## DAIRY PEOPLE UNDER HOT FIRE

WOMAN'S CLUB MAKING AN IN-SPECTION OF MILK SUPPLY.

Eleven Dairies Visited-Awful Conditon Noted in Some Cases-Filthy and Utensils-Prolific of Disease-Dr. Helmer Reports of Committee on Inspec-

economic section of the Green Ridge Weman's club held a regular meeting yesterday which was largely attended. Mrs. R. E. Hurley presided, is just possible that few present drank milk at their evening meal. The sights seen by the committee in a recent inspection tour were not of a character to promote a craving for milk in its natural state and as Mrs. Rorer declares it to be almost indigestible when boiled it offered small advantages as a portion of the menu

for last night at least. The main feature of the programme was the excellent paper by Dr. Helmer. This was followed by a report of the committee on dairy inspection, in which it was stated that eleven dairies had been visited and while ome were in a condition which left little cause for criticism, others were unspeakably unclean in methods. The following details were submitted in one report:

The milk in the majority of cases was shipped from farms near Nichol-son, Clark's Green, Chinchilla, etc. This milk was either dipped to cus-tomers or peddled from wagons. If "dipped," the dipping was done in store or house, as the case might be. At one "depot" furnishing, the com-

at one depot furnishing, the committee is glad to say, only forty quarts, the can, not tightly covered, stood in a vegetable cellar twelve feet square, with no ray of light, the odor of which compelled hasty exit.

A second depot furnished a vast amount of material for inspection. Bottling was done by hand. The cans and bottles were washed in a kitchen which was the living room of the fam-ily. The odor signified clearly that the one window in this kitchen, dinroom, nursery, bottle wash-had never been opened, proprietor earnestly denied scalding the brush, which 20 cents; also remarked that he kept his cans uncovered because milk would spoil otherwise. There was no ice. A third kept his cans of milk in the yard and peddled from a wagon. Five dairies visited gave the following results: First kept no tce, washed bot-tles with "Gold Dust." bottling room not clean; kerosene oli cans about; had used preservatives. Third showed nothing worthy of criticism. Bottles and cans clean; scalding rags clean; shop also. Fourth, supply depot, ice plentiful and cans kept in running water; commendable. Fifth, branch to

DESCRIPTION OF OTHER DAIRIES. Another report of a different district

In the first place visited the milk house was clean and quite satisfactory, but the large barn, where thirty-four head of cattle were kept, was decidedly dirty, with a foul odor, show-ing that it had not been cleaned for

where large quanties of milk are re-ceived from the country. Here every country, because the environment is less thing was quit clean except it might have been suggested that the water 'n the tanks for cooling milk should be hanged oftener, and no ice was kep was necessary during such warm weather as prevailed last week milk dealer merely rinses his cans and leaves the washing for the farmer to do some thirty-six h so later. How it is completed will have to be imagined.

The dirtiest place visited was one where the stable is about as fifthy inside and out as the imagination can make it. Dark and with no ventilation we held our breath until we could get into the fresh air. Here six dirty, scrawny rows are kept with a plentiful supply of sour mash from the brew-ery. Coming out of the stable our eyes were met with a placard of diphtheria upon the house across the alley The owner took us into the kitchen, which is also the liv-lng room, where he cares for and keeps his milk. The room is small and decidedly odorous. Here, too, we un-derwent the suspension of respiration as much as possible. The surround-ings are composed of compactly built athy outhouses. It is not a wonder that there is not a wider spread of disease where said disease is sold for from 5 to 8 cents a quart. Let every housekeeper make it her business to inspect personally the source of her

In report of another district visited the cleansing of bottles and cans was described as most undesirable. proprietor disclaimed any accusation of ever having washed either cans or bottles, even in hot weather, "For." explained he, ingeniously if not very lucidly to the committee, "I don't want to be to blame for anything that happens, so I don't wash them at all, then I am not responsible at all, whatever,' with which remarkable logic his listeners had to be content.

The street car committee reported that Manager Silliman expressed himself as favoring the fumigation of cars.

