

Honey is easier to digest than table sugar and can be of benefit in feeding people with intestinal distress or stomach disorders. If someone is sick and losing a lot of fluids from vomiting or diarrhea you can use honey to make a

REHYDRATION DRINK

In one and one half liters of clean water (a bottle of Coyah or water that has been boiled and cooled-- instead of water you can also substitute tea made from lemon grass

(*Cymbopogon citratus*)

mix in three tablespoons of honey and

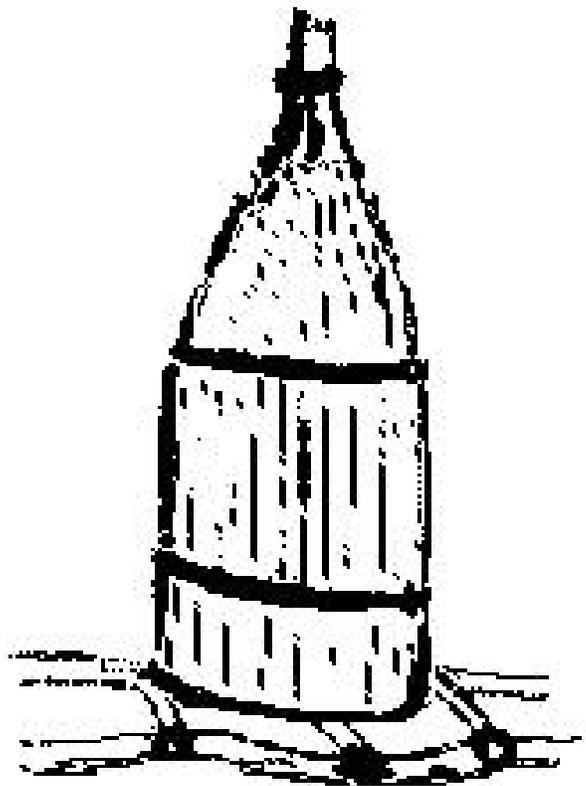
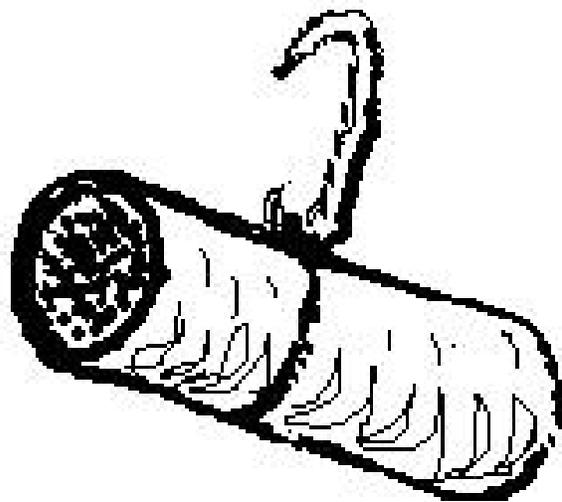
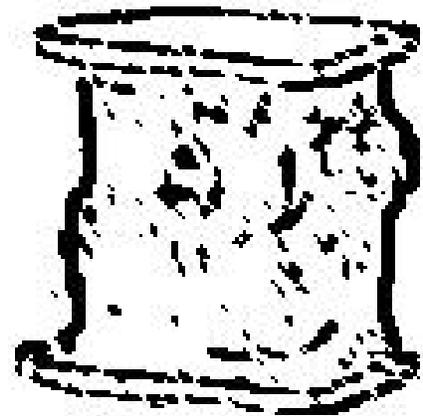
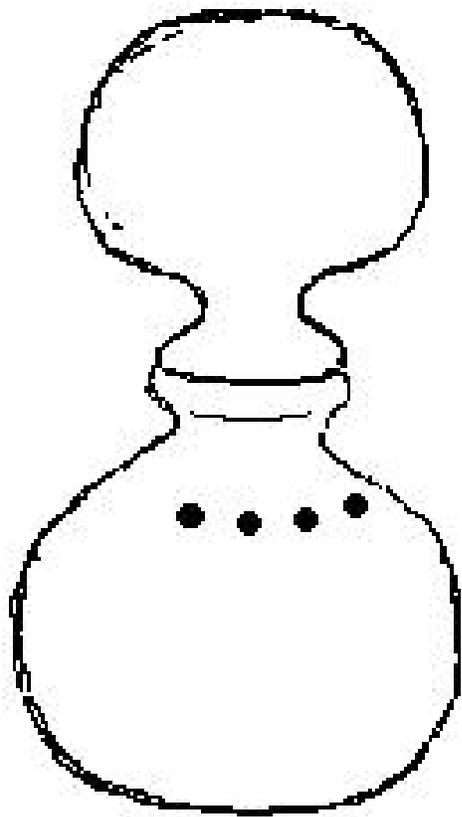
3/8 teaspoon of salt and

3/8 teaspoon of baking soda (bicarbonated soda)

[if baking soda is unavailable use another 3/8 teaspoon of salt, i.e. 3/4 of a teaspoon in total].

