

Composition and nutritive value of Honey

Without claiming that honey is a complete food, it may be affirmed, on the strength of scientific experiments and researches, that honey contains:

1. **Glucose and Levulose** producing heat; they constitute the greater part of the component substances of honey and form about $\frac{3}{4}$ of its weight. Their nutritive value is indisputable; it has long been demonstrated that they make a first class food capable of repairing the losses of the organism (1).

2. **Phosphoric acid**, an essentially useful body which enters into the formation of our skeleton and is found in the most noble organs, such as the brain. Honey contains phosphates under an eminently digestible and perfectly assimilable form. (2).

3. **Lime**. Bones devoid of lime are rachitic, thin and incapable of the least effort. (3).

4. **Nitrates, sulphates, carbonates**, combined with **salts of lime and iron**, imparting to honey, in a certain proportion, the characteristics of certain mineral waters. (4).

5. **Iron**, in an eminently soluble, digestible and assimilable form. It is the ideal food for our organs in need of iron, the preeminent rebuilder of physically and mentally overworked organisms. (5).

HONEY IS INDISPENSABLE

Honey is an indispensable dish because it has the advantage of everywhere replacing sugar, just now very expensive.

Honey is also an indispensable food, because it contains all the elements forming the very basis of our human organism : sugars, lime, phosphates and carbonates, iron, under highly digestible forms. What a boon for delicate stomachs !

HONEY IS NECESSARY

We all need its refreshing, tonifying and soothing action at a time of internal nervousness and overheating due to too much meat eating and to the habitual consumption of artificial and adulterated food.

HONEY IS USEFUL

This natural sugar, the Creator's invaluable gift, greatly excels in value artificial sugar chemically produced by most unsavoury processes. Why not use a real food (honey) instead of a mere condiment (refined sugar) ?

1-2-3-4-5.—Quoted from a lecture delivered by Mr. Alin Caillas, agricultural engineer, on : The treasure of a drop of honey.