

This gives some idea of the importance of sugar and sugar products as food. The amount of sugar which each individual requires, indeed must have, may be taken partly in beverages, with fruits, with cereals, as a dessert, as jam or preserves, or as candy. The housewives are making fruit candies when they put down jams the ingredients of which are some fruit and cane sugar. Such fruit candies, however, lack the other valuable materials which are incorporated in candies as produced by our Canadian manufacturers, and therefore are not so well balanced from a dietetic standpoint.

In candy, as a food, the essentials are the selection of good material, that the preparation should be well done, and that the product be properly kept in the sales shops. These are the same essentials one expects in the preparation of any other article of food; and apply to bread as much as they do to candy. Good flour, good baking and good keeping will insure good bread. Good material, good making and good keeping will guarantee good candy. These conditions being assumed, then candies are among our most valuable foods, particularly so as foods for the young, whose instincts have guided them correctly in their fondness for sweets of all kinds.

Confections in which chocolate is combined are not only delightful, but conducive to good health, and among our most highly esteemed modern food products.

THE COMING MEDICAL ACT.

To those who took part in the interviews which the members of the Ontario Government granted to all who wished to be heard, it must have become very apparent that the master word in the propaganda of the various "cults" is "ignorance." Views were advanced on medical subjects that were most astonishing in the extreme.

Some put forth the claims of chiropractic, and tried to show how it had come to revolutionize the healing art. All diseases, aches and pains, according to this cult, are caused by some displacement of the spinal column, and this gives rise to some pressure upon a nerve, and forthwith a tonsil enlarges, or a cancer comes in the stomach, or a fibroid makes its appearance in the uterus, or, if a man with such a displacement visits a swamp, he will have chills and fever, the ague in other words; and, again, if he gets a chiropractor to punch his back, his ague will leave him in spite of the busy mosquito.

Then the osteopath came along with his assertion that the medical men did not learn anatomy properly. Indeed, the statement was made that the professors of anatomy in our medical colleges do not teach ana-