

# THE GOOD CANADIAN ;

OR,

## HOUSEHOLD PHYSICIAN.

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Happy the man who by Nature's laws, through known effects can trace the cause.

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### MILK, BUTTER AND CHEESE.

Much may be said both for and against these articles, as regards their qualities and of the adulteration of them also. I have heard of persons being cured of long standing diseases by exclusively living upon milk for a long time, and of the continued health and longevity of some who have made milk a regular beverage. In cases of consumption, new and wholesome milk is found very serviceable; yet particular care should be taken that the cow from which the milk is procured is not diseased, for if the animal be diseased, so must the milk in some measure be diseased also. In large crowded cities and towns cows are often subjected to the unnatural and unhealthy influences of bad air, want of exercise, and improper food. Cows are sometimes diseased through the improper vegetables given them to eat, whereas if left alone to choose their food upon a meadow, field, or green road side, they are not likely to eat any injurious herbage. It may well be conjectured that if the milk be from a diseased cow, butter and cheese made therefrom would not be wholesome. Many injurious adulterations are often practised by butter and cheese manufacturers. Anatto is used by some to color it with, and arsenic to impart an apparent freshness and tenderness. When such things as these and other injurious chemicals are used, there is no wonder at a sick patient not recovering under a regular use of what they ignorantly believe to be pure food. Persons who keep their own cow and have a good run of grass and wholesome herbage, have the ad