discovered this important truth before he wrote the Koran, because in that important volume he speaks of honey as "this sweet, wholesome substance, which sustains and strengthens the

body, which cures all maladies, a thousand times preferable to the poisons administered by the doctor to the human race"; and again, "From their stomach (or honey sac) issues a liquid of varied colors, in which is a medicine intended for man."

This appropriately introduces the second head of my subject, viz., Honey as a Medicine. Even a bad case of insomnia, I am credibly informed, was cured by the regular use of honey. The patient, on lying awake for some time, would get up and take a drink of liquid honey dissolved in milk. This had a soothing and soporific effect on the system; for, as a rule, he fell soon after into a sound and refreshing sleep, from which he rose in the morning feeling thoroughly rested.

Quite recently I read of a doctor who declared that he cured several stubborn cases of constipation by the steady use of honey, prescribing no other medicine. It has a laxative effect on the patient, and acts rather as a preventive than a cure, thus yielding the best results.

In cases of nervous disorders it has been long recognized as an excellent tonic. Nervous debility yields to this treatment, and the patient gradually regains his wonted energy after a regular course of careful nursing and a generous use of this life-giving and strengthening food.

A University professor, a strong devotee of Lady Nicotine, on the advice of his doctor, gave up his pipe, and when having a hard set-to to resist temptation, found a soothing sedative in a liberal use of honey with a light meal before starting any hard work.

Cuts, scratches, small wounds, chips, scalds, burns and many similar small ills have been cured by an application of honey or a salve in which honey formed the chief ingredient. Colds,

coughs, sore throat, are frequently cured. Bronchitis has been cured at least greatly by this Heavenly substance.

Many very good remedies are made from honey. It is a parching summer thirst calls loudly for no better use than converting it into a refreshing and refreshing drink. Cuts are pleased to find a place on the table. Honey is agreeable and palatable, and a bit are worthy of use. Honey is the best and which this bitter Mead has been by both ancient D.M.M., in Bee- (ish).

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