

two substances fats and carbohydrates those materials or constituents which have for their chief functions the development of heat and energy within our bodies. Of course the formation of fat takes place; a certain quantity of fat within the body is formed and we further find that that fat may be formed from either one of those three substances, but chiefly from the fat and carbohydrates of the food. It is important for us to know that a complete food must contain all those classes of constituents, and that protein or albumenoids differ from those others in possession of nitrogen, and that the latter are absolutely essential and cannot be left out of our daily diet from the fact that it is necessary to build up the body and repair the waste which is constantly taking place. It is also necessary we should have a due proportion of fat and starch and sugar in order to produce the necessary heat of our bodies and for the purpose of developing energy. There is also a certain proportion of mineral matter or ash required for the development of our bones. Having said so much, where does honey come in? Honey is not a complete food, it does not contain any protein or albumenoid; it is not a body builder, it does not contain any fat, but it is a substance of great value from a sasarharine standpoint. It consists of sugars dextrose and levulose principally, consequently, we have a substance which from the food standpoint is strictly comparable with sugar.

The digestibility of food in a large measure limits or regulates value. It is not the food we eat that does us good, it is the food we digest and assimilate; that is, is converted into body tissue or helps to develop heat and energy. When we take cane

sugar or syrup into the mouth it is mixed with the saliva and converted into the form of glucose, and that is the form of sugar which is assimilated and passes into the blood and nourishes the body. We have that work already done in the case of honey; it is then already in the forms of dextrose and levulose and therefore sugar in honey is what we may term a partially digested form; it is at once presented in a condition that is immediately assimilable and may pass into the system. From this standpoint we may say that 95 parts of honey sugar are worth 100 parts of cane sugar for the purposes of assimilation.

We already have been saved the expense, so to speak, the physiological expense of conversion of that sugar into assimilable forms. Honey as a food material, furnishes in a palatable, wholesome and readily digestible and easily assimilable condition, sugar which may act for the production of heat, for the development of energy and also for the formation of fat within the body. From the foregoing considerations you see, we could not live on honey alone, no matter how desirable from many other standpoints, simply from the fact that it does not possess any of these protein or albumenoid substances which furnish the necessary nitrogen, neither does it furnish the bone forming material. I think however, it is one of the most digestible, most agreeable, most palatable and most assimilable of all forms of sugar.

With regard to its position as a medicine I cannot say very much. It is used as a demulcent and as an anti-irritant for affections of the throat and coughs and so on. It is slightly laxative in its character and it has some value as a medicine