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And because it possesses this fine quality, a degree of perfection hardly equalled anywhere else on the continent, Canadian fruit needs no tariff wall for its protection. We are able to compete with the American fruit growers at home or abroad, and I am persuaded that in the products of the orchard and garden, if in no other, it is the common interest of consumers and producers to favor a policy of unrestricted reciprocity with our neighbors. New York, Ohio and Michigan have not suffered by competition with each other, or by competition with sister States eastward, southward and westward, and the great centres of population in those States, growing greater every year, will maintain for all time the best of markets at our doors.

There is one other aspect of the question of trade with the United States to which I must refer, viz.: the relation of fruit and vegetables as articles of diet to the health of our people; and in looking up the best authorities on this subject I ought to say that I have been aided by my friend Dr. Bryce, the Secretary of the Provincial Board of Health. A high English authority, Dr. Wynter Blyth, of London, stated in a recent address that—

The importance of cabbages, carrots, turnips, of apples, pears, raspberries and strawberries, is far more than their nutritive value; for without the addition of these substances, even while eating fresh meat, we are liable to decline in health and suffer from eruptions, while if we eat salt meat for any time and consume neither potatoes nor vegetables, nor fruits, then that terrible disease, scurvy, is imminent.

Another authority whom I shall quote is Prof. de Chaumont, who in a lecture on Practical Dietetics (issued by the Council of the International Association of 1884) expressed practically the same opinions as Dr. Blyth. If the blood is in a proper healthy condition, he stated, it is alkaline; but if it gets into an unhealthy condition, chiefly through being deprived of vegetable food, then it becomes less alkaline, gets into a fluid condition, and the result is the disease we know in its extreme form as scurvy. And he goes on to say:—

This disease in former years was the scourge of our navy, and it is on record that the channel fleet in the middle of the last century had sometimes come into Spithead with no less than 10,000 men disabled by scurvy alone; and one of the reasons why the enormous hospital at Haslar was built to hold 2,000 patients was on account of the tremendous stress put upon all hospital accommodation by the enormous number of scurvy patients. This condition of things was remonstrated against by the medical officers of the navy, who pointed out the remedy at hand by the use of vegetable acids a long time before it was adopted, but as soon as it was adopted the result was magical. Scurvy disappeared from the navy altogether, and that immense hospital at Haslar was left with only a few cases compared with what it was intended to accommodate. But I should mention that scurvy has by no means disappeared entirely, and so far is it from disappearing that if cases are carefully investigated in ordinary life, even among the better classes, we shall find symptoms of scurvy from time to time. A great many people dislike vegetables, and even dislike fruits, and neglect the use of them. Others from sheer ignorance do not use them, and the result is that again and again diseases that are apparently caused by quite other means are aggravated and complicated by a certain amount of this scorbutic taint.

It hardly seems necessary to point the lesson which these statements of eminent men so unmistakably teach. The use of fruits and vegetables in the diet of our people is so essential that the policy which makes these articles scarce and dear can only be regarded as inhuman and stupid in an eminent degree.

We are proud of our north-land, with its bracing climate, its great lakes, its rich heritage of farm land and forest, and proudest of all of the men who have made and are making it. But let us never close our minds to the fact that it is and ever must be a north-land, where winter reigns half the year, and that we can ill afford to make that winter longer still by a barrier raised to shut out the bounties of nature. And in our relations with our neighbor may we learn the wisdom of the philosophic maxim, "that of all the agencies of civilization and progress of the human race commerce is the most efficient."

Mr. E. MORDEN (Drummondville).—I live on the frontier, and my market for fruit is in the United States very largely. I am able to compete with the United States, and do compete with the United States' fruit growers in their own markets. I sell most of my fruit there, and get my money from there, and I hope the day will come when the fruit growers of Canada will at least treat our neighbors to the south of us with the same liberality that we receive from them.

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