Remember, however, that honey is not a miracle cure for anything. But it does have some real medicinal uses.

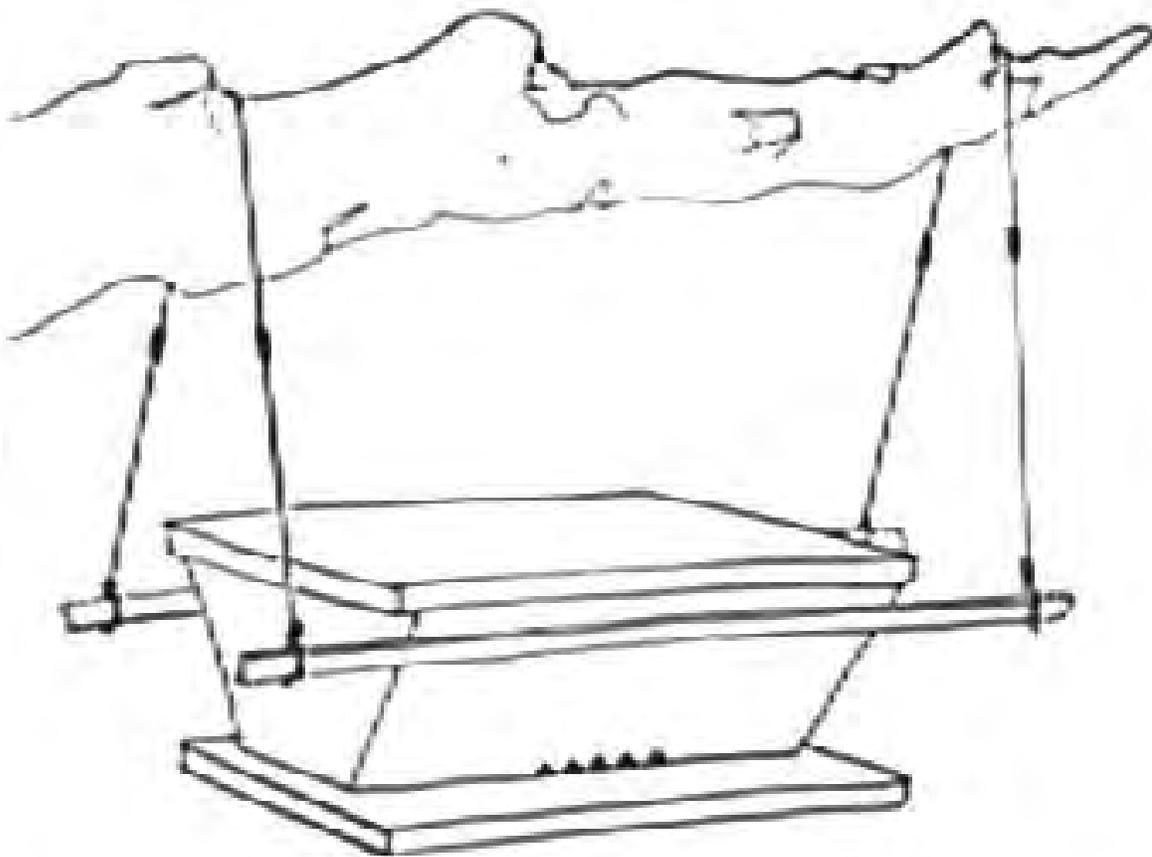
It can also be used as a WOUND DRESSING for cuts and burns when antibiotic ointments are not available--the high sugar content of honey sucks the water out of micro-organisms that can cause infection and stops them from growing. Honey will also feed the damaged cells of the wound. To use: first wash the wound with soap and clean water (preferably boiled water that has been cooled or a good quality bottled water). Then smear a thin coating of honey on the wound just as you would use an ointment. Cover the wound with a clean bandage. Repeat cleaning, honeying and covering each day until the wound is healed.



