

and perhaps would like to learn some of their methods, but have not the same opportunity that is afforded at conventions.

Mr. Coggsall, who is one of the most successful bee-keepers in New York state, made a remark in this connection that is worth repeating "I would not have had sixteen hundred colonies to-day if I had not attended conventions."

Mr. Editor, I have a suggestion to offer that I think, if acted upon, will make our meetings even more profitable than in the past, and that is for every one who is likely to attend our next annual meeting at Woodstock, to make some experiments in practical bee culture during the coming season that will readily suggest themselves, such as "Starters, or full sheets of foundation in sections," "Cleated or non-cleated separators," "Bee space or no bee space above sections," "Wiring frames," "Different weights of foundation," and many other things that might come to mind, and not only make the experiment and note the results but take some of the examples with you to the meeting and compare notes with others. It will be some little trouble but you will probably be well repaid by seeing the results of other experiments.

I venture to say if everyone who attends will do something along this line we will have one of the most interesting meetings ever held since the O.B.K.A. was first organized.

R. H. Smith,

St. Thomas, Ont.

Jan. 24th, 1901.

Honey as a Daily Food.

Some farmers are in the habit of selling off the best of anything raised, letting the family worry along with the leavings. It is pleasant to believe that in many cases honey

forms an exception; that the farmer with two or three colonies of bees does not think of selling any of his honey, but leaves it all in the hands of his good wife, to do with when and how she will. Very wise indeed is such a farmer. Indeed, if he is wise enough, he will have honey on the table daily, even though he should be obliged to buy it.

It is good for the health to use honey, it is the product of pure air, sunshine and flowers. What could be more healthful. Many a poor mortal is to-day living a life of lingering torture or cruel self-denial, to whom the doctors have forbidden the use of all sugar and all foods abounding in starch. And the trouble came about from over-indulgence in sugar. This nation has a wonderfully sweet tooth. It is said that the average man, woman and child of the American Continent consumes more than a pound of sugar every week of life. Some more than that, some less; more than a pound a week is the average. Before that sugar can be worked into flesh and blood, it must be changed from cane sugar to grape sugar. When too much of this work is thrown upon the stomach there comes trouble, sour stomach, headache, and all the varied ills that come from bad digestion. The stomach turns over the job to the kidneys, and when the kidneys have more than they can do, having no one else to turn to for help, they break down with disease.

The use of honey satisfies the craving for sweet without the dangers that attend the use of sugar. The sugar in honey is already grape sugar all ready for assimilation. Give the child the choice between sugar and honey, and see which it will take. For too many children, bread and honey is a treat, a luxury, instead of being an article of daily food. The

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