

more nourishment in a quart than a pint should furnish, and many infants have been slowly starved while their unsuspecting mothers have thought the quantity taken all-sufficient.

8. The water added by the dishonest dealer is not always as pure as Croton or Ridgewood—it may be more convenient and less liable to excite remark for the milkman to get the proper quantity from some pond in the vicinity of his dairy, or from a well in his barnyard. That intestinal irritation, vomiting, diarrhoea, dysentery and typhoid fever are often due to such sources has been abundantly proven.

9. Milk is often skimmed by the dealer, and the cream being the lighter portion, the specific gravity of the balance is increased. He then adds water enough to bring it to the proper standard, and though the lactometer will not detect the cheat, the purchaser gets an article which was *originally* deficient in butter as compared with some of the other elements, and is *now* thoroughly impoverished.

10. That milk will absorb gasses and odors to such an extent as to be rendered thereby unwholesome, is, I believe, beyond dispute; and

11. It is believed by many to be an excellent nucleus for the development of numerous morbid germs.

I have pointed out these evils with no desire to create a prejudice against cows' milk, either as an article of general diet, or as a substitute for human milk in infancy; but, that when we use it we may be aware of all the dangers—and it will be readily seen that nearly all of them are preventable and avoidable. It will often happen in the future as in the past, that no better substitute can be procured for the child deprived of its mother's breast, and if the facts here collated shall in one such case lead to a more intelligent use of this delicate article, I shall not have written in vain. I have also had it in mind to prove, even by this cursory view of the subject, that we ought not to be content until we have discovered a substitute for human milk which is less liable to objection than is the milk of any of the inferior animals.

It is true that many efforts have been made to supply this great need. It is *not* true that because most of these efforts have been abortive, there is no hope of better success in the future. The excess of casein in cow's milk causes so firm a coagulum in the stomach, that this seems to be one of the most serious obstacles to digestion.

The condensed milk which has been evaporated at a high temperature, of which Borden's is a good example, has deposited some of its casein, and is improved thereby. In town, at least, I prefer condensed to ordinary milk. I have had most