Bee products have been harvested from wild nests and a variety of traditional hives in Africa for millennia. Local apiarists or harvesters of wild hives can often be a good source of knowledge particularly about when to put out bait hives and which areas are best suited for placement of hives and apiaries.



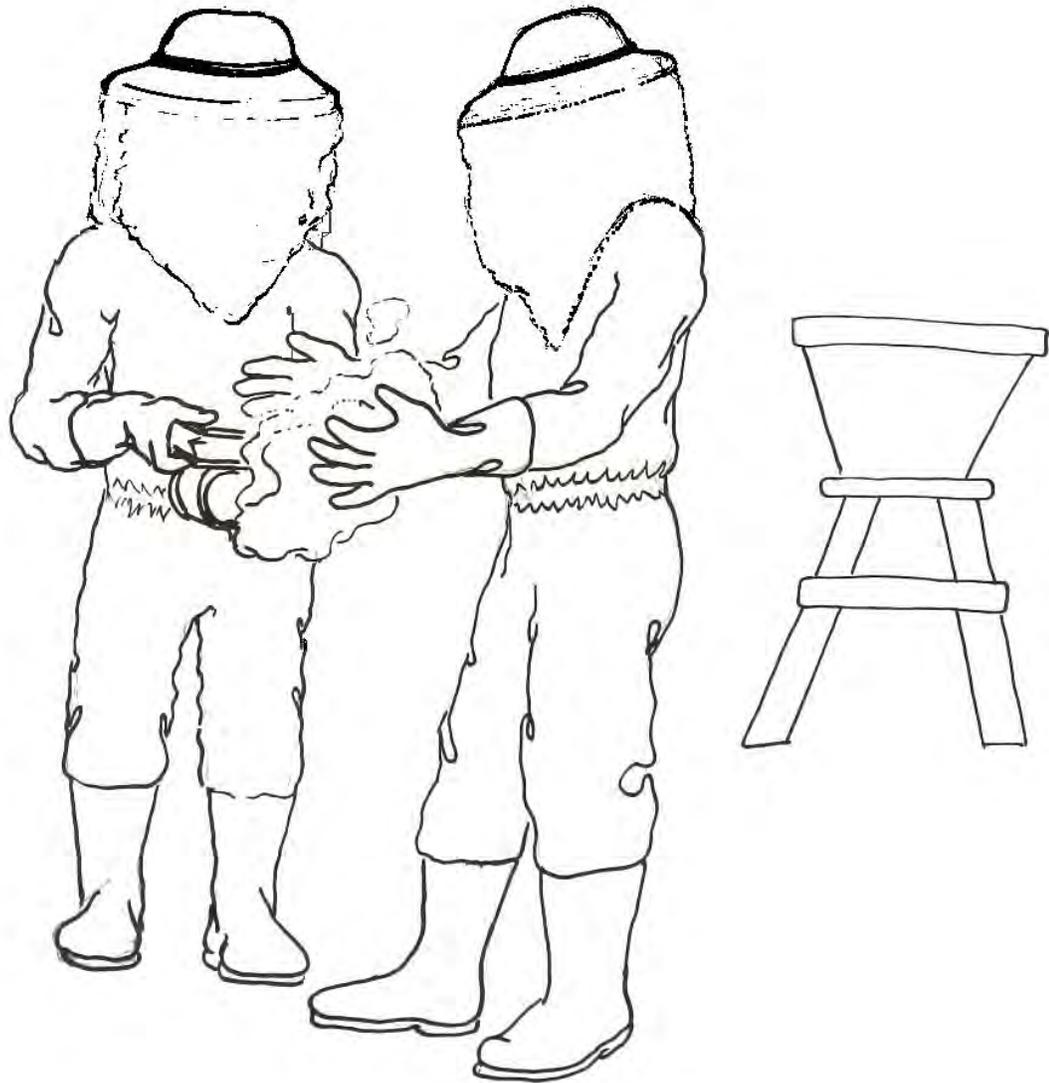
Hives should not be too close together, be haphazardly arranged or be placed in areas with minimal shade.



"Stretcher" handles can easily be added to the Kenya Top-Bar Hive. Such handles can facilitate carrying fully loaded hives and provide a handy resting spot for combs removed from the hive during inspections. The handles also allow the KTBH to be hung from posts or tree-limbs to reduce damage caused by ants and bush fires and prevent knock-down by wind and domestic animals.



