

of Agriculture covering wool, sheep and hop interests.

The establishment of a permanent Census Office and Statistical Department of Government.

Consolidation of the third and fourth classes of mail matter into one class, with a postal rate of one cent for two ounces.

The reduction of letter postage to one cent per ounce.

Reduction of the rate of telegraphy to one cent a word within a radius of one thousand miles.

There are in all forty nine propositions on the calendar, including different ones relating to a similar subject.

Manitoba.

An order has been made winding up the Manitoba Wire Co., Winnipeg.

The stock of Newberry Wells, general dealer, Melita, will be offered for sale on January 11, at Winnipeg.

Mr. Watson, who has for some time been engaged with Wright Bros., Winnipeg, is about establishing a dry goods business on his own account.

W. F. Doll, who retired a short time ago from the Winnipeg Jewelry Co., has been presented with a fine gold watch and chain, by his late fellow officials and employees.

H. A. Seed, a leading Winnipeg confectioner and fruiter in the retail trade, died in California last week, whither he went a short time ago in hopes of a benefit from a change of locality.

Siemens, Bros. & Co., of Gretna, private bankers, real estate dealers, etc., have opened a branch establishment in Winnipeg. Julius Siemens takes charge of the business here, Jacob P. Siemens remaining at Gretna.

Notice is given that the next Annual general meeting of the shareholders of the Winnipeg Industrial Exhibition association will be held on Monday the 16th day of January at 9 p. m., at the office of the association, City Hall, Winnipeg, for the election of board of directors for the coming year, and for the transaction of such other business as shall be brought before the meeting.

John A. Donaldson, soliciting freight agent of the C. P. R. has been offered and accepted the position of general agent of the Great Northern railway at this point, to succeed Ham. G. McMicken who leaves to day to assume charge d'affaires for the company in eastern Canada. Mr. Donaldson also leaves this morning with Mr. McMicken for St. Paul, and will probably take charge here at an early date.

The transactions at the Dominion Government Savings' bank at Winnipeg during December were as follows:

Deposits.....	\$ 20,843.00
Withdrawals.....	\$ 25,106.68

Withdrawals exceed deposits by \$ 4,263.68

The receipts for December, 1892, for the inland revenue division of Winnipeg were as follows:

Spirits.....	\$21,397.20
Malt.....	2,686.40
T.acco.....	10,119.25
Cigars.....	724.03
Licenses fees.....	20.00
Petroleum inspection.....	175.80
Other receipts.....	111.50

Total \$34,034.60

Total for December, 1891..... \$33,018.53

Increase December, 1892 \$114.07

The receipts for the six months ending December, 1891, were: \$192,143.65; receipts for the six months ending December, 1892, \$224,430.17; increase for the six months ending December, 1892, \$42,295.52.

The following statement shows the value of goods exported, imported and entered for consumption at Winnipeg with duty collected

thereon during the month of December, 1892, compared with the same month, 1891:

Description.	Value	Value.
	1891	1892.
Exported.....	\$115,057.01	\$177,988.00
Imported.....	132,767.09	117,601.00
Imported—Free.....	85,276.00	43,098.00
Total Imported.....	\$168,032.09	\$160,699.00
Entered for consumption, durable.....	133,733.00	\$121,071.00
Entered for consumption, free.....	35,275.00	43,098.00
Total for consumption.....	\$172,010.00	\$164,769.00
Duty collected.....	\$ 40,797.76	\$ 40,440.00

The promoters of the water power scheme at Brandon intend before the spring opens to have all their plans matured and definitely put before the ratepayers. At the first meeting of the city council a committee was formed to help the men at the head of the affair and the council authorized the city engineer to take all the necessary levels and arrange other preliminaries. It is the intention of the committee to enlist the services of an expert who has had experience with similar enterprises in the east. One of the first steps to be taken is to ask the co-operation of Portage la Prairie and other places on the Assiniboine with a view to having that river closed as a navigable stream.

Assiniboia.

Antelope were selling at 40c apiece at Modicino Hat. The slaughter of this species of deer say the Times, is greater this year than it has ever been before.

