

threshold; and, as he pushed open the door, the poor boy in a fright started and hid behind his mother. James Duffell had been to the shop, and, after getting his dram, he told him his mortgage was out, and, if he could not pay, he must seek some other place to live in, for they could not wait. Enraged by their threats, he grew violent; and, being glad to get rid of one that could pay no longer, they thrust him headlong into the street, and shut the door upon him. Infuriated to madness at such treatment, he went home to wreak his vengeance upon his innocent family. The starting of James was the signal for his wrath, and seizing him by the collar, with curses, "There, hide again when I come," he dashed him against the wall; his wife sprang to save her darling boy; his screams startled the two little ones from their sleep; and, screaming at once, the father seized one and then the other, and threw them out of the door into the snow. Mary now fled to rescue them, when he suddenly pushed her over the threshold, shut the door and bolted it, muttering vengeance to any one that came there that night, threatening that he would be the death of them. Piercing were the cries of all the children; James had kept fast hold of his mother; she fell with the youngest in her arms. With almost supernatural strength, shrouding them as well as she could in her arms, she carried the three youngest to the barn, and, folding them close together, rushed to the nearest neighbour, and, getting some blankets, she spent a long, cold, dark night, listening to the wailing of her suffering children, and labouring to save them, if possible, from death.

The next morning an officer came and took possession of the house and grounds. James Duffell sat still, crying bitterly; but his poor wife shed not a tear; she gathered up the few remaining articles that were left, with a sick child in her arms, little James following close by her side with one eye swelled, and the other two boys crying because there was no one to comfort them. This sorrowful group went to the parsonage. Mary was past the feeling of degradation, as she sat down in the shade of the refuse of society. The iron had entered into her soul. In a few days the youngest child died from the exposure; the mother closed its dying eyes without a tear. "Sweet blossom," she said, "I cannot wish you to stay in this world of sorrow." In a few days a fever set in, and she, too, rested from all her trials. It was a moment of anguish when she laid her cold hand upon the heads of her little boys. For then she would longer live, and bear the drunkard's curse. But the cup was not full without such a sacrifice. The doings of a spirit-shop could only be completed in such an issue.

And who are responsible for such terrible evils witnessed in every town and village all over our land. Ye legislators, who?

R. S.

## MILK DAIRIES AND DISTILLERIES.

### A PHYSICIAN'S TESTIMONY.

To R. M. H.

DEAR SIR,—I embrace the earliest opportunity at my leisure to give you, according to request, the results of my experience in relation to the influence of "still slop milk" upon the health of children; and also, as to its general effects as an article of diet.

I have now been a practitioner of medicine in this city upwards of twelve years, and my opportunities of observing the agency of different causes upon the public health, have been rather extensive. For several years I was employed as a Dispensary Physician among the poor, and annually treated more than 2000 patients with various diseases. The result of my experience and observation is, that the chief cause of the excessive mortality among children in cities, above that in the country, (and you know it is more than fourfold,) is owing to the nature of their diet. There are many parts of the country where the water is much worse than in this city, and yet the health of the inhabitants does not seem to suffer. Good air is doubtless essential to rugged health, but the children of our wealthy citizens, who are supplied with suitable and nourishing diet, are not often afflicted or carried off by those diseases, so prevalent and fatal among the poor.

Children who are fed with "still slop milk," have a pale, cachectic appearance, are extremely subject to scrofula, and are sure to take every epidemic disease prevalent. To scarlet fever, measles, whooping-cough, they are particularly subject, and will take them

upon the slightest exposure. Such children, also, are very apt to sink under any serious disease with which they may be attacked. There is a laxity of the solids, and a vitiated condition of the fluids, which predispose them to disease in its most malignant form. If, for example, they are seized with scarlet fever, it will either be the highly congestive form, which is almost certain to prove fatal; or it will be attended with that gangrenous or phagedenic ulceration about the throat, which is perhaps equally dangerous. And so of other diseases. There can be no doubt that this arises chiefly from a vitiated condition of the whole system, occasioned by improper diet; and of this diet "still slop milk" forms an important part.

You may have noticed that at all times of the year, on certain corners of our streets, there are boys who take their stand every morning for the sale of milk. They generally furnish it at four cents a quart,—sometimes at three cents, and this is a great inducement for the poor to buy, instead of paying six or eight cents for pure milk. This milk is mostly supplied by distillers, who keep cows on their premises, and to save the trouble of paddling it round, dispose of it in this way. Now, as it costs but about nine cents a day to keep a cow upon swill, and as cows in general give about ten quarts of milk a day, you will readily see that they can afford to sell at a low price. Those who feed nothing but meal, grain, and hay to their cows, tell me it costs them from 2s. to 2s. 6d. a day to keep a cow. Of course their profits are smaller, even when they sell at eight cents, than the still slop at four cents. Now I believe our Board of Health could not do a better act than prohibit the sale of still slop milk. They certainly have the power; and by exercising it, they would do far more good, than by stopping the sale of tainted meat in our markets.

Another thing. Were it not for the use of still slop milk, our distillers would most of them have to stop. As it is, they have to suspend operations when the price of grain is high; and at times they are in the habit of diluting their slops by adding more than half water, in order to save themselves from loss by the low price of whiskey. I have often been told by milkmen, that occasionally the "slops" are so thin and meagre, that a peck of Indian meal, disseminated in a hoghead of water, would contain more nutriment than the same quantity of swill. Indeed, it was this very imposition which induced several milkmen to stop feeding it to their cows.

There is another circumstance worthy of note. Still slop milk is of a pale blueish colour, and where cows are fed with it almost exclusively, as they are at the distilleries, it is necessary to colour the milk, in order to make it saleable. This is actually practised with all such milk. Starch, flour, plaster of Paris, &c. are used for this purpose. This enables them to give it a rich and beautiful white colour, and to dilute it with about an equal quantity of water. This may be called one of the "tricks of the trade," but of course it is thought nothing of by men whose consciences are not troubled by turning "the staff of life" into poison.

But to return. When called to visit a sick child, my first inquiry always is, What is the usual diet? Do you give milk to your children? Who is your milk-man? These are usually my first questions; for the answers always furnish more or less clue to the proper treatment. It is a rare thing, I believe, in this city, for a judicious physician to allow a child to be brought up by the bottle, without particularly directing the kind of milk to be used, and how it is to be prepared. I have a long time been convinced that it is far better and safer to use barley or rice water, arrow-root, and other farinaceous substances, than to allow any milk at all,—for such has been the difficulty of getting good milk, that there was always more or less danger of imposition. From late inquiries, however, I believe these difficulties are in a fair way to be removed.

I could give you any number of cases where the health of children has been utterly destroyed by the use of still slop milk; and I could convince you, I believe, that the cholera infantum itself, the great scourge of our city, is in fact caused chiefly by the use of this milk, either by the mother or child, or both; for it is a singular fact, that in the large cities of Europe, where other causes of disease, with the exception of this, are as prevalent as in New York, this disease is absolutely unknown. Hence, the efficacy of a removal to the country; as a change of diet is the necessary consequence.

With much respect, your friend,  
New York, August 8, 1835.

MEDICUS.