

For the CANADA HEALTH JOURNAL.

### Adulterations in Candy.

CANDY, as a tickler of the palate, says an exchange, is a success. Deliciously sweet, æsthetically perfumed, pervaded with subtle, mouth-cooling essences that gently stimulate without intoxication, moulded into convenient prisms and nodules, that may be carried in a tiny hand or pocket without much daubing to either, ready made to one's mouth, with no skins or husks or shells to be peeled off, and no vexatious seeds to be eviscerated, what wonder that juvenile appetites prefer it to big apples with no handles to them, to nuts that require stout jaws and then have worms in them, or to peaches and grapes, parts of which must be culled and rejected by tedious and ill-mannered processes.

We will admit the validity of these arguments in favour of candy, but there is another side to it, as we are reminded by the revelation of the amount of adulteration that is practised in manufacturing confectionery. Terra alba, or white earth, costing but  $1\frac{1}{4}$  cents a pound, is extensively used instead of sugar, and lozenges are produced by cheap dealers at from two to five cents a pound less than the cost of sugar at wholesale. In the manufacture of gum drops, glue is used in lieu of gum arabic, the former costing but a few cents per pound, and the latter costing about forty cents. The common method of flavouring candies, in order to produce them economically, can be readily accounted for. Poisons are much cheaper than genuine extracts. Peach flavours in candied almonds and sugar plums may be obtained from fusil oil, which is very poisonous. The bitter almond flavour is created from unadulterated prussic acid; pineapple is produced from very rotten cheese and nitric acid. Candies are made, purporting to be flavoured with fruits from which no extracts can be obtained. The imitations are all poisonous. The toothsome chocolate creams are compounds of terra alba, sugar, lard (to make 'em melt on the tongue,) painted over with a mud of ground cocoa shell.

A number of wholesale candy manufacturers in New York city have united in recommending the following as a simple means of detecting injurious substances in candy: Any person may analyze lozenges, opaque candy, or sugar plums, by simply dissolving in water. If the water remains transparent the candy is pure; but if