

Hall remedy is valuable (though not altogether new) it must take its place as but one among other hygienic agencies equally important and valuable—such as eating, drinking, bathing, breathing, exercising, mental, moral and magnetic influences, etc., etc. Dr. Hall not only claims too much for his remedy but carries it too far—advises what I call excess. Except in very unusual cases once or twice a week, instead of every day, is enough for that process.

If you use tobacco, tea, coffee, spirituous liquors of any kind, or any other such stimulant or narcotic, give them all up—every one of them. A little present self-denial for a great ultimate good. For table coffee drink the kaoka—home made. Let your diet be sparing, plain, and wholesome, but nutritious,—derived from the grains and fruits. Leave meat severely alone, especially salted meats. Never eat bakers' or any other body's fine flour bread. The whole kernel of the wheat, except the outside husk, ground up into flour or meal, is the thing for bread—not only for invalids but all others. Bathe freely, breathe deeply, which you can do at will, whether you are able to take physical exercise or not. Get fresh, pure air night and day, summer and winter. Swallow no medicines—no drugs—no poisons of any kind. Keep mind contented and happy.

Should you have the opportunities and be able at your age to command the will-power to follow the advice given, you will be restored if anything can restore you.

Well Ripened Honey.

THE closing sentence of Mr. Corneil's article forms the text of a subject I have had upon the end of my pen for some time, and to-day a postal card from Mr. Allen Pringle, wherein he speaks of his honey being hardly ripe enough to take off, gives me encouragement to speak along the line I propose to touch. The tendency in the price of honey is certainly downward, and that being the case, it should be our aim to find out the reason, and if possible remedy it. Without going into this phase of the question fully, I venture to make the assertion that if we aimed at pleasing every customer more than we do, we should find honey in greater demand, and get a better price for the article. One way to do better than we have done in this direction, is to have a rich well-ripened honey. Bee-keepers generally are not doing this; in fact, a honey well-ripened and rich in flavor is becoming the exception, rather than the rule. In my line of business hundreds of samples of honey are brought under

my notice. After being looked at for color, the next thing I do is to turn the glass upside down, and the rapidity with which the air bubble (after allowing for its size) reaches the top again is a strong indication of its specific gravity. If the thickness is not there, you need not look for the rich honey flavor; and a well-ripened honey, be it even buckwheat, is really better than a thin clover, thistle or basswood honey.

But what is the result of placing so much inferior first-class honey on the market? The consumer does not find it so much superior to cheaper sweets, such as syrups, and he is lost as a consumer of honey. Now, this subject is worthy of our very serious consideration. I feel we are drifting in the direction of serious error; we must improve quality and allow quantity to regulate itself, or we shall be financial losers. Now, I think we may drift to an extreme, and our friend Pringle is doing so I incline to believe, when he finds clover, thistle and basswood honey not ripe enough to take off until the middle of August. If we take it away when mostly capped we should, I think, be satisfied; and I think our customers will be satisfied with such a departure.

In my article in last issue an error crept in in speaking of the ages of the young Holtermann's. It should have read about 5, 3 and 1, not 5, 4, 3 and 1.

Brantford, Ont.

R. F. HOLTERMANN.

FOR THE CANADIAN BEE JOURNAL.

Management of Bees.

IN this article I shall endeavor to instruct the novice as plainly as I can, in the winter and spring management of his bees. There is no trouble in taking care of bees in the spring if they are well wintered.

Now is the time to commence preparations for wintering bees and providing for next year's honey flow, for one colony well wintered is worth half a dozen starved and unprotected ones. In the first place, after taking off the supers, all colonies should be examined to see if they have queens; for it is no use to attempt to winter a queenless colony. The next thing is to make sure that all have sufficient stores; and to accomplish this they should be put separately on the weighing scales, so as to avoid anything like guess-work. For outside wintering all colonies should have at least thirty pounds of honey, and no less; if it is not quite all used it will not be wasted, for it will keep. On the other hand, if you do not give them quite enough you will be sure to lose both honey and bees. For cellar wintering from twenty to twenty five pounds