

GERMS IN THE MILK.

Process of Sterilizing as It May Be Carried on at Home Described by an Authority.

CLEANLINESS THE FIRST POINT.

The Same Cloth or Brush for Washing the Receptacles Must Not Be Used More Than Once.

HOW THE MICROBES MULTIPLY.

A Scientific Discussion of Lung Fever and Colds by Ephraim Cutter, M.D.

[WRITTEN FOR THE DISPATCH.]

The most important element of the domestic sterilization of milk, is the knowledge that it will not be completely sterile. No milk can be really sterilized after it is even an hour old, unless it is steamed twice, on two successive days, and each time subject to intense and prolonged heat.

I have during the past three years, had from hundreds of mothers, communications upon the subject of sterilizing milk, and have myself experimented every day for one whole year, to ascertain how thoroughly, and under what conditions milk could be sterilized at home. As a result, I have never found anyone who could perfectly sterilize city milk in an ordinary kitchen, so that it would keep. I have used every apparatus in the market, tried all grades of milk, and experimental sterilizing devices of every kind, and never could at home produce sterilized milk, that would uniformly keep any number of weeks. It is frequently, and quite irrelevantly, urged that it is not necessary to keep milk for long periods, since one can easily prepare a fresh supply every day. I do not sterilize milk to test if it will keep, but keep milk to test if it is sterile. Really sterile milk will keep unchanged for years.

Milk Sterile Only in Name. The fact that one cannot produce perfectly sterilized milk at home, is not an argument against the domestic preparation, but it is in reality the strongest of all pleas for a careful steaming of all the milk that is to be used in the family. If the germs are so difficult to destroy, so active and prolific, then the greater the necessity for killing as many as possible, before introducing them into the digestive system of man or child. I have known cases where mothers, who had lost children from intestinal troubles, reassured themselves by saying, "I felt absolutely confident that all would be well with my child, because I used sterilized milk." Inquiry often develops the fact that the milk was prepared by a domestic method, and that the mother had paid little attention to the degree or duration of heating; or that the quality and age of the milk was unknown, or the temperature at which the milk was heated, a varying quantity. The milk was sterile only in name, but the mere name had lulled the mother into a false security, and tempted her to neglect other and more important precautions.

With this qualification in mind, we may with clear conscience proceed to discuss the best methods of home sterilization. First, the age of the milk must receive careful consideration. Every hour the milk remains exposed to the atmosphere, or is shaken by the digestive system of man or child, deteriorates, and the bacteria in it multiply in the milk almost as soon as it leaves the cow's udder, multiply in geometrical ratio. The common milk bacillus, found in all stables, and consequently in all milk, multiplies so rapidly that at the end of 24 hours its descendants number 10,000,000,000.

Get All the Fat in Four Days.

These germs live upon the milk, and the microscope demonstrates that under their operations the fat globules, or cream, gradually disappear, few or none remaining after the fourth day. Why the process of sterilized milk no change is visible, even with the microscope, except a tendency of the fat globules to coalesce, a process popularly known as condensation of the cream. Therefore, in fresh milk, only a few microbes and many fat globules; in old milk many microbes and few fat globules.

Second, the quality of the milk is to be considered. Cow's milk differs from milk in that it contains more cheesy matter and less of the necessary fat. To restore the natural proportions we need to use milk richest in cream, as the Jersey or Guernsey. It is sometimes asserted that these breeds are less desirable than common cows. They are occasionally inferior in vigor, and are more susceptible of tuberculosis. No statistics have, however, ever been given to support this statement, and none can be produced, even in answer to the

GO TO BED FOR A COLD.

It Rests the Body and Gives It Strength to Fight Disease.—The Animals That Are Responsible for Grip.—Dr. Ephraim Cutter's Ideas of Treatment.

[WRITTEN FOR THE DISPATCH.]

You can stop a fire at first, when you cannot easily after it is in full blaze. Inflammation of the lungs means lungs on fire. If a young person keeps in bed for a day or two when they "take cold," much less number would die from lung fever and bronchitis.

In bed the body is free from the environment of germs and clothing. Remember that in colds there are impediments to the circulation in the air passages, and that that produces congestion, hence it is a good plan to have no body fittings that make circulation still more difficult and cause still more congestion. Again, in bed the body is at one uniform temperature. Erect head may be warm and the feet cold. I have observed a difference of 160 F. between the temperature of the floor and a common mantelpiece in a sick room. This is enough to keep up local congestion or to prevent its natural dispersion in a body which is already congested. In the horizontal position the heart has to work in forcing the blood to remote parts of the body and back again than in the erect position. This is a great relief and explains, for one thing, why a first rest in bed, the stomach may rest, but the heart never rests or rests only between the beats. There is a difference between a heart beating 120 times a minute, and a heart beating 60 times a minute, but a supine.