Dr. Helmer's interesting paper in full

THE STANDARD OF OUR CITY'S MILK SUPPLY.

In a paper which I recently had the honor of reading before this organiza-tion, standard milk was defined as possessing three distinct qualities: First, It must maintain a constant standard of nutritive value of known chemical composition. Second, it must be free from specific micro-organisms that desseminated, through its medium may cause infectious and contagious diseases. Third, it must be capable of resisting fermentation, at least a few days, without the use of preserva-

Judged from this point of view, how much of the milk dally and annually consumed in this city is a standard nilk? One class of consumers reply we are not particularly interested in milk inspection, because we have milk from our own cow or herd. We know what food and drink are given, the condition of the surroundings, the

is handled, and we know when our cow is sick or well. cow is sick or wen.

That people so fortunately situated in this respect are exempt from some degree of danger we do not doubt. They know the milk has not been watered or skimmed, that it contains no chemicals, it is fresh milk and because the attendant is supposed to take proper care of both cow and milk. These conditions are regarded as sufficient to guarantee a

pure and wholesome milk supply. Some families procure their supply from neighbors who may have a fine cow and mus to spare. The amount of milk purchased under these conditions, or from people owning a small

herd, is considerable. Milk produced in the city by cows of friends or neigh-bors is especially regarded as excel-lent for the boy, because it is the milk of one cow, in 1894 the assessors' books showed about 600 cows in this city. Today probably twice that num-ber would be a fair estimate. These ows furnish milk not only to the fam-

vicinity. To families having their own milk supply, not particularly interested in milk inspection we would say you must be qualified to judge milk from a scientific basis. The study of milk from a sanitary point of view is both fascinating and profitable, since there Reads a Paper Filled with Valu-able Information and Suggestions. tunately, today those facts are little understood, and the importance of them not sufficiently realized by the

najority of the people. For the good of every family in this city the cows, private or otherwise, whether located in the city or country, should be inspected, where it has not already been done. Such an inspection should be made at least once a year. It would determine freedom from a number of chronic diseases and all-ments common to cows, some of which the animal may be afflicted with per-haps a long time without showing any symptoms.

Again, people in the city should as-ertain the compatability of the surroundings of the cattle with a pure milk supply. They should know the value of foods and dietaries in referto the health and diseases of cat How to properly care for the mill rom the time it is drawn from the idder until used.

Milk produced for sale in the central parts of the city and under certain existing conditions is comparatively unfit for use. The more densely populated a city the less are the chances that milk produced in it for distribu-tion is wholesome. Naturally, milk from the country is better as measured by our standard than that produced in the city. In the latter there is not room enough for cows. In many instances a number of animals are kept in a space not large enough for one cow. It is impossible to keep the stable clean and sufficiently well ven-tilated and full of light. The cows are liable not to receive proper exercise and in their wanderings in the open spaces of the city will drink contaminated water and pick up unwholesom food, often poisonous food, their sickness and death. In the city animals are subject to many existing influences which have a detrimental effect upon the milk produced.

PLANTS REQUIRE LIGHT.

You have observed how intimately life is associated with its environment, Remove any element from the natural environment of a living organism and it at once begins to act unfavorably upon that body. In the cellar the pogreen. It must have the sun. plants require light to develop into healthy, vigorous conditions. What house-wife who adorns her home with plants has not learned the difference setween the vitalizing power of the morning compared with the afternoon sun. It is equally so with all forms of life. A a canary bird living on the western exposure will not be as healthy, will not sing as much or as sweetand may pine away and die, where in the vigorous sun light of the eastern exposure it would have been a heal-thy, happy bird. Weakness exists just in proportion to the degree of shadow. A cow housed most of the twenty-four hours in a small, dark place without sufficient exercise, air or light is less vigorous and correspondingly below par in every organ and function. The milk produced by such a cow will lack vital force. It is oor food, and expensive, and the in-ocent babe reared upon it is robbed of nourishment at a period of life when ome time.

