

5. If the dietary is insufficient in fat, or if the patient is unable to readily digest fat in other forms, brown bread may possibly be preferable to white.

Other authorities might be referred to, all going to show that the commonly accepted theory that the fine white bread is not so nutritious as the brown, is contrary to the results of investigation.

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## The Protection of Forests.

*By N. M. Ross, B. S. A.*

The general public are just commencing to realize the fact that the Eastern Provinces are becoming rapidly denuded of the virgin forests which originally covered nearly the whole of the settled lands now used for agricultural purposes.

The wholesale cutting of the forests has of course been of great benefit in opening up a rich farming district, but this benefit is no longer being derived from the continued destruction of timber lands; as, speaking generally, all of the soil which is of agricultural value has long been cleared, and in those heavily timbered districts, where lumbering operations are now being extensively carried on, the soil is not worth paying taxes on as agricultural land. Thus the forests that are now being cut over will, after lumbering operations have been finished, be practically barren wastes, of no use to any one and paying no revenue to the country from taxes, and are never likely to under present conditions, as the natural regeneration of such areas is prevented by fires continually running over them and killing the young growth. Lumbering, as commonly practised up to the present, consists in cutting every stick of merchantable timber in the forests which can possibly be turned into money. In this way the timber supply is being practically destroyed and the area under forests is rapidly becoming less and less. What the actual figures for the Dominion are, I do not know, but the following extract from the report of the Secretary of Agriculture for the United States shows the conditions prevailing on that side of the line, and will no doubt give some idea of the destructiveness of