

foods ever eaten. It will make **hot** biscuit and **fresh** bread easily digestible. These alone are rightly considered much harder of digestion than stale bread, from the fact that they pack, in chewing, into masses impermeable to the solvent juices of the digestive organs, but when they are eaten with comb honey, the delicate flakes of wax prevent the packing, while the honey, pervading the whole mass, is readily dissolved out, leaving free access for the gastric juice to all parts of the food. The scales of wax, **though indigestible**—[He admits it is indigestible.—Ed. C. B. J.]—are soft and smooth, and will not irritate the most delicate membrane.

But besides being a delicious and wholesome article of food, I regard comb honey as a specific cure for many difficulties of digestion and irregularity of the bowels. In our day, drugs are at a discount for the treatment of chronic diseases, and people are generally seeking health from a proper selection of foods instead of medicines. For a long time Graham bread and bran crackers have been prescribed by the medical faculty for dyspeptic affections and obstinate constipation; but the doctors are about finding out that these things will ruin the digestion of anything but a horse, as the rough, silicious scales of bran irritate and lacerate the delicate membranes of the digestive organs, to their speedy ruin. I can assure all persons whose digestion needs a little assistance that they will find in comb honey, eaten wax and all, just the thing to help them—and a very agreeable medicine to take it is, too.

The flakes of wax furnish a gentle stimulus to the digestive membranes, without in any way injuring them. To bee-keepers I would say, produce extracted honey by all means, if you can make more money by it; but for your own bread and butter, and **hot** biscuits and **hot** cakes, use comb honey, without being anxious to save all the wax to make up into foundation, and see if it isn't the best way to eat honey.

I might add that I recently met a bee-keeper who had been greatly troubled with constipation until he took up a regular diet of **comb honey**. Extracted honey

was not effective in this direction, but honey in the comb had proved a radical remedy, probably for the very reasons mentioned by the Professor.

[We are indebted to Brother Hutchinson for the above very lucid article. He has handled us gently but firmly. The writer does not profess to be an authority on this matter, and is willing to take lessons thereon. What we wrote was the result of inferences only. In this we are not alone. Mr. Hutchinson stated that wax melted at a temperature of 130°—inference only, by his own admission. C. P. Dadant corrects him and states that pure beeswax does not melt below 144°. "Americana" states that it takes 155°. We feel obliged, therefore, to make some explanation for having made the statement. In the first place, we were told by a medical friend that wax was an indigestible substance, and therefore not good for the stomach. This, coupled with our own experience in eating comb honey, brought a measure of conviction to our mind. It has been our experience when eating comb honey that there was an instinctive disinclination to swallow the wax. In the process of chewing the honey was separated from the wax and swallowed, while the wax remained in the mouth, and chewing could be continued indefinitely, finally to be ejected. This is precisely the same experience that you have when chewing gum. There is no inclination to swallow—no muscular action of the throat prompting the act of swallowing. Now take a piece of bacon and chew it in the mouth as long as possible—till it becomes a fine pulp well mixed with saliva. It requires an act of the will to resist the act of swallowing, whereas with wax it requires an act of the will to force the act of swallowing. This is so with the writer, at least. From this we drew the inference that there was some instinctive, undefinable intelligence prompting the ejection of the wax. When we wrote "It is difficult to digest, as it

must first melt, perhaps committing the word "melt" that so shocking in the final. It is true word to science. But we would kind of food or 155° to melt the expression ripe fruit, the mouth?" It used the word above quoted Jared Hasbro digestible. To be proven by has no effect of the mouth, the digestive it Boil wax it and re-melt while carbohydrate made more easy. Now when "melting," digestion—a process Standard dictionary definition of digestion which the function and intestine and the liver and chemically in that it can be and furnish nutrition separation of waste elements chyme, preparation of water (or rather its mixing) proves digestion, and without digestion. Nutrition is digestion assimilation. I juices cannot digest, it cannot