The next place inspected was a deport bestowed. In the city the death rate suited to the natural requirements of these animals. In the city we find all the diseases and others that afflict cows in the country. Rheumatism and digestive disorders especially predom-inate. Consumption always exists. Some of the worst cases in which the disease may affect every organ in the body, and no less the udder, have been found in my practice. Frequently the milk of the diseased animals is sold; people do not seem to realize that such milk is unfit for food. Some people are not quick to discern sickness in a cow

The food inspector may apprehend carcass of meat about to be sold. saturate it with kerosene and order it to be destroyed; but what became of the milk produced by that emaciated creature whose meat is now unfit for consumption? Who destroyed that milk? Who consumed it? Babes speaking from the grave might truly say, in a country where learning is so easily achieved "I died from ignorance, carelessness and neglect." Why teach so much in our schools people can live happily without knowing, and negle the study of subjects that furnish knowledge necessary to sustain and complete the fullness of life.

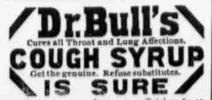
INSPECTION OF MILK.

In this city we have a form of milk inspection that contemplates the dis-covery of two things. One is whether any of the fat has been removed, another, if any water has been added to the milk. It is good as far as it goes. But did it ever occur to you that milk produced in the city and carried out for sale in little palls is not even subject to this form of inspection? It is impossible for one man, no matter how faithful he may be, to inspect as often as necessary all the milk that is sold in the city through dairy companies and the hosts of milk dealers that enter the city from four points of the compass; to say nothing of that sold as above stated. But milk insp-tion does not cover his duties. must as food inspector, attend to vege tables, fish, meats and all kinds of

food.

The food inspector is engaged in a work of great consequence to the health of the community. His work is preventative of disease. It saves life. It fosters health. It gives security to the pleasure of eating. It is a work, the practical importance of which is second to none down by any which is second to none done by any member of our community. But since this work is so important why is it not more thoroughly done than on-man can do? If the milk you consume is inspected and fulfills the first principle of our standard, viz: that it must maintain a constant standard of nutrition of known definite chemical com-position, why is it not at least equally important that it should be broin -1 from healthy cows fed on proper food, given pure water and kept in hygienic surroundings with cleanliness attending every step of the process of its production, in order that the other two conditions may be fulfilled, vic. that the milk must be free from specific micro-organisms that desseminated through its medium produce contag-lous and infectious diseases, and that it is of such a quality as to preserve itself at least a few days without the

use of drugs or chemicals. Why is it not as necessary that it should be clean and free from dire. which may be so frequently found in milk has not been properly strained



or filtered? Why should it be allowed o carry the germs of contagious and nactious diseases, such as typhoil ever, scarlet fever, anthrax, tuberculosis and diphtheria? Why should it carry poisonous ptomains, especially in the summer time, that kill more babes than all other diseases com-

Dr. M. P. Ravenal, bacteriologist at the University of Pennsylvania, in Philadelphia, who has had great experience with the bacteriological side of milk, asserts that a sample of the ordinary city milk is an pregnant with microbes as samples of city sewage that have been brought to him for ex-

amination.

Estimates have been made in a few other American cities. The number of bacteria in the milk in different cities varies widely. In the city of Boston in the spring it was found to have an average of about 2,300,000 per cubic centimeter. A cubic centimeter is about fifteen drops. The number of bacteria varied from 30,500 to 4,500,000. Milk should not contain more than 10,500,000. 000 microbes per cubic centimiter. When it exceeds this number it is correspondingly dirty milk. The number found in the mik of a number of milk men from Middleton, Conn., varied from 11,000 to 390.6.5 per cubic centimeter. Russell found 35,000 to 275,009 in April and =0,000 to 2,000,000 per cu-

bic centimeter during May and June in the city of Madison, Wisconsin. To show what may be done to diminish the number of bacteria per cubic centimiter in milk through the use of systematic cleanliness and clean sur-roundings I will read you a report for one week of the number of micro-organisms found per cubic centimeter daily during the week beginning Saturday, Jan. 6th and closing Friday, Jan. 12, 1900;

Saturday, Jan. 6 ...... 2,650. Sunday, Jan. 7 ...... 3.250. Monday, Jan. 8 ...... 1,625. 

fresh cows milk, which had not been either pasteurilized or sterilized. The examination was conducted at the Pepper Laboratory of Clenical Medicine, of the University of Pennsylvania. The number of bacteria found varies according to the surroundings of the cows, the way they are prepared for it

and are milked, also upon the utensils, their cleanliness, the cleanliness of the attendants and the way the milk is handled and shipped.

