

formed by the bees, and can be assimilated without taxing the stomach to such a great extent as with cane sugar. But what follows if cane sugar, on account of a weak stomach, is not changed into grape sugar? Well, physicians tell us that it will be absorbed without change, and then removed by the kidneys, and may result in their breakdown. The dreaded Bright's disease of the kidneys is said to be the result of an excessive use of cane sugar. While acidity or sour stomach catarrh of the stomach and various disturbances of the liver, also obesity (fleshiness) for sugar is a heat energy or fat producer, are mostly the result of an excessive use of cane sugar.

Honey should partly replace the use of sugar, for we can hardly do without some form of sweets. The craving for sweets is natural, especially with children. Dr. J. L. Gandy, of Nebraska, who is an extensive bee-keeper, says: "I have practiced medicine nearly forty years, and I never knew a consumer of honey or a bee-keeper to die from that dreaded malady, Bright's disease of the kidneys. There can be no doubt that the use of honey instead of sugar tends to prolong life, and I have known many invalids affected with supposed incurable diseases, to recuperate, and get well under a diet composed largely of honey."

But to what is due the medical qualities of honey? Someone may ask. I can hardly give a satisfactory answer, yet I can say to what it may possibly be due. Honey is said to contain some fifteen hundredths of one per cent. of mineral matter, among which is iron, as has lately been discovered, or at least I first saw the statement made by Prof. G. De Runge of Germany. Iron plays an important part in the blood. Should the blood be devoid of it, as is sometimes the case, one should eat plenty of honey and other food which contains iron, and leave the patented

iron tonics alone. As is well-known by bee-keepers, honey always contains formic acid, which is one of the best germicides known, and so by eating honey regularly we will be constantly fighting disease germs with one of the most powerful weapons at our command. Solomon said (13th verse of 24th chapter of Proverbs) "My son, eat thou honey, because it is good."—Fred Strohshein in "The Farmer's Voice."

Brant and Adjoining Counties Bee-keepers Convention

Thursday, the 21st January, 9 a.m.—
"How Can the Bee-keeping Industry be Improved Through Local Associations and Otherwise?" address by Mr. P. W. Hodgetts, Secretary Agricultural Associations, Department of Agriculture, Toronto.

Mr. Craig in the chair.

Mr. Craig—Gentlemen: The subject this morning is "How Can the Bee-keeping Industry be Improved Through Local Associations and Otherwise?" address to be given by Mr. Hodgetts; and I have pleasure in introducing to you Mr. Hodgetts, our newly-appointed Secretary of the Ontario Bee-keepers' Association. We bid him a hearty welcome here this morning and will now ask him to speak.

Mr. Hodgetts—Mr. Chairman, Ladies and Gentlemen: This is my first appearance before a Bee-keepers' Association of any kind, and I hope this will be but the first of many such pleasant meetings. I was introduced as the newly-appointed Secretary, so you will note that I am not as yet very well acquainted with the bee-keepers. Three years ago, when the Honey and Fruit Show was started at Toronto, I had the pleasure of meeting the four repre-

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