

# CANADIAN OUT-DOOR LIFE.

A MAGAZINE DEVOTED TO THE GOSPEL OF OUT-DOOR LIFE  
IN THE TREATMENT OF TUBERCULOSIS, AND THE VALUE  
OF FRESH AIR AND HYGIENIC LIVING FOR EVERYONE

VOL. I

TORONTO, CAN., MAY, 1907.

NO. 7

## Milk—Its Use as a Food in Tuberculosis

By W. J. DOBBIE, M.A., M.D.C.M., Physician-in-Chief Toronto Free Hospital for Consumptives.

MILK is peculiarly valuable as a food for persons suffering from tuberculosis, for several reasons. It contains the four classes of nutrient compounds into which food products may be divided—protein, fats, carbohydrates, and mineral matter. And although no one substance can be considered a complete food in itself, milk more nearly reaches the standard of a complete food than does any other food product, in that it contains the four nutrient compounds above mentioned in almost the proper proportion to meet the requirements of the body. Milk, moreover, is suitable for use either alone or in combination with other foods and at the price ordinarily paid for it, it must be considered as a reasonably cheap food product.

A quart of milk contains about the same amount of nutrient material as three-quarters of a pound of beef, or six ounces of bread. But while this is so, it does not follow that these quantities of these three materials would be equally useful as food. Either the milk or the bread eaten alone, would be more useful as food than would the meat if eaten alone, because the former contains the different kinds of nutritive ingredients in proportion more nearly

adapted to the use of the body than does the latter. Milk, as a matter of fact, furnishes material for the building and repair of the body, as well as other material to supply it with fuel, to keep it warm and to furnish the energy necessary for it to do its work.

*The composition of milk* and other food materials is found by chemical analysis and for much valuable information along these lines we are indebted to the Department of Agriculture at Washington whose bulletins contain material gathered from numerous authoritative sources. No apology need be made for using the information therein contained because that is the purpose for which they are published. A rough analysis of milk is made in a measure in every household. When milk stands the cream rises. This cream consists of minute particles of fat surrounded by casein and other substances. When the cream is put into the



SUMMER VIEW OF TORONTO FREE HOSPITAL FOR CONSUMPTIVES.

"The site is an excellent one for such an institution."—Dr. R. W. Bruce-Smith, Government Inspector.