To my knowledge examinations for bacteria in ordinary milk in Scranton have never been made. Like the majority of American cities we do not have a bacteriologist, whose duty it would be to study such questions and render a report on the sanitary condi-tion of the dairy from which this milk

came, without having seen the dairy.

SUBJECT OF SANITATION. A competent inspection of the fountain-head of our city's milk supply, that is, the dairy, would result beneficially. It would cause the subject of dairy sanitation to be carefully studied. The State Live Stock Sanitary Board of this state and the Bureau of Animal Industry of the United States issue bulletins to the farmers on this and kindred subjects. No doubt great good results from this source of reading, but such reading is more incidental than systematic, because there is no incenive to reading and to the practicing of new ideas, except for curiosity.

In cities, producers of milk for sale as a rule read little or nothing. If they would they are not so apt to receive it from the government, as the farmer is, because the latter is the owner of the dairy and the recognized source of the milk supply.

Milk inspection at the dairy would

have the effect of stimulating inquiry as well as systematic study of the milk question; and the dessemination of knowledge which must result in the right production and proper handling of milk, which is the key to a pure and wholesome milk supply.

A milk inspector at the beginning of his work would find some cows crowd-ed in dark stables, too small for the number of animals herded together. The walls and ceilings covered with dirt, dust and cob-webs, the accumulation of years. There might be no drainage. Cattle, especially on wet days, found standing above their ankles in mud and manure. Their bodies plastered with manure and dirt. especially in the winter time. Not only cows, but other animals, horses, sheep. swine and poultry might also be found in the same apartment. The milk cans might be allowed to stand, with covers off, in a tub of water in the same room with the cows, absorbing gases, mirobes and oders without having itself been properly aerated. In some cases the milk is kept in cellars, where it is surrounded with various vegetables, decaying and otherwise, various kinds of meats, and everything that may be

found in some people's cellars. The successful milk inspector would practically start a school, for in places where milk inspection is not in vogue few people understand how to handle this most susceptible article of diet To implant new ideas while weeding out old ones, to inculcate cleanliness, to teach the relation of many species hacteria to milk would be some

good resulting from his labors. He would inspect every cow, the character of the food, and the water, the stable, as to its area, the number of cubic feet of area space, the ven-tilation, drainage, the location and character of the milk house, the health and habits of those who handle the milk, the feeding, the bedding and cleaning of the cows, the manner of milking, straining and cooling the milk. He would examine and inspect each cow in the herd. Animals with tuberculosis would be condemned, also those having cancers on the jaw or neck, enlargement of the udder, or any other physical condition which would contaminate the milk. He would pass no cow with any injury, disease or lameness. He would require the walls and ceilings to be frequently swept and to be cleaned before milking. The cow to be cleaned around the flanks and thigh as well as on the udder, in order to prevent dust and dirt from falling into the milk. These parts should be wiped off with a clean, damp cloth. Wetting the fingers while milking is The milker should wash his hands before beginning and should put on a large clean apron or a suit of out-er garments used at no other time. The attendant upon a sick child or person having any contagious or infectious disease should neither milk nor have anything to do with the cows during the time the disease is at its height. If it is typhoid fever great care should be exercised about the water in cleansing the milk utensils. If it is an infectious disease, like scarlet fever and diphtheria, everything should be done at the milk house, and no one exposed to the disease should handle the milk, or have anything to do with

FATS AND SOLIDS

What matters it if the specific grav-ity of milk is right, shows the proper amount of butter fats and total solids. if it also contains dust and dirt from a filthy barn particles of excrementitious matter from the caw, as well as the germs of a loathsome and, perhaps, fatal disease.

