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## Original Articles

### WHAT IS CERTIFIED MILK? HOW IT MAY BE OBTAINED FOR OUR PATIENTS.\*

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The term "Certified," as applied to milk, is a word coined by Dr. Henry L. Coit, of Newark, N.J., sixteen years ago. Milk conditions were bad in Newark and its outskirts at the time, and he conceived and carried out, with the assistance of his fellow-practitioners of the Essex County Medical Society, a plan of producing good fresh clean milk—milk good enough and safe enough to feed to infants, invalids and patients generally. Such a milk Dr. Coit needed very badly on which to feed his own sick baby, and such a milk it was impossible to obtain at that time.

After a number of meetings, that Medical Society appointed a commission to look into the milk question, which, after much time and thought, reported in part as follows: The objects of the Commission are: To establish correct clinical standards of purity for cow's milk; (a) to become responsible for periodical inspection of the dairy under its patronage; (b) to provide chemical and biological examinations of the milk; and (c) the frequent scrutiny of the stock by competent veterinarians.

Three general requirements or standards of *quality* for the milk were formulated: 1st, an absence of large numbers of micro-organisms and the entire freedom of the milk from pathogenic varieties; 2nd, unvarying resistance to early fermentative change in the milk, so that it may be kept under ordinary conditions without extraordinary care; 3rd, having a constant nutritive value of

\*Read at Canadian Medical Association, Winnipeg, August, 1909.