

THE MOTHER, in practice, is directed to obtain two small soda water bottles. They are strong and can be tightly corked. The rest of the apparatus will be found in every household. A saucepan is to be filled with water sufficient to reach to the neck of the bottle. The bottles are to be thoroughly washed, filled with milk, and placed in the saucepan, which is laid on the range. A cover excludes the air. In about twenty minutes, or as soon as the milk froths up, the bottles are to be tightly corked and laid in a cool place. When the child is to be fed one of the bottles is opened and the amount required poured out. The bottle is to be corked and returned to a cool place. The second bottle is not to be opened until the contents of the first are exhausted. The infant's sanitary surroundings should be carefully enquired into. Mothers should be instructed to keep the child perfectly clean. Soiled linen should be immediately removed. The child should be frequently bathed, and an abundance of fresh air and light afforded.

EXPERIMENT.—On the morning of June 26, 1888, Dr. Northridge says, I obtained a quart of milk from a reliable source and performed the following experiments: Six new two-ounce bottles were very thoroughly washed in hot water. Three bottles were filled with milk and placed in a water bath. In twenty minutes they were removed, quickly corked, and when cool placed in an ice-box. Twenty-four hours afterward one bottle was opened. The milk was found to be perfectly sweet. On the evening of the same day, thirty-three hours after, another bottle was opened. Taste and smell could discover nothing amiss. On June 30th (fourth day) the third bottle was opened. The milk was tested by several persons and declared to be perfectly sweet and good.

THE REMAINING THREE BOTTLES were used as follows: One was filled with milk, placed in a water bath for twenty minutes, removed, and put on ice uncorked. After twenty-four hours the milk was slightly sour to the taste. This represents the common method of boiling milk to prevent souring. It is good as far as it goes, but is inefficient, because milk exposed to air absorbs new impurities and changes start up again. Another bottle was filled, corked, and put on ice without being exposed to the heat of the water bath. Twenty-four hours after the milk was found sour to the taste. In this experiment the changes due to contained fer-

mentative elements went on although the milk was protected from the atmosphere. The sixth bottle was filled with milk and placed on ice uncorked. Twenty-four hours after the milk was decidedly sour. In this the milk was neither sterilized nor protected. The result, the common one, was the worst possible. This plan for preventing milk changes I carried out among a considerable number of sick babies last summer. The sick with diarrhoea received great benefit by this method.

THE ONE GREAT SECRET OF HEALTH is in cleanliness—absolute, everywhere. An old physician, being once appealed to for some general, comprehensive rule for the preservation of health, replied "Keep clean." Cleanliness, from a medical point of view, an exchange says, generally means the absence of noxious germs. The laity generally comprehend in the term freedom from foreign substances, while the psychologist and moralist have reference to the purity of mind and soul. All these combined would form the first principle of good health. Freedom from all filth with reference to the body and its surroundings and freedom from contamination of mind and soul, would make the individual not only free from material pollutions, but would inspire him with a sense of cleanliness and glorify the consciousness of living. There is a meaning in the word "clean" that penetrates beyond things seen and touches the mental and spiritual nature of humanity. "Keep clean" is an admonition carrying with it an inspiration which not only invigorates life but makes it enjoyable and beautiful.

THE CLEANLINESS must include the whole internal structure—the blood and other fluids and all the organs, as well as the bodily surface and its environment. The diet must be regulated, in order that the blood will not be fouled by accumulations of excess. And the skin must be kept in order by means of bathing, exercise and proper clothing, in order that it may throw off the waste of wear and tear. So all the essentials of health tend to promote cleanliness, which should indeed be regarded as a part of godliness.

DOGS AND RABIES.—It is monstrous that mankind are so much exposed as they are to that perhaps most dreaded of all diseases, hydrophobia, contracted only, in practice it