The production of milk as an article of human food may well be given the first place of importance in the category of foods. In a pure state milk is a perfect food. It contains all the oximate principles to support human e. It will sustain life longer than by other kind of food taken alone. any other kind of food taken alone. The child begins to grow upon milk sanitary s and much of its future health and strength depends upon the quality from a chemico-physiological and patho-bacteriological point of view. Aside from the child, milk is consumed prevented.

by the adult. The invalid may sub-sist upon it. It has been estimated that the annual milk supply of the United States is nearly six billion gal-lons. In Greater New York about 750. 000 quarts are consumed daily. If the inhabitants of this city consumed one half a pint a day on an average, which is only a fair estimate, the total amount consumed daily would aggre-

gate 6,250 cuarts. While so much money is spent upon other projects, which, no doubt, are useful and necessary, amounting to thousands and even millions of dollars, how much is expended by our city per year to secure a pure and wholesome milk supply? What does it accomplish in the way of protection to its principal article of food, and upon which the life of many of the younger members of the community al-most entirely depend?

Is not our standard of milk just what it happens to be? What the producers make it, according to their knowledge and habits in its produc-tion? Do our people sufficiently un-derstand the value of pure milk? If the standard of milk is not what it should be, is it not largely the people's fault? one thing is certain. Milk is too cheap. Competition has reduced too cheap. Competition has reduced the price, making it difficult to pro-duce the articles with any profit, and poorer and cheaper foods will be fed The lower the price the poorer and cheaper foods will be fed the cows, the greater the tendency to water and skim the milk and also to preserve it, not by care in its production, but by the abundant use of chemicals. There is nothing worse than cheap milk. Again many a farmer is blamed for deliver ing impure milk when the ignorant and careless servant or house-wife is entirely at fault. Want of knowledge of lack of appreciation as to the importance of absolute cleanliness in the care of milk, not ony when ready for sale, but after delivery, as well, is one of the greatest, though, perhaps, least realized difficulties that health authorities will have to contend 875. | against

ARTIFICIAL SUBSTITUTES.

The farmer should recognize the fact that arming the health officers of the authority to satisfy themselves that the herd which produced the milk is free from disease and that the milk it-self in the process of production and delivery is free from dangerous con-tamination, is to accomplish more for the permanent and increasing prosperity of dairy farming than is possible in any other way. He must know that the market is full with every description of artificial food for infants and invalids, some of which have proven themselves to be fair substitutes for cow's milk, especially when the latter is poor or has been carelessly handled. Most experienced physicians and many intelligent laymen know that a good artificial substitute is far preferable. Then, again is the ever constant anxiety that the milk may be intested. One removes the property of the content of infected. Once remove permanently these well grounded objections to a milk supply and the demand must con-siderably and permanently increase. Therefore, we say to the farmer, you have a strong motive to join with the health authorities in their attempts to secure legislation to protect the milk supply from infection, adulteration and other impurities, whiher in its production or in its distribution and sale. You thereby are sure to protect and permanently improve your present in-terests and at the same time deserva-the name of public benefactors.

In intimate connection with this subject of the city's milk supply are vital statistics of the United States, exhibiting the number of deaths reported from each of four diseases in persons under 5 years of age and is each year under 5 years.

U 1 1-2 2-2 3-44-5 Total Infantum , 20263 5690 1139 281 124 27397 sions ......11571 2003 796 277 417 15020 Diarrhoea .16003 7023 2832 1236 236 236 Diarrhoea .16093 7023 2832 1236 236 Debility and Inanition .....

Dr. Henry Baker, secretary of the state board of Michigan, comments upon these statistics as follows: My belief is that all the principal causes of infantile mortality are mostly results of ignorance-ignorance of practical application of bacteriology and mycology to every day affairs particularly to food, water and food materials, on which human existence depends; ignorance of the effects of exposure of that sort of knowledge which Herbert Spencer characterized as of "most worth"-knowledge which tends directly to preserve life; knowledge which it should be the function of the public school system to make

people is the supreme law.

