

ford were recommended to planters. These have been on trial at Ottawa for a year, and came through last winter without injury. As attention has been directed already to the small fruits likely to be useful in Canada, further mention to varieties of probable value to the South is omitted.

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FRUIT AS FOOD.—Mr. L. Pasche, of Bryson, Que., sends us the following on this subject, from *Cassell's Magazine*: Now, I will tell you what I claim for fruit as food; that is, for fruit as a complement of one's daily diet. First, that it is exceedingly palatable; secondly, that it causes, owing to this very palatableness, an increased flow of saliva; thirdly, that it thus assists us in digesting other, both bread and meat; fourthly, that fruit is itself easily assimilated by the system; fifthly, that it keeps the system free and in good working condition; sixthly, that from its acids, salts and essential oils the blood is purified and disease germs destroyed; and, seventhly, that from its saccharine matter the body is nourished and the animal heat kept up. It would seem like a paradox to say that fruit both warms and cools the body, but such is the case, in summer its acids temper and equalize the heat, in winter its sugars warm. Sugar and acid, in fact, are so equally balanced in this food, formed in the great laboratory of nature, that neither preponderates unduly or to the detriment of the other. We may take the testimony of birds as to the healthfulness of fruit. And who so bright, cheerful and happy as they? The blackbird knows well what to treat himself to in the sweet summer time, and flutes all day in the groves and the greater part of the night as well; yet in winter, cowering for shelter under the dwarf pine trees, he does not let down his heart. On the contrary, he is content if he can scrape up a few grub worms from among the withered leaves and obtain a hip or a haw to assist in digesting that worm. The Arabs form a good example of a nation that to a large extent lives on fruit. We are apt to claim courage as characteristic only of the British soldier. This is simply our insular ignorance and arrogance. Who can be more brave than the Arab, or who possess more *eclat* or dash?

GROWING CELERY.—There has been many ways suggested for blanching. It is said that in the old world, where first-class celery is desired, instead of burying up the plant in the earth, they simply tie up the leaves, and then wrap them in coarse brown paper. It is said that much better celery can be obtained this way than by any other method of blanching.—*Meehans' Monthly for November.*

SOME time before winter sets in, dig up and pot for winter forcing some of the early flowering shrubs. The golden bell, *deutzia*, *spiræa*, yellow jessamine, Persian lilac and Japan snowball, are among those that force well. The earlier they are dug up after September, the better rooted they become by the time forcing is commenced.