

### PURE MILK FOR INFANTS.

The ills which the innocents have suffered through the drinking of impure milk form one of the most startling chapters of modern hygienic literature. It is wise when we know the evil exists to guard against its coming to our loved ones. Prof. James Law, of Cornell University, writes on the subject to the *New York Tribune* many useful suggestions:

The milk must be obtained from a sound, healthy cow, as it is unquestionably tainted in some cases before it leaves the udder.

Few people have any idea of the perfect cleanliness necessary to the preservation of milk. An ordinary washing with water, though uncomfortably warm for the hands, or even with soapsuds, is utterly insufficient. There should first be the thorough cleansing of the dish, and then a rinsing with water at a boiling temperature, which must be poured out, and the vessel dried by simply inverting it over a drawer or table, but without the possibility of contact of its interior with any solid body. If dried with a towel, or if hand or finger, or, indeed, any solid body, is brought in contact with its interior after it has been scalded, organic matter, bacteria, and other germs may be deposited which will precipitate decomposition in the milk placed in it. But if the vessel is first carefully cleansed from all organic matter that may cover and protect such germs, then rinsed out with boiling water, set aside to drip, and finally filled with milk, having had nothing touch its inner surface from the contact with the boiling water until now, such vessel will not communicate to the milk any decomposing element. Every vessel, from the pail which receives the milk as drawn from the udder, to the bottle from which the baby sucks its supply, must be treated in the same way. In the case of babies' bottles, it is best to keep two, to be used alternately, the one with its tubes and the teat being thoroughly washed with soda, and then immersed in a dish of pure water until wanted, when it may be taken out and scalded before the milk is put in.

As regards temperature and antiferments. None of the chemical antiseptics are entirely unobjectionable. Boiling of the milk renders it more indigestible, and tends to produce costiveness. The only unobjectionable method is to secure perfect purity of dishes and milk, and to keep the latter at a low temperature. A sufficient degree of cold may be obtained in any house, with no expense and little trouble, by simply enveloping the dish in which the milk is kept in a wet towel, from which evaporation will go on constantly. A tin can with cover, enveloped in a wet cloth, will not only be kept very cold, but will be protected against the access of germs which would superinduce decay. I have in this way kept milk for the baby, perfectly sweet and good, in the warm rooms of a boarding house, in midsummer, while the landlord failed to keep the same milk sweet for half the time, though in a cellar and abundantly surrounded with ice. The great superiority of the wet-cloth preservation consists in its filtration from the air of all germs of decomposition which would otherwise gain access to the milk.

### RULES FOR MAKING GOOD BREAD.

Dr. HOLBROOK gives to the readers of that excellent publication, the *New York Weekly Sun*, some useful suggestions on the important subject of bread making, which we transfer to our columns. We know that while many of our fair readers need no such advice, there are others who may profitably turn their attention to learning how to make good bread. Without good bread in the household, no matter how good the meal in other respects, the house-wife is exposed to severe criticism. Indeed, the quality of the bread, with few exceptions, may be looked on as an index to the good or bad management, and industry, or the absence of it, in the household.

"With good flour, a good oven, and a good, sensible, interested cook, we can be pretty sure of good, wholesome bread. Yeast bread is considered the standard bread, and is, perhaps, more generally found on every table than any other kind. Hence it is important to know how to make good, sweet, wholesome yeast bread. Good flour is the first indispensable; then good, lively yeast, either yeast cakes or bottled; the former is preferable in all respects. Then, of course, there must be the proper materials to work with. A bread bowl or pan—the pan is easiest kept clean; a stone or earthen jar for setting the sponge; a sieve—flour should always be sifted before making bread of any kind; first, to be sure that it is perfectly clean; secondly, sifting enlivens and aerates the flour, and makes both mixing and rising easier and quicker; a clean, white cloth to cover the dough, and a woolen blanket to keep the dough of even temperature while rising: baking pans, large and shallow,