Taking up the causes of infantile mortality somewhat in order of theh

paramount; because the life of the

Importance: Convulsions. One of the causes of greatest infant mortality is reported as "convulsions." Some of these are undoubtedly due to primary disease of the brain or nervous system; but it seems to be generally believed, by those who have investigated the ject, that the greater part of deaths thus reported are really due to diarrhocal and other disease of the digestive tract. This is especially true of those who die of convulsions in or following hot weather.

Infant mortality from convulsions is therefore, mostly due to ignorance of mothers, and others who care for infants, concerning the proper food for infants, and the proper guarding of that food from changes due to fer-ments, especially in hot weather. Cholera Infantum: No one suppo that cholera infantum is wilfully caused by mothers or persons who

have infants in charge, yet in some dren born die of that disease. results from causes which are pre-ventable is shown by several facts First, among the higher classes of per-ple the mortality is very much loss than among the less intelligent and and cellings to be frequently swept and less provident. Second, infants who white-washed, the floors and gutiers are nourished wholly by mother's milk are almost wholly exempt from choicea infantum. Third, the disease, is undoubtedly caused by changes in the infant's food or drink, due to bacteria, fungi, or some sort of micro-organ-isms. On this subject much has been learned by Professor Vaughan here in this laboratory; and if the mothers and those who have the responsibility of caring for the children in Michigan could all have a course of study in this laboratory, cholera infantum and most of the important disease of incents as is now permitted.

DUE TO IGNORANCE. Diarrhoea: What is true of cholera

infantum is, in great part, true of diarrhoea. Either the poisons generated by the micro-organisms are not so concentrated, not so convulsive in their effects, or in some other way differ from those in cholera infantum. But this great cause of infant mortality is largely due to ignorance and carelessness on the part of those who have care of the children. The remedy is education in such branches of sanitary science as bacteriology and mycology, especially such education of the girls. who are to be the mothers of the next generation. To the girls at this university the use of this laboratory of hygiene should be in great part devoted, because of the very great importance of the subject to the life of he people, one State Agricultural college has voted to admit girls, and to have a department of domestic science. Let us hope that domestic science will include several branches of sanitary study, as for instance, bac-teriology, mycology, sanitary climat-ology and the modes by which the most dangerous diseases are spread, and how they may be restricted and

In October, 1894, the reader presenta paper before a farmers' institute that section have had the herds tested with tubecculin. The result was that while in some herds no tuberculesis was found in others as high as from 25 to 75 per cent. of this disease existed. The Test III herd was particled. The Test III tube tubercules in the result was that while in some herds no tubercules was found in others as high as from 25 to 75 per cent. of this disease existing the result was the result was that while in some herds no tubercules in the result interested and anxious about the result was that while in some herds no tubercules in the result in that section of our milk supply. Many city cows have been tested for tuberculosis to wone and the supply. Many city cows have been tested for tuberculosis, owned and while supply. Many city cows have been tested for tuberculosis on the supply. Many city cows have been tested for tuberculosis, owned and kept by families for their private use only. These inspections have been tested for tuberculosis, owned and kept by families for their private use only. These inspections have been tested for tuberculosis, owned and kept by families for their private use only. These inspections have been mide supply. Many city cows have been tested for tuberculosis, owned and kept by families for their private use only. These inspections have been mide supply. Along the supply of the supply was a supply of the supply of t gnerificed. The disease was found in every degree of development from in-cipiency to the broken nown victim of generalized tuberculosis. Only last Some herds are free from the of generalized tuberculosis. Only last Some herds are free from the spring we tested six hundred head in others contain one or two cases and spring we tested six hundred head in others contain one or two cases and spring we tested six hundred head in others contain one or two cases and spring we be supported by the same of the discussion of the contain one or two cases and spring we be supported by the same of the discussion of the contain one or two cases and spring we be supported by the same of the discussion of the contain one or two cases and spring we be supported by the same of the contain one or two cases and spring we be supported by the same of the contain one or two cases and spring we be supported by the same of the contain one or two cases and spring we be supported by the same of the contain one or two cases and spring we be supported by the same of the contain one or two cases and spring we be supported by the same of the same of the contain one or two cases and spring we be supported by the same of the contain one or two cases and spring we have a supported by the same of the contain of the the Chinchilla and Abington districts, and the test was wholly confined to cove producing milk for the Scranton ons of furnishing as pure milk as pos-Sanitary Board assumed the responsi-bility of the number of cattle deshillary of the number of cattle de-stroyed. In this test we found about 3 per cent, diseased. In each case a complete record was made of the con-dition of the herd and of the surroundings from a sanitary point of view, Hlarks for this purpose were furnished by the state board. Owners of herds, herds tested were required to sign a contract that they would disinfect the premises and observe the rules of the poard to prevent the re-introduction

