

plants and by breaking the crust at this time it will conserve the moisture. If the soil is in good condition and you wish to force the growth of sanfoin and enrich the land, when the barley is about one foot high, put on the mower and allow all cuttings during the season to remain on the land. This will act as a mulch and by frequent cuttings the first season the roots will get much stronger growth and the land enriched by the cuttings. Should a crop of barley be desired the first season, harvest it as early as possible to give the sanfoin a chance to make a strong growth before autumn. Do not allow any animals on the Sanfoin field, especially the first season.

JOHN FIXTER.

ITEMS OF INTEREST.

Dr. Burton N. Gates.

Bees work by moonlight, according to Herbert J. Rumsey, Dundas, N. S. W., in the Australian Bee-Keeper. Bees were observed at work on a plot of Japanese buckwheat during a bright moonlight night. They were so numerous that their hum attracted attention.

Formerly Australia was exporting honey to South Africa in considerable quantities. According to the August issue of the "Australian Bee-Keeper" the market is now closed to Australia for bees, honey and wax, because of the occurrence of brood disease in Australia. There is an effort to certify that exports are from disease free apiaries, it being asserted that the United States has already conformed to the requirement of South Africa and is becoming possessed of the market.

Honey—Food Value.

Fisher, Dr. Irving, Yale University, 1910: Le miel occupe le premier rang parmi les aliments de choix. Elsass-Lothringischer Bienen-Zitcher. Vol. 38, No. 8, pp 188-189:

Most of people are ignorant of the food value of the substances which serve as our nourishment. It is to remedy this that Professor Irving Fisher of Yale University has constructed a table which he urges to be posted in all academic institutions and in the eating places, so as to have conspicuous at all times that which might be termed "l'echelle alimentaire." The table follows:

List of foods according to their food value, established by Professor Irving Fisher:

Fruits, nuts, cereal, **honey**, butter.
Potatoes and shelled legumes.
Little butter, salt in small quantities, cream, milk, eggs, cane sugar, chocolate, milk curds.
Legumes, eaten with the pods.
Pastry, cheese, Roquefort, etc.
Bouillon, meat extracts.
Meats, fish, poultry, liver.

A NATIONAL NEWSPAPER

The Globe has tried during all its history not to lose sight of the fact that a newspaper can play an important part in nation and empire building. One way in which this has been effectively practised is by keeping trained members on its staff constantly "on the wing," in search of useful and interesting information. Wherever important national work or world events in which Canadians were concerned were taking place, or where pioneer development was in progress, there The Globe commissioners have been reporting with intelligent discernment for the benefit of this country.

This policy has rarely, if ever, been more generally practised than at present. To-day the Managing Editor of The Globe Dr. J. A. Macdonald, is in Mexico, where a three week's celebration of the centenary of republican government is being held, and upon his return he will contribute a series of sketches on that interesting country—a country whose rela-

October, 1910

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