

THE MODERN WOMAN.

Child Welfare And Public Health

Articles on Child Welfare and Public Health will appear weekly in this column, furnished by the Local Red Cross Branch.

CLEAN MILK.

Clean milk is always the cheapest although costing slightly more to produce. Clean milk spoils less quickly, thus saving losses at the factory or with the city milk dealer, giving you a higher butter fat test, and always being in greater demand by manufacturers and consumers. Clean milk is the best of human foods; filthy milk is criminal.

1.—Healthy Cattle.

Healthy cattle are those which are free, first, from tuberculosis, anthrax, or similar contagious diseases. It will pay you, on account of your children, your customers and your future herd, to discard immediately unhealthy animals. Healthy cattle must, secondly, be free from garget, inflammation of the udder, cow pox, and similar udder troubles which contribute pus-producing germs to the milk. Isolate such cows until cured. Discard their milk for human consumption and even for feeding stock unless thoroughly pasteurized. Healthy cattle should also be free from skin diseases and parasites, which cause contamination of the atmosphere of barn and consequently affect the milk.

2.—Clean Cattle and Barns.

Clean, sweet milk is an impossibility when cattle are covered with mud, dust and manure, and where the barn is equally filthy. The proper procedures are as follows:

- 1. Stables to be cleaned out twice per day.
2. Calf pens and boxes, if in dairy barn, to be cleaned out at least twice per week.
3. Cattle to be brushed off once per day.
4. Barnyard to be kept clean and free from mud through which cows must wade to get to barn.
5. The barn must be kept free from cowwebs and dust.
6. Eliminate contamination by dust from hay by bringing down into barn through dust-proof chutes.
7. Clean out the barn and feed all dusty forages, such as hay, after milking. You will thus avoid at least one-quarter of the dirt usually found in milk.

3.—Good Barns.

The good dairy barn where healthy cattle and clean milk can be produced need not be extravagantly built, but must have the following requirements: namely: Light, ventilation, comfort, efficiency, durability, doors which will



not absorb liquid manure, walls and ceilings as smooth as possible to eliminate the gathering of dust and cobwebs.

4.—Clean Milking.

The cleanest method of milking must include the following items:

- (a) Cows to be bedded down at least thirty minutes before milking;
(b) Cows to be brushed at least twenty minutes before milking;
(c) Udders and flanks to be brushed off with clean, damp cloth, just before milking;
(d) Milker to wear white jacket and apron. These must be kept clean. Change three or more times per week if necessary.
(e) Sleeves to be rolled up clear of wrist while milking, but shirt sleeves not to be exposed;
(f) Hands and face to be washed before beginning to milk;
(g) Towels must be kept clean and changed each day;
(h) Hands to be washed after milking each cow;
(i) No milk to be used on hands while milking. Vaseline may be used if desired;
(j) No unnecessary talking while milking;
(k) No tobacco chewing while milking;
(l) Cows to be treated kindly;
(m) Cows to be milked quickly, gently and thoroughly, that is clean out.

5.—Clean Foods.

Clean, palatable foods are necessary in order to make the cheapest milk, the most milk, and the best quality milk. Mouldy, dusty hay, musty grains, and all such containing dust, make the cleanest and cheapest milk possible.

6.—Clean Bedding.

Clean straw or clean shavings make splendid bedding, whereas dusty straw, dirt from the hay loft, cheap, dusty hay, and the like mean a dusty barn and dirty poor-keeping milk.

7.—Good Milk Pails.

The best milk pail is the one with the smallest opening at the top. The poorest milk pail is the large, open-topped pail which will collect the most dust, splatterings or particles dropping from under udder and flanks, the strainer pail is not the best.

8.—Clean Utensils.

The milk pails, cans, separators and all other utensils used for milk must be thoroughly washed and scalded twice per day and well aired in a room free from dust and flies. Use a good washing powder in your wash water and scald with pure scalding water.

9.—Milk Handled Quickly.

The handling of milk after milking regulates its commercial value. Do not leave milk in the stable or pour milk in the stable after being drawn from the cows. Weigh and pour into cans the milk as quickly as possible either by means of a well sterilized, dust-proof, modern milk cooler or in a good factory tank. Ice is indispensable on any dairy farm for the keeping of milk at a low temperature until delivered to a factory, milk dealer or the consumer. The same principle applies also to handling of cream.

You can build a good ice-house and cold storage attachment on your farm at a very low cost, and it will pay for itself in three or four years. —Canadian Red Cross Magazine.

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IS COFFE HARMFUL?

Cheer for the coffee-drinker is contained in an exhaustive report from the Department of Biology and public health of the Massachusetts Institute of Technology. After a three-year study of the subject the directors have come to the conclusion that "the history of human experience, as well as the result of scientific experimentation, point to the fact that coffee is a beverage which, properly prepared and rightly used, gives comfort and inspiration, augments physical and mental activity, and may be regarded as the servant rather than as the destroyer of civilization." A common-sense precautionary suggestion is also quoted from the report: "If individuals are especially sensitive to tea and coffee, its use, except in extremely limited amount, is not to be recommended. In this respect, it should be treated in exactly the same manner as are many kinds of food—meat, shellfish, eggs, milk or fruit—which do not agree with one person or another."

Affable Visitor—"Well, and do you do a good deed every day, Tommy?" Tommy—"Yes, sir. Yesterday I visited my aunt in the country, and she was glad to see me back home again, and she was glad again."

The young couple had just moved into a new house, and they stood surveying the situation. "I wish," said she, "that this carpet was velvet." "And I," responded the hubby "wish it was down."

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Advertisement for D.D.D. skin cream, featuring an illustration of a woman and text: 'Despair from Eczema'.

Advertisement for Bayer medicine, featuring text: 'SOMEBODY SOMEWHERE WANTS YOUR PHOTOGRAPH By BAYER'.

Advertisement for Carter's Prize Hazards Improved and Carter's Millpond, featuring text: 'TWO GREAT SWEETES'.

Childhood Constipation

Constipated children can find prompt relief through the use of Baby's Own Tablets. The Tablets are a mild but thorough laxative which never fail to regulate the bowels and stomach, thus driving out constipation and indigestion, colds and simple fevers. Concerning them Mrs. Gaspard Daigle, DeMain, Que., writes: "Baby's Own Tablets have been of great benefit to my little boy, who was suffering from constipation and indigestion. They quickly relieved him and now he is in the best of health."

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