

that amount of nutriment ; for a portion of it may be woody fibre or waste, or lime, chalk, iron, or other mineral." Honey is a carbonaceous, rather than a nitrogenous article of food, but this fact makes it of special value in all northerly climates. For six or eight months in the year, there is no more wholesome diet for Canadians than pure honey.

The fact that honey is only slightly nutritious and serves mainly to keep up the warmth of the body has been urged as lessening its food value. Indeed, it has been asserted that, because of this, it is not, properly speaking, a food at all, but a mere confection. This is a strange position to take in view of the well known preponderance of heat-giving elements in our most commonly and most largely-used articles of diet. Thus, milk contains one proportion of nutriment and two of fuel. Oatmeal contains one proportion of nutriment to five of fuel. Wheat contains one proportion of nutriment to eight of fuel. Potatoes contain one proportion of nutriment to nine of fuel. Rice contains one proportion of nutriment to ten of fuel. Sago contains one proportion of nutriment to twenty-six of fuel.

Dr. Hall, already quoted, one of the highest authorities on this subject, says, "It is safer, especially in health, to eat by instinct than by rules or scientific table." Judged by this rule, honey must be highly suitable food for the million, since the instinct of universal humanity pronounces almost unanimously in its favor. There are a few exceptions, as there are to all general rules. Here and there persons are to be met with who cannot eat honey because it disagrees with them. So people may be found who for a similar reason, cannot eat potatoes. Oatmeal porridge has become an almost universal article of diet on the breakfast table. But there are those who cannot indulge in it. Some peculiarity of constitution explains these rare and peculiar cases, but they do not invalidate the evidence going to show that honey, potatoes, and oatmeal rank very high among those articles of food which, by well-nigh common consent, mankind have pronounced to be wholesome.

It is well-known to what an extent pork is used as an article of food especially in farmers' families. It is a heat-producer far more than a flesh-former. Moreover, it comprises a proportion of waste and of deleterious elements which render it an undesirable diet for any except lumbermen, wood-choppers, and others who, spending most of their time in the open air, have stomachs strong enough to digest anything that is digestible. If honey were substituted for pork in nine cases out of ten in which that oleaginous article of food is consumed, there would

be a great gain to the public health. Honey, at present prices, is quite as cheap as pork, while, considering the relative wholesomeness, purity, and nutritive properties of the two articles, the balance is largely in favor of honey. This is a strong argument in favor of farmers keeping bees, especially as a barrel can be filled with honey much easier than it can with pork.

Honey has also important properties as a medicine. In cases of common colds, coughs, asthmas, and pulmonary complaints, it has frequently proved highly efficacious. It is also largely used, and with the best results, for the cure of pectoral diseases. Being slightly laxative many persons troubled with constipation, find it valuable as food and medicine in one. It is often used in the preparation of salves, and is considered beneficial in the reduction of boils and the scattering of ulcers. No druggist's stock in trade is complete without it. I send herewith a list of

#### HONEY RECIPES.

**FOR CROUP.**—Honey is an excellent remedy giving sure and prompt relief.

**HONEY OF SQUILL.**—Clarified honey three lbs.; tincture of squill; mix well.

**ASTHMA.**—Grated horse radish mixed with honey; one tablespoonful taken before going to bed.

**TO CURE A BURN OR SCALD.**—Cover the same instantly with honey, keeping it so until the pain ceases.

**WHOOPING COUGH.**—A decoction of wheat bran mixed with milk and honey, drank frequently, gives relief.

**CROUP AND HOARSENESS.**—A gargle made of sage tea sweetened with honey, or pills made of mustard flour, and honey.

**WORMS.**—Before breakfast take a tablespoonful of honey; or a tea made of peppermint sweetened with  $\frac{1}{2}$  to  $\frac{1}{2}$  its bulk in honey.

**ROSE-HONEY (*rhodomeli*).** made of the pressed juice of roses and honey extracted from the comb, is held in high favor for the sick.

**SUPPRESSED PERSPIRATION.**—(Taking cold).—Barley soup sweetened with honey, drank before retiring; or oat-meal soup with honey drank warm.

**FOR ASTHMA.**—Honey is an excellent remedy. Mix one oz. of castor oil with four ozs. of honey. Take one tablespoonful night and morning. A simple and beneficial remedy.

**EYE WASH.**—For sore and inflamed eyes.—One part of honey to five parts of water. Mix and bathe the lids, putting a few drops into the eye, two or three times a day, until well.

**HONEY SALVE.**—Take two tablespoonfuls of honey, the yolk of one egg, and flour to make it