

it on the cow, brush the dust away and eliminate the probability of dirt getting into the pail. Do not milk with wet hands. Strain the milk with a good clean piece of cheese-cloth. Provide means of immediate cooling of milk to the temperature of fifty degrees as soon as it comes from the cow, and this will control the growth of bacteria. If absolute certainty is made in taking these precautions, the milk will be proper food for children.

If not sure, a simple way of pasturising is to provide eight ounce bottles thoroughly cleaned and sterilized, place in each a little sugar and water, and nearly fill the bottles with milk. Have enough of these bottles to feed the baby for twenty-four hours. Place them in an open pot or kettle and fill the kettle to the top of the milk in the bottle and boil for twenty minutes after which cork the bottle by using clean dry absorbent cotton.

INFECTIOUS DISEASES

Dr. W. J. McKay, Health Officer, Saskatoon, told how infectious diseases are spread by the milk of cows supplied with impure water. "Diseases of little children caused by bad milk are more serious than any other. Almost all the deaths which occur in children under one year of age are caused by dirty milk. If you think milk is not pure, boil it. It makes it a little difficult to digest but it is better than dirty milk."

In the prevention of disease, cleanliness will do more than anything else. If you keep the house clean and children clean, their clothing clean, and see that they associate with only clean people you will never have much disease in the house. Soap and water are excellent weapons for fighting infectious disease. Clothes and utensils may be disinfected by boiling, with plain formaline, and with dilute carbolic acid.

CARE OF THE TEETH

Dr. F. R. Graham Estevan in speaking on the "Care of the Teeth," showed the dangers and evil effects that attend individuals who neglect their mouths, the very gate-way of the entire human system.

The doctor said, in part, that recent examinations made in the cities of Toronto, Boston and Cleveland revealed the fact