A Warm Skin Is Good Armor. And, still again, the skin is kept warm in bed, and you can't get cold with a warm skin. Remember that in colds the blood vessels contract and drive the blood to too great a quantity into some weak inside organ, as lungs in pneumonia. If the skin can't coax back the blood that belongs to itself then the congestion of the lungs may be relieved, provided there has been no pouring out of the blood elements into the tissues of the lungs, the condition in colds is not effusion. This is the philosophy of the use of mustard plasters, hot baths, taking a sweat, or inhaling ether, to relieve internal congestion by drawing the blood outside and to extremities.

When the cold is fresh, on going to bed it disappears magically. The superficial congestion is relieved and the mass meeting of the corpuscles is broken up and dispersed.

The usual diet should be kept up in bed. Gruels are not so good as beefsteak or eggs, or boiled milk, or indeed any kind of animal food. I know the popular idea is that animal food furthers congestion, but that never was a greater mistake. I speak advisedly.

Health Proof Against Lung Fever.

A perfectly healthy person will not take lung fever. That is to say, when the blood

THE TABLE, THE BODOR, HOME DECORATIONS AND FURNITURE.

IT IS THE AGE OF GUSH.

Silly Sentimentalism Among Modern Writers—Women Not the Only Offenders—A Shattered Ideal From Washington—Advice to Practical Housekeepers and Wives.

[WRITTEN FOR THE DISPATCH.]

There is getting to be a wonderful amount of namby-pamby in the world of books and manners. Somebody says that this has become vastly more prominent since so many women became writers. That there is some truth in this cannot be denied. Still, what is "weakly sentimental and affectedly sweet" is not confined to them alone. Witness the "alush" sent from the correspondents in Washington who are mainly men. Read the stuff they write as to the beauty, the talents, the sweetness, the angelic manners of the wives and daughters of distinguished men. Such women as described never existed. They couldn't exist, because, as represented, they are not made of human stuff. Such daughters of the gods, as portrayed, are travesties upon good women. They are simply bedizened with fine words and flattering phrases. They are covered with taffy and smeared with sugar. They are the most ridiculous thing that can be made possible angels or impossible hypocrites. If the prominent women were anything like the descriptions given of them by the pen-writers, they would be like the "poor little things" of the "Sanchi" Islanders who would doubtless be much happier in their native sphere without them.

Another phase of the weakly sentimental order comes up regularly in directions to wear white in the morning, and the children should appear at the breakfast table neatly attired, fresh and beautiful. A very good rule, but one that is not always followed. The directions to wear white in the morning of a woman who does her own work would have to get up to nearly array herself in white, and then to change into a dress three or four children, get the breakfast ready and the house in order, that her husband may be pleased? And the majority of women do their own work.

Non-sensical Advice for Women.

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Case in Point.

Some years ago a woman whose husband was in great prominence at the time was one of the stock of the "Sanchi" Islanders. To the 60,000,000 of people in the United States she was described as a beauty of the type of Juno. Her dark brown hair, with glints of gold, shined like a crown. Her eyes were blue, and her nose and mouth were of rare intelligence. Her eyes beamed with sweetness and benevolence, and the rich, ripe lips spoke none but the kindest words, and gave utterance to none but sentiments of the noblest and truest. Her figure was "statuesque and stately"; she had "regal shoulders" and "lovely rounded arms"; that, judging by the glowing descriptions given of her, she was a woman of rare intelligence. Her eyes beamed with sweetness and benevolence, and the rich, ripe lips spoke none but the kindest words, and gave utterance to none but sentiments of the noblest and truest. Her figure was "statuesque and stately"; she had "regal shoulders" and "lovely rounded arms"; that, judging by the glowing descriptions given of her, she was a woman of rare intelligence.

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Animals Responsible for the Grip.

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Details of the Process.

The water that is put into the sterilizer must be of the highest quality. It should be distilled, or there is danger that the bottles will break. The bottles are to be filled only to within an inch of the top, in order to leave room for the milk to expand under the heat. The slotted or perforated corks, whichever are used, should be put into the bottles before they are placed in the sterilizer. The apparatus should be placed over a gentle fire, and allowed to remain about 30 minutes, at the end of that time the slotted corks may be pushed firm. It is down into the mouth of the bacteria, the peritrophic corks should have the glass point perforated into the opening, after which the sterilizer may be closed again for the final bottling. Forty minutes additional heating, for an hour in all, will give a fair average for milk in a tolerably good condition.

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