

The chief points to be aimed at are as follows:

1. The instruction of mothers regarding the care and feeding of young infants, and especially as to the importance of maintaining breast feeding if at all practicable. This instruction may be given by the distribution of pamphlets and by conferences, and still more efficiently by the regular visitation of the home by a tactful, intelligent nurse who has received special training.

2. The strict enforcement of all municipal regulations ensuring good ventilation, effective sunlight, and more perfect sanitary methods in the houses of even the very poor. It is a monstrous crime that landlords are permitted in this city to rent as living apartments, rooms that are dark and unsanitary in every respect.

3. The maintenance of all streets, yards, and lanes in a clean sanitary condition. All garbage receptacles must be kept efficiently covered and their contents must be removed at short intervals, especially in warm weather, thus preventing the breeding of flies, a great source of contamination for all infant supplies, to say nothing more. All open spaces where infants can be given outings should be kept cleanly and as free from dust as possible.

4. A supply of pure milk for the infant's use must be brought within the reach of the very poorest. While all milk entering within the city limits should be tested for its purity, its freshness, and for the extent of its contamination by bacteria, and all that does not come up to a certain standard should be forbidden to be distributed, yet for very young infants still more is demanded. Not only should all milk given to them be very fresh and pure and obtained from dairies where the most careful sanitary precautions are taken, but in many instances the milk must be modified and rendered suitable to the digestive powers of the individual infant. This demands the establishment of milk depots in the various wards or parishes of the city under the charge of competent nurses, or better still under the superintendence of an enthusiastic physician with competent nurses to assist him.

In such milk depots not only is suitable milk supplied for the infant, but the mother is encouraged, instructed, and as-

sisted to look after the infant herself. At a recent conference on infant mortality in New Haven, Mr. Homer Folks, speaking of the results obtained in the various infant institutions established by philanthropists, insisted that no asylum or infant hospital can do what a loving instructed mother, even although very poor, can accomplish for her young infant. Under the most favorable circumstances it is seldom that more than 50% of the infants in institutions survive their second or third year. Dr. Woods Hutchinson writes: "The best and most paying job that any community can set a mother at is that of raising her own children in health to the highest state of efficiency and intelligence. When the father fails to support his family the state should come in with pecuniary assistance, and either the state or philanthropic associations should show the mother how properly to care for her infant."

Much charitable and philanthropic work has been expended in this city in attempts to effect some improvement along the above lines. Certainly our infant asylums are sufficiently numerous but our death rate continues. As physicians we have discussed in our societies the causes and the means of preventing this excessive infant death rate, but I am afraid our statistics have shown little alteration. For the past fifteen years the Hygiene Committee of the Local Council of Women has instituted health talks for mothers in the various quarters of the city, and some years ago a pure milk league was started by a few physicians with the assistance of a small grant from the city. Under their direction milk depots were established in the more congested wards of the city during the summer months, at which two to three hundred babies received a daily supply of pure and suitably modified milk, and much good was done. Unfortunately the work was dropped for want of effective assistance from the city and from the charitable public of Montreal.

During the past year at the solicitation of a Committee of the Local Council of Women, the city placed the sum of \$4,500 at the disposal of a small committee to undertake the establishment of milk depots in those wards of the city where the conditions were worst and where most good could be done. In all, seven were opened in various French districts and five in the