Apiaries should be established where hives will receive shade during the hottest portions of the day and where bees will have access to water and nectar and pollen bearing plants. Hives should be arranged so that entrances all face outwards (or all inwards) so to create a safe zone, out of bees flight paths and the sensory periphery of bees, allowing easier apiary maintenance and hive manipulation.



Smoke can be used as a repellent to keep bees from stinging. Smoke your skin before you put on your protective clothing, especially around the face and hands-- then smoke your protective clothing, especially the veil and gloves. Remember to keep your protective clothing clean, it should smell only of smoke not of perspiration nor of alarm pheromones that the bees use to mark areas where they have stung. The crushed leaves of the casava plant also work as a good bee repellent.

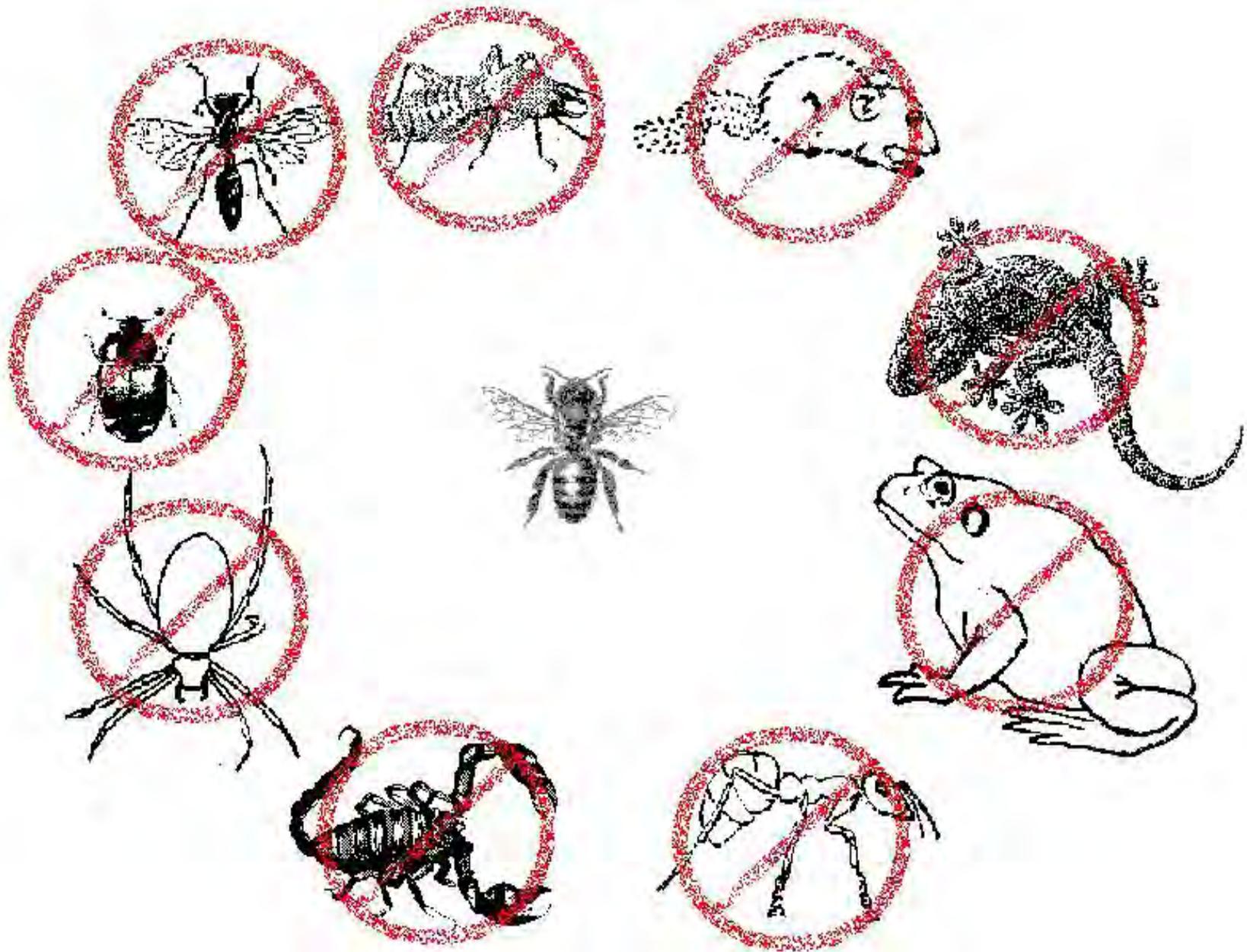


Although it is preferable to work at night several techniques can be used to reduce stinging incidents if hives must be worked during the day. After smoking an occupied hive (shown marked with a hexagon at right) a wet towel or cloth should be placed on top of the hive. The hive is then carried away from the original location and placed in a well shaded spot.

