

St. Croix Avis.

75TH YEAR.

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THE VALUE OF SUGAR AS A FOOD

The recent statements of Professor Metchnikoff in connexion with the physiological value of sugar as a human food are not without interest. A short discussion of the question forms the subject matter of an article in the *Louisiana Planter* for August 21, 1920.

Metchnikoff asserts that old age in the human subject is due to the effect of certain poisons produced by bacterial activity in the organs of the body. As a result of the action of these poisons on the walls of the arteries, and on the liver and brain, the co-ordination of these organs is upset, and loss of vigour and ability to resist disease ensue. It is contended that none of these poisons can be produced by bacterial action on sugar, and moreover, that sugar feeds the useful bacteria that keep disease germs and poison producing bacteria in check. Further, it has been shown that sugar is one of the best foods for keeping the heart strong and steady and in staving off heart disease. The great dietic value of sugar, therefore, lies not only in its force-giving properties but also in its antiseptic virtues. It was in view of these accepted properties of sugar that the sugar ration of the army was recently very largely increased. —*Agricultural News.*

British Columbia possesses timber resources of such an extent that she can supply the needs of a world market. The annual cut of timber in British Columbia is at present in the neighbourhood of 1,500,000,000 feet, board measure, and that this quantity—large as it is—could be increased, is shown

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by the fact that the total estimate of standing merchantable timber in the province is no less than 400,000,000,000 feet, board measure, which is more than half the total of all Canada. One particularly favourable feature in regard to facilities for export is, that on account of the mild climate, the harbours do not freeze in the winter, and logging can also be carried on the whole year round. —*Ibid.*

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