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WATCH THE MILK GIVEN BABIES.

Poor Milk Supply in Part to Blame for Death of 375,000 One-Year Olds.

The American Academy of Medicine's committee on the Conference on the Prevention of Infant Mortality, at New Haven, Conn., sends out the following:

If the babies of this country don't get their rights it won't be because they lack friends among the grown-ups. One important university is to add a department of child study to its course, and in connection with it everything pertaining to the life of a child will be collected and collated. Another instance is afforded by the American Academy of Medicine, which has arranged for a conference of physicians, sociologists and educators to be held at New Haven, November 11-12, on the prevention of Infant Mortality. At that meeting every aspect of the problem, from the medical, philanthropic, educational and institutional points of view, will be gone into by specialists who are giving their lives to the study of the subject.

But to return to the rights of the babies. Take the single question of milk as it relates to their health. Every city that lays any claim to being civilized has a milk commission now, or a board of health that says to the dairyman: "The gobblins will catch you" (or what amounts to that) "if you don't keep that dairy of yours scrupulously clean, and those cows in apple-pie order." The time was when milk was milk, and that was all there was of it. But that was before some indolent scientist put a drop of milk on the slide under his microscope, and then went ahead and let the rest of the world into the secret of what he found there. After that even the low brows knew that things rarely are what they seem. They learned that skim milk not only masquerades as cream, but that nice, innocent-looking white milk might be a whole storage warehouse full of germs. If you were so inclined you could go to that warehouse and get almost anything you wanted to investigate in the germ line—harmless ones by the thousands, analogous to beneficial organizations; deadly ones as malevolent as any Black Hand association. Tuberculosis germs, for instance, or those of typhoid fever. Epidemics of scarlet fever and of diphtheria have been traced likewise

to apparently innocuous milk.

One of the bug experts acquired the card index habit, and took a census of the bottom of the tube, and great hordes when the temperature went up. Then he recorded on one of his bits of paste-board:

1 c. c. milk at temperature of room, 800 bacteria.

Twenty-four hours later he made out two more cards. These read:

1 c. c. milk at 50 degrees for twenty-four hours, 80,000 bacteria.

1 c. c. milk at temperature of room for twenty-four hours, 10,000,000 bacteria.

A centimeter measures 30 of an inch. It requires only patience, paper and pencils to compute how many cubic centimeters there are in a pint or a quart or a gallon of milk, and from that to estimate how many bacteria there are in the quantity selected. An interesting point in this connection is that only about ten cities are on record as requiring the milk to be kept at 50 degrees until delivered to the consumer. The inspection of dairies to insure cleanliness and the bacterial inspection of milk are being required however, by an increasingly large number of other cities. In New York and in a number of other cities the limit is 100,000 bacteria to the cubic centimeter, for milk commissions which supervise the sale and distribution of milk intended for the babies fix the bacterial limit at 10,000 or less to the cubic centimeter.

It is estimated that fifty per cent. of all deaths of children under one year of age are due to gastro enteric disease. And the evidence points strongly to the impure milk fed to the babies as the chief cause of this unnecessary waste of baby life. Compared with the money expended to protect the purity of other foodstuffs, the sum required to insure an adequate supply of clean, pure milk for the thousands of babies who must of necessity depend upon cow's milk, is a mere bagatelle. Dr. George W. Goler, of Rochester, estimates that it is possible to obtain a supply of milk for the summer months (July and August) which can conscientiously be labelled food and not poison, for the babies in a city which has a population of 200,000 at an expenditure of about one thousand dollars. The estimate is based on the amount it cost the city of Rochester annually to

maintain its milk depots. A preliminary feature of this supervision of the sources of the baby's milk has been the selection of some farm within reasonable distance from the city in which the dairy and cows are kept under cleanly wholesome conditions. The source of supply selected, and the milk contracted for, a portable laboratory is erected on the place, and the establishment is put in charge of a trained nurse, who supervises the milking, the sterilization of the utensils, the preparation, bottling, packing and shipment of the milk. Packed in ice, the milk is carried to the city and distributed from four centers in as many parts of the city.

During the ten years before the establishment of the milk depot the total number of deaths of children under one year was 4,675. From 1897, when the work was begun, to 1906, the total number of deaths of children of that age was 3,421, a reduction of over 80 per cent., without taking into consideration any increase in population during that period.

The milk depot, or dispensary, under the supervision of physicians and the care of trained nurses, has become a recognized necessity, and where the municipality has been indifferent to its obligations the responsibility has been shouldered by philanthropic individuals or private charities. Classes for the instruction of mothers in the proper care of the babies by the regular inspection of the babies by the physicians and nurses, have added immeasurably to the permanent benefits from the milk stations. Maternal nursing is encouraged whenever that is possible, and some of the stations follow the lead of other countries in supplying the nursing mother with nourishing food if she needs it, and if she cannot provide it for herself.