On Monday last a meeting of the ratepayers of Moose Jaw was held in the town hall to hear the statements of the retiring council. Mayor Rorison opened the meeting and made the following statement at the close: "Never, I believe, since Moose Jaw was incorporated have we enjoyed the same amount of prosperity. There was expended by the town over \$50,000 during the year in permanent improvements. Should the town continue to improve as rapidly in the future the assessment roll next year will show an assessment of \$750,000. Moose Jaw will be the junction of the South Western and C.P.R. roads, and this will mean an increase of population of 500 people alone. A hearty and unanimous vote of thanks was passed at the meeting to the retiring council for their services. The following financial statement was read: Total taxes received, \$3,472.62, poll and dog tax \$97; liquor licenses \$700; other licenses \$217.50; proceeds from debentures \$7,007.08; grant from Assembly \$112.54; fines collected \$21;—total \$11,626.74. Expenditure: Balance due treasurer \$113; paid school board \$3,360; loan and interest to Lafferty & Moore \$1,762.48; interest on debentures \$212.35; town hall \$2,198; sidewalks \$207.15; salaries \$671.20, cash on hand \$206.21; other expenses \$2,866.04; total \$11,626.74.

The Food Question.

Whenever bread is the only food man is able to produce, it is as important that such bread should be made of the entire wheat, and that none of the dark colored gluten should be separated from the flour, as may be claimed by the most enthusiastic Grahamites. It is undeniable that the very poor classes, such as abound in the east end of London, and whose nourishment is made up very largely from bread alone, would be considerably benefitted if they could be induced to use whole meal bread instead of that made from white flour, which has been robbed of a considerably portion of its gluten, and for this reason this class does not get the needed amount of nitrogen in their white bread diet.

It is only among the intelligent and well-to-do classes that entire wheat bread has found favor; and this bread has been and is a damage to this class. The well-to-do the world over habitually use a considerable portion of milk, eggs, cheese, fish, flesh and fowl. These

foods furnish an ample supply of nitrogen in a form much more easily digested than the gluten of wheat; and these foods have the additional advantage of being rich in oil, a necessary element in man's dietary, and one he has insisted upon having throughout the ages. To those who are provided with flesh and animal products, in quantities sufficient to provide the needed nitrogen, bread made of fine flour is preferable because it is much more easily digested than that having a large proportion of gluten. I have elsewhere shown that all but one or two per cent of starch food is digested in the intestines. A person provided with an ample supply of nitrogen and oil in animal products does not require the nitrogen of the gluten, which is much more difficult of digestion; and if fine flour—white bread—is eaten with such animal products the needed nitrogen is readily obtained from the animal products, and the starch foods soon pass on to the intestines to undergo transformation into glucose; whereas, if the entire wheat flour bread has been eaten, there is necessarily a considerable effort on the part of the system to separate and digest the extra amount of gluten, the need for which has already been anticipated by the animal products. This necessity on the part of the system to separate and digest an element which is not needed and not used is a very considerable strain upon the nervous system.

A glance at the history of nations will supply proofs of this contention. The Chinese, Japanese and the millions in India who subsist chiefly on vegetable foods are smaller in stature, shorter lived; are weak relatively, both mentally and physically, and have accomplished far less of the world's work than the English and German nations, who have been liberally supplied with a flesh dietary, and so far as England is concerned at all events, whose bread has been chiefly made of ordinary fine white flour. Another proof that bread and starch foods are a great strain upon the digestive powers is found in the phenomenal benefits accruing to invalids by the use of the Salisbury diet, which consists exclusively of beef or mutton and water. When these patients recover their usual health they generally return to a diet of bread and starch foods, and frequently relapse again into invalidism, to be again cured by again adopting an exclusive meat diet. The increasing favor with which a milk diet for invalids is being received by physicians of all schools is another strong evidence of a non-starch diet. The German Spas and Continental health resorts are filled each year by tens of thousands of patients from the effete and luxurious idle class in Europe, to "undergo" a yearly "cure." These establishments insist upon a greatly diminished amount of bread, no potatoes, and a corresponding increase of meat, eggs and milk—Dr. Emmet Deansmore, in the *Social Economist*.

A Vast Coal Supply in Japan.

For agriculturalists the Japanese island of Yezo, though nearly the size of Ireland, does not appear to offer much attraction; but its coal mines seem likely to prove of more and more importance. Fifteen years ago it was estimated by the American engineers who made the first surveys for the government that the workable coal beds of Yezo contained 150,000,000,000 tons, or about two thirds as much as the coal fields of Great Britain. This startling estimate has just been more than confirmed by official government surveys. Of the Yezo coal nine-tenths is found in one district, that of the valley of the Ishikari river, near the west coast. The first coal mined in the island, at Iwana, in the province of Shiribeshi, belongs to the smallest of the six coal fields, containing barely 2,000,000 tons. As regards quality, although it is very uneven and none of it stands in the front rank even of Japanese coal, it is still declared by our Consul to be "all marketable."—*London News*.