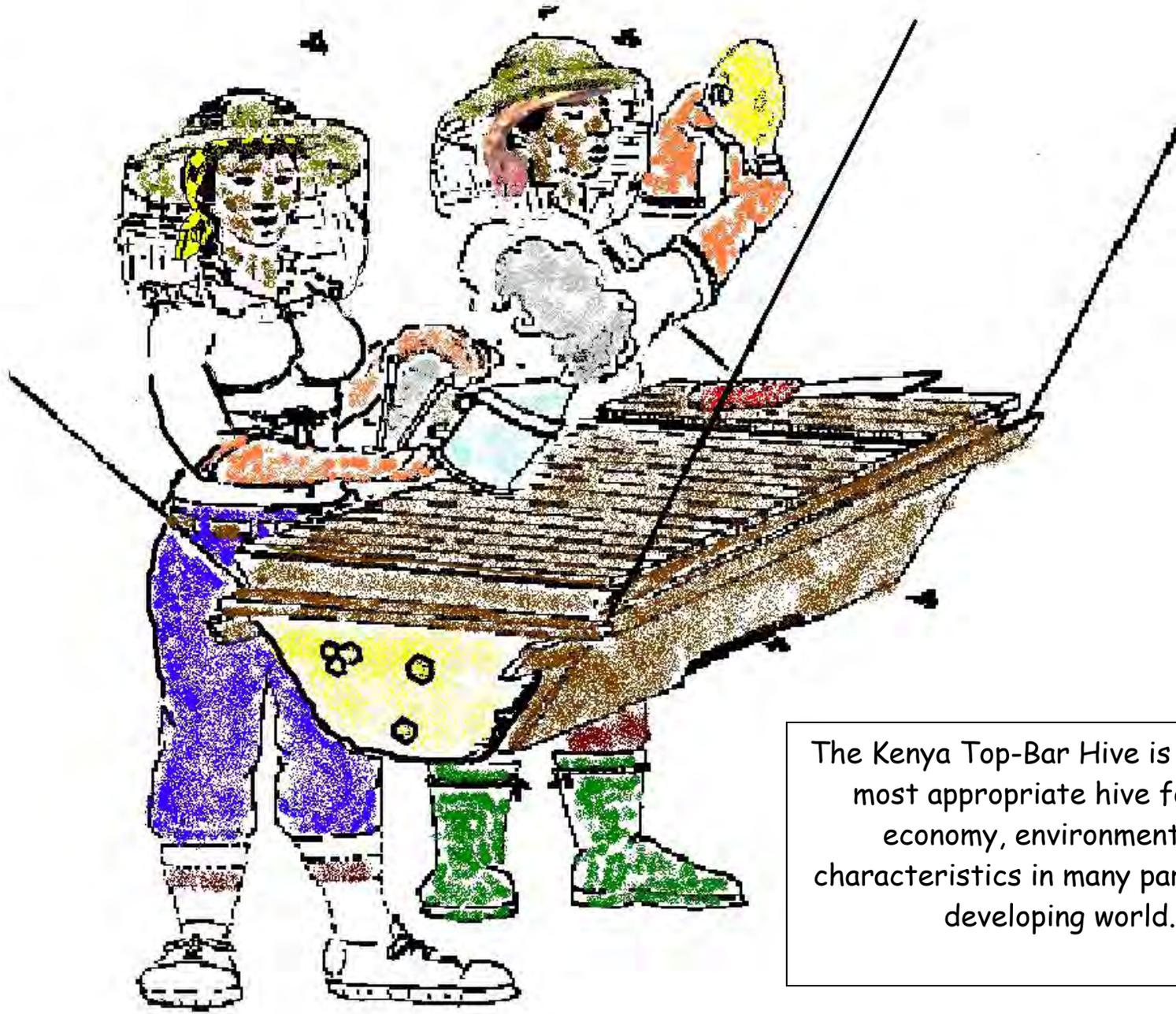


An empty hive is set in the location originally occupied by the colonized box. Bees leaving the hive and returning foragers will return to the original location and enter the empty box.