a large, strong spoon for stirring, and a little melted suet or fresh butter for oiling the pans; never use poor butter. If you want shortening, rich milk or cream scalded and cooled will answer the purpose, and be most wholesome. But thorough kneading is better still, and should always be done effectually. Scalding a portion of the flour makes a sweeter bread and speeds the work. Water, milk or butter—milk may be poured boiling hot on a quart or two of the flour, stirring well, and cooling to a moderate temperature before adding the yeast—this makes the sponge. Scalded flour always makes a little darker bread, unless we use buttermilk, which makes a rich, creamy, white bread. Yeast is fermented flour or meal—the first stages of decomposition or decay.

Understanding this, every baker will comprehend the necessity of regulating the extent of the fermentation with the greatest care; for a sponge or bread fermented or 'raised' too long is decomposing, spoiling—actually rotting! This is the language of an experienced English baker to us only a few days ago, during a talk about the delicate, foamy loaves 'yeasted to death,' which so many families are eating and calling 'the staff of life,' quite discarding the firm, sweet, substantial, home-made loaf which our mothers and grandmothers kneaded with their own skilled hands. Bread-making should stand at the head of domestic accomplishments, since the health and happiness of the family depend incalculably upon good bread; there comes a time in every true, thoughtful woman's experience, when she is glad she can make nice, sweet loaves, free from soda, alum, and other injurious ingredients, or an earnest regret that she neglected or was so unfortunate as not to have been taught at least what are the requisites of good bread-making."

### DO NOT CHECK PERSPIRATION.

Nearly every one knows it is dangerous to check perspiration quickly, and yet many forget to practice the truth they know. The weather has been unusually hot, and the heat may return. Let the following be a hint for behaviour. *Hall's Journal* says checked perspiration is the fruitful cause of sickness, disease and death to multitudes every year. If a tea-kettle of water is boiling on the fire, the steam is seen issuing from the spout, carrying the extra heat away with it, but if the lid be fastened down and the spout be plugged, a destructive explosion follows in a very short time.

Heat is constantly generated within the human body, by the chemical disorganization, the combustion, of the food we eat. There are 7,000,000 of tubes or pores on the surface of the body, which in health are constantly open, conveying from the system by what is called insensible perspiration this internal heat, which, having answered its purpose, is passed off like the jets of steam which are thrown from the escape-pipe, in puffs, of any ordinary steam-engine; but this insensible perspiration carries with it, in a dissolved form, very much of the waste matter of the system, to the extent of a pound or two or more every twenty-four hours. It must be apparent, then, that if the pores of the skin are closed, if the multitudes of valves, which are placed over the whole surface of the human body, are shut down, great harm results. The great practical lesson which we wish to impress upon the mind of the reader is this: When you are perspiring freely, keep in motion until you get to a good fire, or to some place where you are perfectly sheltered from any draft of air whatever.

Cooling off suddenly when heated sends many of our youth to an early tomb. It is often a matter of surprise that so many farmers' boys and girls die of consumption. It is thought that abundant exercise in the open air is directly opposed to that disease. So it is; but judgment and knowledge of the laws of health are essential to the preservation of health under any circumstances. When over-heated cool off slowly; never in a strong draft of air. Gentle fanning, especially if the face is wet with cold water, will soon produce a delightful coolness, which leaves no disagreeable results.

THE BEAUTIFUL WORLD.—Ah, this beautiful world! Indeed, we know not what to think of it. Sometimes it is all gladness and sunshine, and heaven itself lies not far off. And then it changes suddenly, and is dark and sorrowful, and the clouds shut out the sky. In the lives of the saddest of us there are bright days like this, when we feel as if we could take the great world in our arms. Then come the gloomy hours, when the fire will neither burn in our hearts, nor on our hearths; and all without and within is dismal, cold, and dark. Every heart has its secret sorrows, and oftentimes we call a man cold when he is only sad.