

eat it daily, and even on occasions to make a meal almost entirely of it. Another cause why ripe and wholesome fruits are given a bad name is because they are eaten at the wrong end of a meal. After many courses of heavy foods and strong drinks a few harmless strawberries are indulged in, and then when these rich foods and stimulating drinks upset the stomach the blame is put on the innocent strawberry.

Many people—a good number of whom are doctors—are of opinion that autumnal diarrhoea is due to fruit. This is an idea not borne out by facts. I inquired into the subject, and found that in every case the diarrhoea was due to meat or fish, but never to fruit alone. The true explanation of autumnal diarrhoea lies in the fact that in hot weather flesh putrefies very quickly, during putrefaction alkaloids called ptomaines are formed; these are emetic and purgative, and give rise to distressing symptoms. These alkaloids are found in meat at all times, but more especially during hot weather.

Fruit has the composition of a perfect food, containing all the substances required by the body. Here is the composition of strawberries:

	Per cent.
Water.....	87
Sugar.....	4
Free Acid.....	1½
Nitrogen.....	0½
Insoluble matter (½ per cent. of which is ash).....	7
	100

From this table we can see that fruit is a perfect food, as it contains everything needed, including water.

Were fruits used daily by all there would be less gout, rheumatism, gall stones, stone in the bladder, and calcareous degeneration than there is now. In connection with the curative power of fruit, we must mention the

#### "GRAPE CURE."

This is practiced in France and Germany in the autumn, and is a cure for many diseases due to high feeding. The patient is given a pound of grapes to eat the first day. This amount is added to until the person can eat five or six pounds a day. The other food is gradually lessened, and the diet at last consists entirely of grapes. It cures obesity and many other complaints, and starts the person off on a new lease of life. Fruit is thus seen to be a necessity in a rational diet, and of immense value in dietetic medicine.—*Vick's Magazine for October.*

#### NOTES TO NEW BEGINNERS.

BY PETER PRUNING KNIFE.

KNOWING that there are numerous new beginners in fruit culture who are sprouting out with large and erroneous ideas and expectations of amassing a fortune in a few short hours, I have considered it my duty to sharpen up and try and lop off some of the surplus sprouts which, I fear, may overshadow their prospects of success—and perhaps blight their crops:—and if I can let the light of thirty years of experience shine in upon them in any way, even though it may not help to ripen up their fruit, it may save them from some sore disappointments and losses which I have encountered.

#### ONE GREAT ERROR

among new beginners, especially among those that come out of towns and cities to get rich in fruit growing, is to think that any soil in a fruit-growing section, like Grimsby or Niagara, for instance, will produce fruit; and not a few have bought land in these localities that was much better adapted to growing frogs and making brick than to fruit growing, and after a few years' experience have become disgusted with the business and say it does not pay.