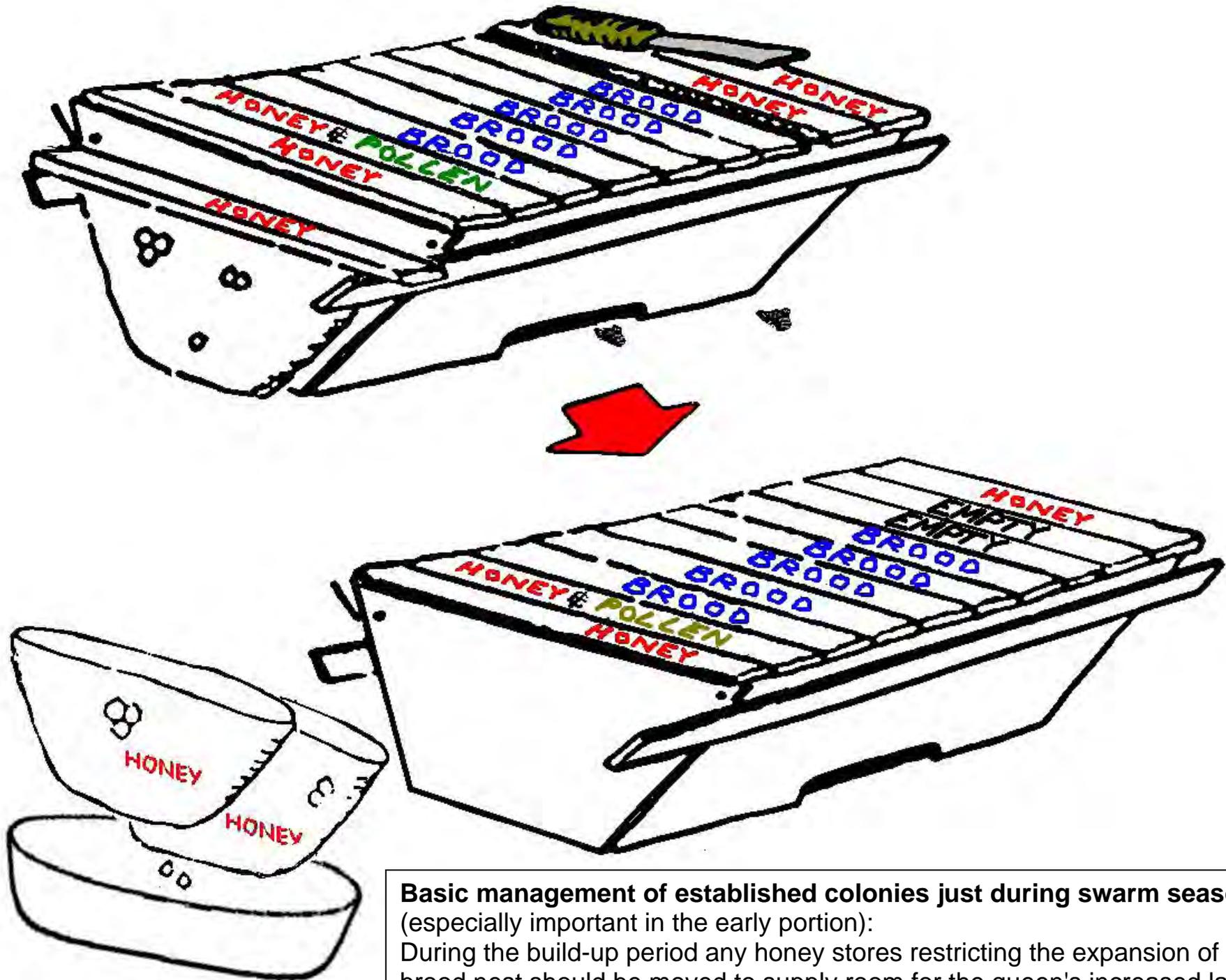
As combs are removed from the occupied box the wet towel should be draped back over the empty slot left by the removal thus reducing the number of bees leaving the hive.



