

could be bought at the London docks for any price you liked to name, and its importation has practically ceased. I will tell you what Hoge used to sell as American honey; he used to buy up all the English comb honey he could get at a suitable price, place a piece of it in a glass bottle and fill the bottle with *glucose* and label it with the information (?) that *real* honey would not candy. The analyst of the B. B. K. A. bought several samples of this stuff and tested them and posted the results in the honey department of the International Health Exhibition in London in 1885, so that every one had an opportunity of seeing what they got when they paid for "American" honey, and Hoge seeing this refused to stage his goods in the exhibition and went off and whined to Sir Conliffe Owen to get it removed; and shortly after Hoge was exposed in the *British Bee Journal* as a "Daw in borrowed plumes." Your Canadian honey commissioners went the proper way to get your honey on the Royal table and "Peek-a-boo" has told you with what success, and while you continue to go straight you will sell some of your honey in England, and if the price realised enables you to live so much the better for you, but if you attempt to go awry I can promise you that I know one who

"Expert in \* \* war."

will help to show you up if necessary.

"Turn Queen's evidence and reveal to us the unknown." Mr. Clarke I will tell you a short tale. One day about the end of last October I was walking down St Martin's Lane, London, with the sub-editor of the *B. B. J.*—we are cronies—and the latter gentleman took me very playfully by the arm and shook it to make what he was telling me more impressive. He immediately exclaimed, "Why 'A. E.' you have muscles like Longfellow's village blacksmith!" We went on our way, our destination being the Indian and Colonial Exhibition, where we arrived in due course. We listened to the Guard's band, we looked very attentively through some of the courts, had some refreshments, and then strolled down to the Ontario honey house, which was at the far end of the great show. The first to meet us was friend Jones, we had both seen him on three or four previous occasions, but I had always worn a different kind of hat. Allow me to explain that up to this time Mr. Jones had never guessed at my identity, so he at once commenced to rattle away to my friend that so ably fills the chair in St. Martin's Lane about something that terrible fellow "A. E." had said the previous week in the *B. B. J.*, when he was stopped by this remark, "Be careful, Mr. Jones, this is the gentleman that 'jotts' under that non-de-plume, and (removing my hat as he spoke) I can answer

that he has an arm that is as hard as iron bands, for I felt it only recently! Well, we had a good laugh all round, no bones nor friendship was broken, friends McKnight and Corneil enjoyed the joke, and I afterwards had the pleasure of getting both the senior editor and the lady who shares his joys and pleasures down to see my "hive" before they sailed for home.

Break confidence and "give me away" (don't I get a good Yankee?) you must not tempt them to do that, there are bee-keepers many in old England, lovers of Canada and America too *ad lib*, experts 1st, 2nd, and 3rd class duly certified, ever increasing in numbers, "slingers of ink" not a few, but only one

AMATEUR EXPERT.

Rev. W. F. Clarke, in Montreal Witness

### HONEY AS FOOD AND MEDICINE.

**H**ONEY is usually regarded in these days as a condiment or luxury. Its value as an article of diet is not generally recognized. In this respect, as in some others, the ancients were wiser than the moderns. To indicate the abundance of its products, Canaan is described as having been "a land flowing with milk and honey." When Jonathan, hungry and faint with a day's hard fighting, ate some honey, "his eyes were enlightened," which doubtless means that he felt invigorated and refreshed. Honey was one of the articles of food with which King David provisioned his army. Isaiah, in a prophetic description of a general state of plenty, said, "for butter and honey shall every one eat." John the Baptist's bill of fare was "locusts and wild honey." The risen Saviour, taking a meal with his disciples, partook of "broiled fish and honey-comb." These were furnished in reply to the question "Have ye here any meat?" The ancient Greeks, Persians, and Romans regarded honey as a desirable article of diet, and Democritus recommended it to all who wished to live long.

Its costliness in modern times has doubtless been one great reason why honey has been classed as a luxury rather than as a food. But now that modern improvements in bee-keeping, and the vast increase in the product have cheapened it down almost to the price of sugar, it is time the public should be enlightened in regard to its dietetic value, so that it may come into more general use. Dr. W. W. Hall says, "The ultimate ingredients of all food are carbon to warm, and nitrogen to make flesh. Some have no carbon others no nitrogen; some have both in varying proportions; all have water or waste from five to ninety per cent. The amount of solid matter in an article of food does not mean