The inspection included examination for every other disease and a certifi-cate of health was presented to each owner, stating the results of the examination. In addition to this the Scranton Dairy company officials visited the premises of the producer and inspected the prevailing method of feeding and caring for the stock and the milk. A set of fifty dairy rules ob-tained from the dairy department of the Bureau of Animal Industry was tacked up in each stable to guide and instruct the producer in the manner

of perfecting the milk.

It was an education upon all points to owners of these excellent herds. Said owners I found to be an intelligent, progressive and well-to-do class of people. We became convinced that if the city would do its part such people would not lack in doing all in their would not lack in doing all in their

power to furnish pure and whole in Dation, entitled "Tuberculosis with what work we have done beside with "I may say the subject was what has been accomplished by son veterinarians, tuberculosis is cally eradicated in that section

Human Match Factory.

The body of the average man contains phosphorus sufficient to make

483,840 matches, enough to fill about 6,000 boxes, allowing eighty matches to the box. Phosphorus is one of fourteen elements entering into

the composition of the body. It is divided among the bones, flesh,

nervous system, and other organs. Without phosphorus the brain would

be weak, the body feeble, and the bones would disintegrate, leaving man

a squidgy invertebrate squirming in the dust. The perfect health of the

human body requires a perfect balance of the constituent elements of

which it is composed. The carbon, iron, lime, sulphur, sodium, etc.,

must all be replaced as they are used up in human energy. Take all the

iron from the blood and the circulation stops. That's death. Change the

proper proportion of these substances to each other, destroy their natural

Where do these essential elements of vital force come from? From the

food we eat. How are they extracted and distributed to the several or-

gans they sustain? They are extracted and distributed by the stomach

and other organs of digestion and nutrition. What happens when the

stomach is "weak?" The food is only partly digested and assimulated.

And then what? Then the balance of health is destroyed and there's

blood "trouble," nerve "trouble," lung "trouble," heart "trouble" or some

other "trouble" with the vital organs of the body. Pain is the hunger

gans of digestion and nutrition into a condition of sound health. That is

just the secret of the many marvelous cures effected by this remedy.

and nutrition prepare and distribute the food.

neither opium, cocaine nor any other narcotic.

UNTOLD AGONY.

of the heart, dyspepsia and indigestion. I suffered untold agony in both mind and

cloudy so that I would not care to see

"It is with a glad heart that I write

just what is done by Dr. Pierce's Golden Medical Discovery and that is

No medicine can make fat or flesh. Food alone can make them. Only the stomach and its allied organs can extract from the food the elements

that make flesh and fat and sustain life. "Nerve foods," "blood making"

medicines, are mere fads and fallacies. The nerves are fed, the blood is

made by food, not by medicine. The stomach and organs of digestion

Dr. Pierce's Golden Medical Discovery is not a cure-all. It does one

thing. It cures diseases of the stomach and organs of digestion and nu.

trition. The rest Nature does. Nature feeds the nerves, enriches the

blood, heals the lungs and restores the failing vital powers, "Golden

Medical Discovery" only removes the obstructions disease has put in

There is no alcohol in "Golden Medical Discovery" and it contains

you a testimonial such as few can write with the clear conscience that I do," says Wheatfield, Jasper Co., Ind., "and could not sleep, nor eat but very little, and then it would cause me great distress. I tried ago I was taken with what our best physicians called noveling and only report of several doctors but got no relief. Was several doctors by private and only report of the private of the

ago I was taken with what our best physicians called neuralgia and enlargement of the heart, dyspepsia and indigestion, which I did, and in a few days I received

I suffered untold agony in both mind and body, and at times my mind would become Medical Discovery' and also his 'Pleasant

food, and I would have to leave the table.

