

THE HEALTH VISITORS' LEAGUE SECTION

We are pleased to announce that Miss Agnes Dunn, Mary Wilson Sanatorium, Tilaunia, *via* Kishengarh P. O., Rajputana, has agreed to become Secretary of the Health Visitors' League; and we introduce her to the members. Miss Dunn will be pleased to receive from H. V. L. members reports of their work, and interesting items of news that are likely to be useful to all readers of the Journal in regard to health-visiting and public health work.

Milk

*Prepared by the Metropolitan Life Insurance Company,
1 Madison Avenue, New York City*



Scientists have for many years been devoting their lives to the study of milk and its properties. Their findings have been so startling that it can easily be understood why the production and consumption of milk have held the serious thought of the business men and scientists of the world as well as of physicians and others concerned in public health.

The All-Round Food.—It has been discovered that in this apparently simple fluid there may be found every ingredient needed for the nourishment of man. It contains proteins which build up the body and keep it in repair; it contains fats and carbo-hydrates, which are the fuel to keep the body warm; it contains water so much needed by the body. It is rich in three of the vitamins recently discovered to be an important part of our daily diet—fat soluble A, some water soluble B, and, in fresh milk especially, water soluble C, the vitamin necessary to prevent scurvy. Milk also contains the inorganic salts without which life cannot continue. One of these is lime, essential to children for their growing teeth and bones.

At a recent dinner of the American Dairy Federation held in Milwaukee, Wis., Dr. Lee K. Frankel, Second Vice-President of the Metropolitan Life Insurance Company, pointed out the extreme importance of milk to the individual and stressed particularly the value of its lime content. "Practically for the first year of its existence," he said, "the infant lives on nothing but milk and yet in that time not only does the healthy child increase in weight, but its entire structure of tissue and bone develops from the use of a foodstuff 87 per cent of which is water. The growth of the bony structure of the year-old child has been obtained this one year from a food the lime content of which is .034 per cent. Now physicians have for years endeavored to find a combination which would readily be taken up by the blood stream and assimilated. Most of the experiments have been unsuccessful. But apparently, in milk we have lime in a combination in which it is readily taken up by the organism and readily transferred into tissue and bone."

Dr. E. V. McCollum of Johns Hopkins University is one of the leading dietary scientists of to-day. He made a world-wide investigation of racial development and corroborated this by actual laboratory experimental work. He showed very definitely that the races of the world which have used milk regularly are invariably possessed of strong bones and sound teeth as well as better general physical health.

The Nutritious Food.—Scientists further show that one can get the same nourishment from milk alone as from a meal made up of meat and eggs, sugar and cereals, oils and fats, with salt and water. In its value as fuel for the body, one quart of milk is equal to two pounds of butter and three-fourths of a pound of lean round beef, or eight eggs. Milk cannot be used, however, as an exclusive diet except in early infancy, because man needs variety. Therefore after the first few months even the child should get nourishment not through milk alone but in other forms.

May we quote here from Dr. S. Josephine Baker's book, "Healthy Children," which incidentally is well worth a parent's reading. In discussing the amount of milk that a child should drink, Dr. Baker says that "from one to two years the child should have at least one quart of milk a day, and from two to six, one and one-half pints. If more than this amount of milk is given, the child is apt to be satisfied with the milk diet alone and to lose its appetite for other foods. One and one-half pints of milk a day is absolutely necessary and can be given partly in the form of fluid milk, i.e., a glass of milk between meals and at night, and the rest can be given either in small amounts with meals or in the form of soups, ice cream, junket, or cooked with vegetables.

To insure a diet varied in form, the child should be fed vegetables, cereals, fruits, eggs, and some meat. The adult with his varied ration of solid food should also drink one pint of milk a day.

The Ever-Ready Food.—There are many wholesome foods made from milk, but it is universally used just as it is produced. There is a remarkable value in having one food which supplies all the necessary elements of a good mixed diet, and which at the same time can be enjoyed without special preparation. Fortunately, this tends to increase the amount of milk used.

The Cheap Food.—Added to the remarkable nutritive value of milk, and the fact that it comes to us ready for use, is the fact that it is one of the cheapest foods that we have. Even at a high price it remains the best value in nourishing food that can be found. It is poor economy to cut down on the use of milk in order to save on the food budget. The price of milk remains fairly stable. Some foods, such as eggs, meat, and poultry, can be stored in refrigerator warehouses for ten months and more while they are held for speculation. But fresh milk is a food that cannot be so "cornered" or juggled for higher prices. It must be sold within a few hours after it has been produced.

Prayer is the peace of our spirit, the stillness of our thoughts, the evenness of recollection, the seat of meditation, the rest of our cares, and the calm of our tempest. Prayer is the issue of a quiet mind, of untroubled thoughts. It is the daughter of charity and the sister of meekness.