

Milk has been rightly called a perfect food, because it contains almost every element which is required for the nourishment of the various tissues of the body, and more than that, these elements exist in milk in a proportion which is very conducive to proper digestion.

Chemically milk is an emulsion of fat globules, which concentrated, go to make the body of cream and, more concentrated, buttermilk has a slightly alkaline reaction to litmus, and thus is used for the purpose of counteracting the acidity of the stomach.

A variety of sugars is found in milk, the chief are being lactose which is very high in food content. Casein is also found in milk to a great extent, and is a very important food element.

In milk we find many gases. First there is carbonic acid which comes from the air, and is of no important use in the body. Then there is hydrogen sulphide which reacts with substances in the tissues of the body for nourishment. Nitrogen and Oxygen in the free form are also found in milk, and are among the most important constituents. Oxygen by far is the most indispensable element in the body; every tissue has a use for it, and the fact that it exists in milk is alone enough to make milk a valuable food.

Minerals exist in milk in the form of salts and acids largely, although there are a few bases which are present. The most important are phosphoric acid, Hydrochloric acid, soda, lime, potash, magnesia and ferric oxide. The phosphorus in the phosphoric acid is a great food for brain and nerve tissues, while chlorine is one of the main constituents of the digestive juices of the stomach. Potash is of great importance in the bones, and ferric oxide is essential for the blood.

There are certain substances in milk, such as levin, pepton, kreatin, tryron, concerning which very little is definitely known any more than that each is found to serve as a food to some part or another of the body. Albumen is another of these, and is extremely important as a food.

Great care has to be taken with milk to see that all disease germs are kept out of it. In America especially pre-