

acids stimulate the mucous membrane, aid the digestive process, and so are highly beneficial for people who are biliously and dyspeptically inclined. It has been said that apples (when eaten leisurely and thoroughly masticated) are better than pills. This is undoubtedly so, and the orchard should therefore be regarded as the poor man's drug store. Of course there is considerable difference in the composition of the various kinds of fruits, some being more nutritive, more medicinal, or more wholesome than others; but we cannot discuss their merits in this article, merely mentioning that all have the same general tendency.

Considering the way fruit is ordinarily consumed by farmers, it must be regarded as a luxury. During the flush season it is eaten in too large quantities and in all methods of preparation. It is quite desirable to eat large quantities, providing they be consumed regularly all the year round, and taken as a food, not as a luxury. The distinctive characteristic of fruit is its large percentage of sugar, which, in conjunction with the acids, gives it its wholesome qualities. Cooking destroys the acids of many fruits, rendering them insipid, and thereby creating an appetite for the admixture of artificial sugar. This sugar is purely condimental, fitting the fruit for a luxury only, and should then only be eaten in small quantities. Nature cannot be improved on, ripe fruits being in their best condition for consumption without any artificial process of manufacture, and any person who has not a depraved appetite needs no spices or condiments to relish fruits in that delicious form prepared by the hand of Nature. But fruits are deficient in the nitrogenous or muscle building element, so that they should be eaten with concentrated foods rich in this material, such as green peas and beans in summer, and meat in winter.

Much has yet to be accomplished in the methods of preserving fruits in such a manner as will fit them for a cheap article of diet. In the evaporating business much has been done, and evaporators are already within the reach of every farmer; but in the canning business much has yet to be learned. It is canning factories that should be encouraged, not evaporators, although the latter are profitable where fruits would spoil for want of a market. Fruits preserved as near as possible in their natural state are to be eaten; dried fruits, or those otherwise artificially prepared, are to be sold.

Our North-West.

A great deal of speculation is being indulged in with regard to the effects which the recent troubles in the North-West will have on agriculture and immigration. No reliance can be placed on the assertions of the political press, for every sentence bears the impress, directly or by insinuation, of political motives. The out-party is resolved upon damaging the ins at all hazards, utterly reckless as to the welfare of the country, while the in-party, to have revenge on the outs, have adopted the policy of ultra-laudation, both with regard to the capabilities of the country and the wisdom of its rulers. It is a crying disgrace to us as a people that we should tolerate such a state of affairs, especially in a matter of such great magnitude

in which the future well-being of the farming community is so deeply involved. Here are acres fertile enough for many millions of peaceful and happy families; a false step made now will blight the prospects for all time to come, and there is no department of our affairs in which truthful statements are in more urgent demand. There is no reason why the recent troubles should check the tide of immigration. In fact the reverse effect should rather be expected. Our gallant volunteers have so effectually quelled the Indian uprising, and the offenders have been so peremptorily brought to justice, a repetition of the farce is extremely improbable, especially when it is borne in mind that the Mounted Police have been greatly reinforced. Considered from the most rational standpoint, the number of immigrants should rapidly increase, for the disturbance has excited interest in portions of the world where our Northwest was previously unknown, and if truthful statements become disseminated with regard to its climate and natural productiveness, they will be perused with greater interest by intending immigrants everywhere.

But other influences are at work, which may tend to greater mischief and loss than the Indian uprising. A new country is built up by the many poor, not by the few rich. A million of capital in the hands of a thousand sturdy, honest yeomen will have a hundred fold more productive power than the same amount in the hands of a score of speculators, although the latter can wield a hundred fold more political power, which is at least a dead loss to the community, if not a positive injury. It will now be unnecessary to state which of these two classes deserves the greater encouragement. It has been estimated that the greater proportion of the Ontario settlers in Manitoba and the Northwest is from the section formerly known as the "Huron Tract." This land was owned by a set of speculators known as the Canada Company, and this is plausibly the reason why so many farmers from this fertile tract were compelled to "go west." The land policy of speculators is the same all the world over, and it is now being strikingly exemplified in many of the Western States. Their whole gospel may be written in three little words, viz.: Grab! Grab!! GRAB!!! They arrange their dupes around their domains in such a manner as will most speedily and effectually enhance the price of their remaining lands, and there prosperity is in ratio with the servility of the duped. This is the main source of scattered settlements, by means whereof security of life and property becomes precarious, and the increased cost of the administration of affairs becomes a burdensome tax upon the struggling people, from the shock of which many never recover. The practice can only be defended on the ground that the procuring of lucrative and sinecure offices for political hucksters is the crowning glory of a government. But there is a feeling of relief in the reflection that there are still millions of acres of fertile lands which are not inclosed within these Chinese walls.

That there has been a great deal of dissatisfaction amongst the settlers of Manitoba and the Northwest can no longer be denied. We have endeavored to ascertain the true

sources of this spirit of democracy, but with little avail, and our policy has always been: If we cannot be truthful we will be silent. One party accuses the other of inciting a rebellious spirit amongst the settlers for political purposes, but how far this is true we are not prepared to say. One thing may be safely affirmed, that the rising generation of Canadians will not tamely submit to inflicted wrongs to the same degree as their forefathers. Their education, their circumstances, the inhaled air of freedom—all is different.

Land sharks appear to be indigenous in every new country. Beware of them; they are of the same breed wherever found.

Commentators on the "Scrub" Question.

We have received some communications relating to our position on the "scrub" affair, the length of some being out of proportion to the conclusions reached and the size of our columns. The statements we published relating to the Model Farm tests are absolutely correct, as any farmer can see by sending for a copy of the report. The table of tests is too voluminous and unimportant for our columns. One correspondent insinuates that we made assertions at which stockmen have taken offence. We can answer many of the statements by saying that unless the farmers themselves enforce such municipal laws as the thistle and pound acts, then they must either suffer the consequences of their timidity and neglect, or the Province must become flooded with government officials armed with power to enforce the laws. The latter state would be infinitely worse than the first, although we believe there are thousands of office-seekers—men who are too high-toned to make a living by independent exertions—who would rejoice in scouring the country on a political pilgrimage.

We desire our readers to understand our position thoroughly. In one respect we go further than our stockmen, for we believe that every breed from the goat to the buffalo has a legitimate sphere in some part of our Dominion; and we admire those enterprising men who come forward with honest records and performances; we will strain our nerves to build up such men and such private enterprises. We also feel it our duty to see that no agricultural industry receives undue prominence. Live stock is not everything, as its boomers are vainly attempting to prove. There are other branches of farming which should be perfected before blooded stock is thought of. We have endeavored to divide the space in the departments of the *ADVOCATE* in such a manner as would give each industry its relative importance in conformity with the ever-changing times, and if, after twenty years of studious devotion to our agricultural interests, we have been delinquent in any important particular, then we call upon the honest, sturdy, independent farmer to be our judge.

There is no question about the greatly superior durability and firmness of wood cut during summer, especially if stripped of the bark so that it may dry all the more rapidly. If the trees are not cut up until the leaves have withered after exhausting much of the sap, so much the better.