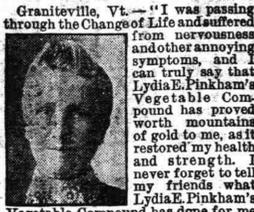
The problem of milk supply for the babies is one that has to be solved all the year round. The mortality from the gastro-intestinal diseases is heaviest during the summer, but the babies need pure milk quite as much in the winter as in the summer, and the municipalities that fail to insure it for them are virtually asleep at the switch. The eventual wrecking of countless baby lives is inevitable. The City Fathers who make no provision for the supervision of the sources of the milk supply are not only virtually asleep, but recklessly extravagant. Dr. Goler's estimate is \$500 a month for a city the size of Rochester. Put opposite this amount the economic loss due to the appalling waste of baby life. It is estimated that 375,000 babies under one year old died in this country last year. Economists put the financial value of each of these babies at \$90, so that the total loss, expressed merely in dollars and cents, amounted to \$33,750,000. And yet physicians say that at least one-half of this waste could have been prevented by the adequate supervision of the sources of the milk supply.

Burglar Comes to Grief.

There was a hilarious time around the home of T. H. Davis in Washington, state, early Saturday morning when the man of the house was awakened by a noise and upon investigation found that a burglar, in attempting to go down a chimney, had lodged and couldn't budge, although he was trying his best to get out. He gave his name as David Fulford. Mr. Davis immediately telephoned for the police and they came on the jump. Meanwhile Col. Fulford was loudly calling for help, shouting that he was suffering, and imploring his unwilling host to pull him out. Soon a lot of citizens gathered and began the work of dislodging the burglar. A rope was let down from the top and Fulford told to grab it, but he was too weak to hold on. The chimney was torn down to the roof, but still the man was too far down to get hold of. Finally a brick man was summoned and he, by taking down the mantel and enlarging the fire-place, managed to extricate Fulford. The burglar presented a sorry spectacle when he finally emerged from the chimney, where he spent four very exciting hours. His clothes were torn, his skin scratched, and he was covered with soot from head to foot. He refused to talk and would give no reason for lodging himself in a man's chimney like that. He hired him a lawyer, waived examination, and went to jail in default of \$500 bond.

WORTH MOUNTAINS OF GOLD

During Change of Life, says Mrs. Chas. Barclay



Graniteville, Vt.—"I was passing through the Change of Life and suffered from nervousness and other annoying symptoms, and I can truly say that Lydia E. Pinkham's Vegetable Compound has proved worth mountains of gold to me, as it restored my health and strength. I never forget to tell my friends what Lydia E. Pinkham's Vegetable Compound has done for me during this trying period. Complete restoration to health means so much to me that for the sake of other suffering women I am willing to make my trouble public so you may publish this letter."—Mrs. CHAS. BARCLAY, R.F.D., Graniteville, Vt.

No other medicine for woman's ills has received such wide-spread and unqualified endorsement. No other medicine we know of has such a record of cures of female ills as has Lydia E. Pinkham's Vegetable Compound, and as Mrs. Barclay says, it is "worth mountains of gold" to suffering women.

How the Waitress Paralyzed the Drummer.

A good story is going the rounds about a drummer and a pretty waitress. Here is what happened according to the report. The dapper little traveling man glanced at the menu and then looked up at the pretty waitress:

"Nice day, little one," he began.

"Yes, it is," she answered, "and so was yesterday, and my name is Ella and I know I'm a little peach, and have pretty blue eyes, and I've been here quite awhile and like the place, and I don't think I'm too nice a girl to be working in a hotel; if I did I'd quit my job; and my wages are satisfactory; and I don't know if there is a show or dance in town tonight, and if there is I shall not go with you, I'm mad from the country, and I'm a respectable girl, and my brother is cook in this hotel and weighs 200 pounds, and last week he wiped up this dining room floor with a fresh \$50-a-month traveling man who tried to make a date with me. Now what'll you have?"

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Application for Pardon of Andrew Linder.

Application will be made to the Governor of North Carolina for the pardon of Andrew Linder who was convicted at May Term 1908, of the Superior Court of Rowan County, of the crime of murder in the second degree and sentenced to the State Prison for a term of 15 years. All persons who oppose the granting of said pardon are invited to forward their protests to the Governor without delay. This Nov. 9th 1909. J. R. LEE WRIGHT, 11-9-09.

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