Last fall I spent about \$25.00 with our doctor but grew worse all the time. At life, and feel that life is worth living

last, when I was about to give up in despair, a friend advised me to write to Dr. "Last winter I took a severe cold which

Pierce. I did so, and he advised me to resulted in pleurisy. Tongue cannot tell

take his 'Golden Medical Discovery' and what I suffered. For two nights and two 'Fayorite Prescription.' I bought one days I could not move without it nearly

'Favorite Prescription.' I bought one will of his killed me. I told my husband I could not 'Pleasant Pellets,' and began using as endure another night of suffering. The directed. In a few days I could tell I was weather was so cold and stormy that it

getting better. I have taken four bottles was almost too bad for anyone to go six

each of the 'Golden Medical Discovery' miles to town, but he went, and got a and 'Favorite Prescription' and two vials of 'Pleasant Pellets,' and I am a well Weed, which gave me instant relief. I

woman to-day. Can eat anything and work hard all day in the field or house, or anywhere else, and can sleep as sweetly a bottle of the 'Smart-Weed' in the house

as a baby. Many thanks to you for your all the time. I cannot thank Dr. Plerce

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anybody. I would sit down to the table to eat, and eat a few mouthfuls, but my stomach would not retain any kind of Discovery' and two vials of the '

LIFE WORTH LIVING.

"I was a sufferer from torpid liver for

Pellets.' After I had taken only half a

took three bottles of the 'Golden Medical Discovery' and two vials of the 'Pellets,'

enough for what he has done for me."

What then is the logical first step to health? Put the stomach and or-

balance in the body, and you destroy the balance of health.

cry of the starved organs.

Nature's way.

In conclusion, tuberculosis among our city cows and in country herds that supply milk to the city very high. But it only 3 per cent, elets among only 5,000 cows and thumber that produce milk for this ci is larger, it would mean one hundrand fifty diseased cows from tube culosis alone, furnish milk for con-sumption in the city of Scranton. But cows have other chronic allments and diseases. They are also vic-tims of a number of acute maladies.

Scarcely a herd exists that does not contain a milk producing cow that is affected in one way or another. Occaanacted in one way or another glonally a herd is a hot bed of disease.

Again, typhoid fever bacilla have been found in milk. Hart report fifty epidemics of typhoid fever, with 2,500 cases, and Dr. Fruman, of New York. pidemics of typhoid fever, with 5,500 piy of our city be the same.

Laws protecting consumers against collected records of fifty-three epidemics, with 3,226 cases. In all of these cases the typhoid bacilla were cases. But is sufficient help provided. distributed by milk infected with that germ. Diphtheria is another disease transmitted by means of infected milk.

Dr. Hart collected statistics on seven epidemics of diphtheria with 500 cases.

Dr. Freeman of New York, obtained a record of eleven epidemics, with 501 cases. Of these, eighteen epidemics were transmitted by means of infected milk.

An outbreak of typhoid fever re-

An outbreak of typhoid fever re-cently in the city of Pittsburg was raced to milk infection. As well as

laim our supply is more clean or pure than that furnished in Boston, Madi- I drugs





TO PATENT Good Mean THE PATENT RECORD.

cut, or Philadelphia? If a sample coming from the latter city is found as teeming with microbic life as a sample of city sewage, with no better safeguards than possessed by these cities mentioned may not the milk sup-

It appropriately ends with the chem-leo-physiological test which is now em-ployed by the local food inspector to such discusses being introduced from
the country, why may not the infection be spread by means of the milk
of the city cow located in the neighborhood of an outbreak?

In should also include a rigid examination for various preservatives, whill
are undoubtedly used by some who Again the first requisite of pure milk handle and sell milk since their facili-cleanliness. Have we any right to ties are not perfect enough to keep aim our supply is more clean or pure milk successfully without the use of