

would, if followed, materially reduce infant mortality.

The following advice to housewives might be taken to heart by hospital housekeepers:—

THE MILK SUPPLIED.

The consumer should protect his family by obtaining pure and clean milk.

Pure milk should show no deposit whatever at the bottom of the vessels in which it is kept. If there is any deposit, complaint should be made at once to the dairyman; and if the deposit continues after complaint, the dairyman should be changed.

Milk from a clean farm will keep much better than milk from a dirty one.

CONTAMINATION IN THE HOME.

Diarrhoea, typhoid fever, scarlet fever, diphtheria, and other serious diseases may be brought about by contamination of milk within the consumer's house.

Such contamination occurs from:—

1. Improperly cleansed milk vessels.
2. The storage place being unsuitable.
3. The receptacles being uncovered.
4. Flies and dust.

CLEANSING MILK VESSELS.

Immediately after use milk vessels should be thoroughly rubbed and washed out with cold water, and then dipped into boiling water and left there for some time; or, if too large, thoroughly scalded with boiling water.

PLACE OF STORAGE.

The storage place should be in a well-ventilated clean or cool pantry or cellar, and not in a warm or dusty kitchen.

Souring is due to the rapid increase in the number of germs in the milk, and if milk is kept cool these germs do not multiply so rapidly, and souring is thereby delayed.

That is the reason why milk keeps much better in winter than in summer.

Warmth is equally favourable for the multiplication of many disease-producing germs in milk. The milk must, therefore, be kept at as low a temperature as possible.

The milk-jug should be placed in a basin of cold water in summer-time.

Even under the best conditions it is undesirable to keep fresh milk for any length of time.

COVERED VESSELS.

All milk should be kept in covered vessels to prevent the entrance of flies and dust.

It is a mistake to suppose that milk will not keep sweet if it is covered.

FLIES.

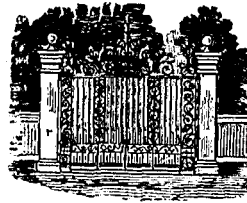
Flies carry on their legs an enormous number of germs, among which may be those that cause diarrhoea, typhoid fever, and other diseases.

Within the house, therefore, the greatest care should be taken to prevent flies from reaching the milk.

Flies breed on all kinds of manure and decaying matter. Such material should, therefore, be kept covered and be removed as soon as possible. Ash-pits and middens should be cleaned out at least once a week. The eggs of flies may hatch out in eight to ten days.

Outside the Gates.

WOMEN.



Lady Dorothy Nevill has given us a second instalment of her delightful reminiscences, "Under Five Reigns." Possessed of immense mental vitality, this spirited lady—she is old but ever young—

presents a delightful commentary on the social aspects of the reigns under which she has lived so cheerfully. Everyone will read this book, so we will resist the inclination to quote extensively from its most interesting pages; just one little bit will suffice:—

"Children at that time (seventy years ago) were kept in great order, and generally forbidden to do anything they particularly liked—more, I think, on general principle than for any sufficient reason. The highly salutary precepts enjoined in books such as Mrs. Turner's 'Cautionary Stories,' were in great favour with parents. Some of the lines in this volume with regard to gluttony are highly characteristic of infantile education as it was understood in the past:—

"Mamma, why mayn't I, when I dine,
Eat ham and goose, and drink port wine?
And why mayn't I, as well as you,
Eat pudding, soup, and mutton, too?"
'Because, my dear, it is not right,
To spoil the youthful appetite.'"

Miss E. Phillips, of Cardiff, has been elected the first Lady President of the National Federation of Assistant Teachers.

The Speaker of the House of Commons, in an address delivered recently at Penrith, on the formation of voluntary aid detachments under the British Red Cross, must have amused the women present. He announced with much condescension: "Ladies were allowed to help. They were anxious nowadays to take a part in public affairs. They had had some experience of that elsewhere. There was a grand opportunity for them. There was no necessity to parade the streets or hold meetings in Hyde Park. They could by learning home nursing become useful members of the State."

Ladies always are allowed "to help," especially with all the drudgery of every movement. But how the elements of home nursing are to satisfy the intelligent members of the sex who claim the status of citizenship—as they have to pay all its penalties—the Speaker did not explain. We seem to hear the echo of the mid-Victorian grandpa, shooing his clamorous girl babies out of his study with a flutter of the *Times*—"There, there, little dears, run away and play with dollies—nicey, nicey."

And a rebellious baby reply:—"I'se melted her; she wasn't real—div me a penny"!

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