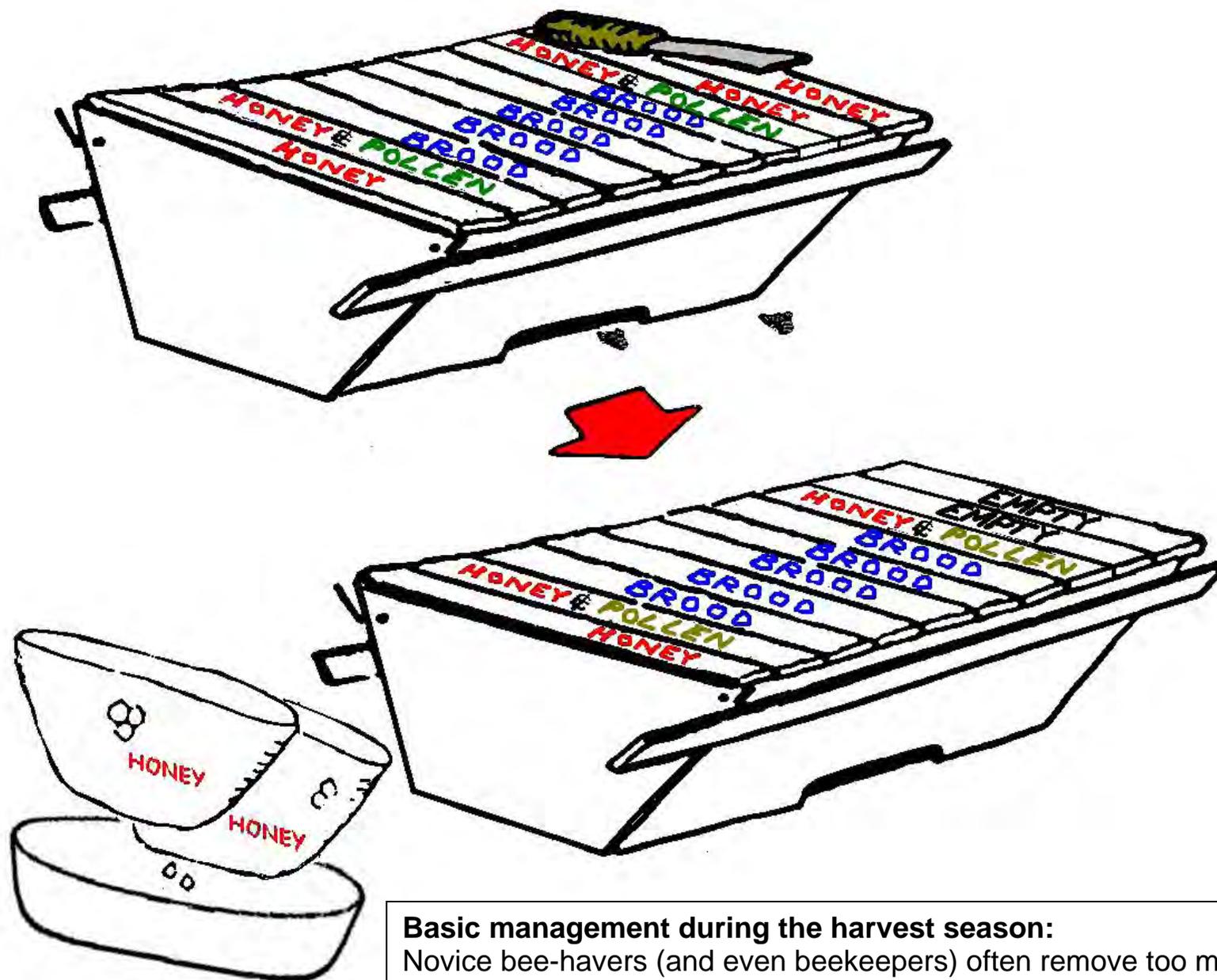
Ants, wasps, spiders, scorpions, lizards, and rodents may occupy hives and prevent bees from taking up residence. During the swarm season regular visits should be made to apiaries to ensure that hives unoccupied by bees are free of pests. Wood-destroying termites can cause damage to the structure of hives or hive stands. African hive beetles can consume honey and foul combs. Toads can consume great numbers of bees but often go unnoticed since they are nocturnal in habit.



The Kenya Top-Bar Hive is often the most appropriate hive for the economy, environment and characteristics in many parts of the developing world.



