

Sugar since the early days of sorghum and sugar cane in the South and maple sugar in the North has been used much as salt or any other condiment. In spite of occasional medical warnings as to its injurious effects if used in excess, from babyhood to old age, our people have cultivated a sweet tooth. The old time candy stick and candy crystals may have been replaced by more expensive chocolates and other confections; but sugar is used everywhere from the pickaninny who chews sugar cane to the Northerner, who from using maple sugar has looked upon sugar as an elementary food. There is little doubt, however, that its restriction to some extent through being replaced by oatmeal, barley, meat, peas and beans, with more use of milk would prove a distinct benefit to the growing children of our continent, whose sweet tooth has been allowed to control indulgent mothers rather than the knowledge that the proteins and fats are much more essential to the development of the growing animal.

A word need be said regarding the use of milk and milk products. The value of milk as a complete food for children and for general use in a mixed diet is everywhere accepted, and it is now only a question of obtaining it in sufficient quantity and quality at any reasonable price. We are all familiar with the struggle that has gone on between the producers and milk-dealers on this continent during the past two years. It is stated that 30 per cent of the milch cows in New York state instead of the usual 17 per cent were slaughtered in 1917. The demand

for meat was so great and prices so high, cattle food so costly and labor so scarce and expensive, that the farmer seemed perfectly determined to either get much more for the milk or go out of the business. The evidence from the Chicago official investigation seemed to prove that a similar situation has everywhere existed. Statistics are difficult to obtain; but it is probable that in no one particular have the infants and children of the poorer people been affected more seriously than in a lessened milk supply; while as for eggs, their use would seem to have been restricted largely to the wealthy and to those provident householders, who have kept a dozen hens and fed them on garden and household refuse. If milk foods, such as cheese, have been increased for export as war food at the expense of the children's food, it could only be excused on the ground of some pressing necessity, but we have good evidence to know that the milk problem was serious before the war and will only be solved when it is managed as a municipal utility as to quantity and quality and distributed on some basis as efficiently as is public gas, electricity, coal and water. If the evolution of society is to make three-fourths of the people non-producers of food and urban residents, then public safety and efficiency demand that food, the first item in the life of the people, be regulated as carefully by government, whether general or municipal, as the quantity and quality of the water and other liquid supplies.