

CITY MILK SUPPLY DEPARTMENT

We Need Pure Not Rich Milk

Milk is in such general use as a food, that the question of its purity is always an important one. Milk is one of the most healthful and economical articles of diet, and contains much nourishment. It is a real necessity, and, therefore, every means ought to be taken to guard against adulteration. Let milk be pure and clean from healthy cows. Do not allow anything to be taken from the milk, nor anything to be added, and you have an ideal food of much value. But why should a standard be fixed—a standard higher in fat contents than pure milk contains? Why should milk that contains the most fat be accounted the best? A milk rich in fat is less easily digested and absorbed than a milk in which the fat percentage is low. The other constituents in milk, those valuable proteid ingredients which go to the building up of the tissues, the prime property of any food, are the most important. Milk with low fat contents, agrees best with infants, children and invalids. The human milk is the ideal food for the young. It is a perfect food. The milk that is nearest in composition to this is the one best suited for use in all families where there are children. Now this milk has a low percentage of fat. If the standard that is proposed were

applied to the mother's milk it would have to be rejected. Rich milk often causes more or less disturbance in children, and if fed in excess, often does seriously.

Experiments have conclusively demonstrated the fact that the young of all animals do better on milk of low fat contents than on rich milk. All farmers now know that they can raise calves, and good calves too, upon milk with little fat in it, and even upon skim milk. It is a well known fact that some cows give such rich milk that they cannot suckle their calves. The calves will sicken and die, unless given milk of less richness.

Experiments with young pigs have been conducted by Mr. C. L. Beach. He fed separate lots of pigs with skim milk, milk poor in fat, and milk rich in fat respectively. During the first 40 days the skim milk pair gained 62 pounds, the poor in fat pair, 54.5 pounds; and the rich in fat pair, 42.3 pounds. The next ten days the gain for each was 22 pounds, 20½, and 3½ pounds respectively. The next ten days' results were 20 pounds gain, 21 pounds gain and 6 pounds loss respectively. After slaughter the pigs fed skim milk and low fat milk gave better meat and bone than those fed rich milk.

The same results he demonstrated on other animals, calves fed on low fat milk gained more and grew faster and were healthier than those fed on richer milk. There are of course cases of illness and some other exceptions, where fat is needed in the system, and in such cases the fat is better taken in milk. Then, milk rich in fat is the best.

But is it reasonable, is it wise, is it necessary, for the protection of the public health, to place a bar on pure milk, with low fat contents, when all experience proves that such milk is a well balanced ration, that it is easy of digestion and assimilation, that its tissue building and growth producing qualities, are ahead of milk richer in fat.—D. Robertson, M.D., Milton, Ont.

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A Word to the Retailer

Ed., The Dairyman and Farming World.—How many citizens have ever counted the number of milk vans and wagons they see every morning in going to their work? If they did count them, would they be surprised? If they did not count the actual vehicles, did they ever count (as regards to health) the way the milk is scooped up and dipped out of those fancy eight-gallon cans. If this did not surprise them, it ought to, and the reason it is no surprise to the hundreds of thousands is just because they don't regard health as anything very precious until a doctor is called in, and a health officer to find the source of the sickness and fever.

How many Canadian citizens would object to their grocers driving up to their doors on a windy day with cinders and smoke, dust, horse hairs, flies and goodness knows what else flying thick and slicing off as much butter as they wanted for the day? Once and no more from that for me. What about the dealing out of the milk—can open, day after windy, thousands of little flies flying, too small for the eye to see, and not one family in 50 who receive their milk in bulk ever think of straining it. Would you venture to say this is not risky? What is the standard for milk under these conditions even if it does test the required per cent. of butter fat?

I do not claim that dealers be forced to sell and deliver all milk in sealed vessels. This, I think, would be too expensive at present. I do not claim, however, that the present equipment of all retailers could be vastly improved upon.—A consumer.

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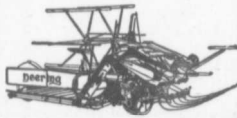
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