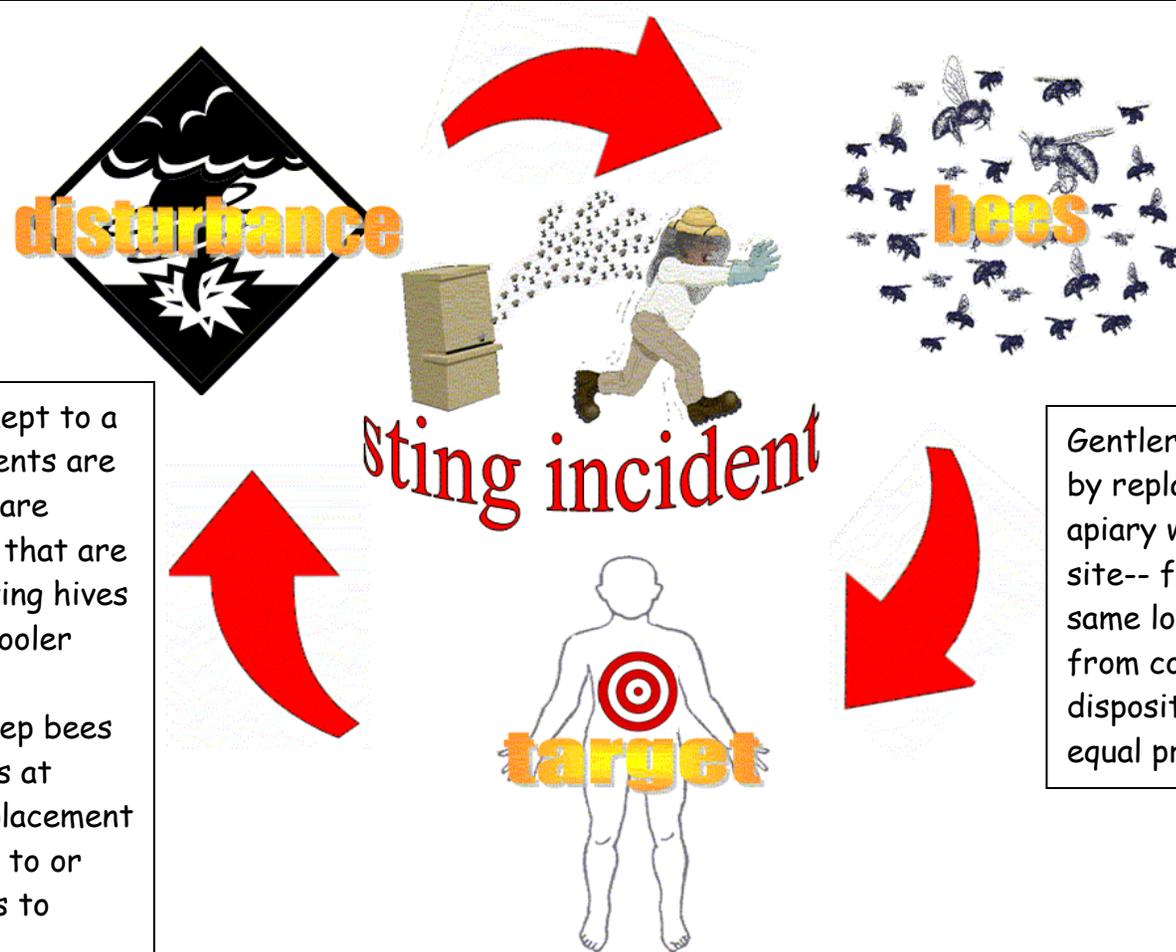
Basic management of established colonies just during swarm season
(especially important in the early portion):
During the build-up period any honey stores restricting the expansion of the brood nest should be moved to supply room for the queen's increased laying.



Basic management during the harvest season:

Novice bee-havers (and even beekeepers) often remove too much honey from hives and do not leave the colony sufficient stores to support them through periods of minimal nectar availability. To better provide for the bees' needs during dearth periods it is suggested that comb only be harvested from one end of the hives (to establish a standard it is recommended that this always be the right side, as one is facing the entrance of the hive).

It is important for beekeepers to learn how to avoid major sting incidents by controlling the components of the "stinging triangle".



Disturbances should be kept to a minimum if stinging incidents are to be avoided. Hot bees are irritable, defensive bees that are more likely to sting. Moving hives temporarily into shady, cooler locations during hive manipulations will help keep bees manageable. Working bees at dusk, and proper apiary placement will also reduce exposure to or limit the reaction of bees to disturbances.

Gentler bees can be produced by replacing queens within an apiary with queens reared on-site-- from colonies of the same locally proven stock-- from colonies with a gentler disposition, but of at least equal productivity.

Apianists can prevent themselves from becoming targets through the use of smoke to mask one's body odours and by properly using personal protective equipment. In addition, apiaries should be positioned a minimum of 150-200 meters from habitations, roads or footpaths and locations where animals are staked or enclosed. **In encounters with disturbed nests of stinging insects, it is vital to retreat away from the nest as quickly as possible without significantly increasing one's visibility as a target. If there is vegetation nearby, move away, through the brush, to conceal one's escape and to brush away any pursuing insects.**



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