

The Value of Honey as a Food.

How many, outside of those who make bee keeping a study and a business, realize the value of honey as a food for the human body? The analysis of pure honey shows 37.58 per cent. of dextrose; 36.23 of leonlose; 26.06 of water and .14 of ash. According to this, the essential constituents of honey are dextrose and leonlose. One of the advantages of honey as a food over other foods, such as cane sugar, is that these constituents are in a form ready to be absorbed by the system. In the analysis of honey the ash invariably shows from .01 to 3.05 per cent. of phosphoric acid, an indispensable ingredient in the food of plants and animals, and of immense importance in the human organization, forming essential constituent of the brain, nervous, and other tissues.

According to a writer in The Jamaica Journal, honey is cheaper there than butter, and is recommended as a substitute for the latter for poor people. Bees can be kept very easily and, if properly understood, require comparatively little attention. The writer above referred to sums up the advantages of bee-keeping and honey in the following order: (1) Honey is food in a form very readily taken up by the system. (2) Honey is a carbo-hydrate, and as such, is a producer of energy and heat in the body. (3) Honey is a cheap food. (4) Honey is invaluable for young children especially. (5) Honey may be made a therapeutic agent of marked value in medicine.—Farming.

Effects of Bee Stings.

A PHYSICIAN'S ANTIDOTE.

Your correspondent, "F. C. (Derby)," asks in B. J. of July 28 (p. 294) whether some of your medical readers will advise a course of treatment for bee stings. I have much pleasure in answering his communication. The unpleasant results from the sting of a bee are due to formic acid. An antidote must therefore be sought for in the application of an alkali. The sting is left in the flesh with the poison-bag attached; don't remove it with finger and thumb, as by so doing you squeeze the bag and empty the rest of the poison into the puncture; but take a penknife and scrape the sting out close to the skin, after which immediately apply the following mixture: Scrubb's ammonia, hazeline, and soft-soap, in equal parts.

Needless to say that the bottle should be kept handy when manipulating bees, as, unless the antidote is applied at once, it will be of little use, the poison being absorbed so rapidly.

I am sending you herewith a bottle of the preparation named in my letter. It should be kept well corked. Possibly you might like to try it or send some to "F. C. (Derby)"? If it is as successful with others as it has been with me, I shall be happy to give the readers of your Journal detailed instructions as to its manufacture.—R. K., in The British Bee Journal.

Annual Meeting of York Bee Keepers' Association.

At the Annual Meeting of the York Bee Keepers' Association held in Toronto on the 15th inst, the election of officers was as follows:—President Mr. D. W. Heise, Bethesda; Vice, Mr. J. F. Davison, Unionville; Sec'y.-Treas. Mr. L. Mapes, Headford. One valuable feature of the programme was an address by Mr. J. D. Evans, of Islington, on "Organization and its Benefits to Bee-Keepers". In the course of his remarks Mr. Evans outlined the whole work accomplished by the O. B. A. and other organizations in behalf of the Bee-keeping fraternity. But as we hope Mr. Evans will furnish his address in the form of a paper for publication, we will not comment on it further here. We wish to request that all members who were not present at the Annual meeting, and others who wish to become members, send in their names at once to the Sec'y. so that arrangements can be made for the premium Journals. The membership fee without the Journal is 50cts. and with a Journal 75cts.

LOUIS MAPES, Sec'y. Y. B. A.,

Headford Ont., Oct. 21st., 1898.

The Youth's Companion.

In the last number of the Canadian Bee Journal we made mention of the Companion's new calendar of beautiful and tasty design. The Companion is an excellent periodical, and of interest to every member of the house that can read. Sample copies will be sent to anyone addressing the Youth's Companion, 211 Columbus Avenue, Boston, Mass.