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## JOHN McKAY Limited

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### TONSORIAL ANNOUNCEMENT

By Attwood & Dine

277 BAGOT STREET TO BECOME CENTRE OF ALPFA ACTIVITIES

It's sad news, but it had to come—we have decided to let our hair grow long. We have felt this whole bobbing business was engineered by the barbers so to head off a first class trust we are to "BUST 'EM."

Anyway we need a lot of extra strength to handle the tire and tube business, which is commencing to pile in on us with the coming of Spring. You recall, of course, that Samson's strength lay in his long hair.

Yes, Sirs. Eight million people each getting a trim every two weeks means two hundred and eight million trims a year. Put 'em down at "Two Bob" per for an average, and, by Gizzard, you have over One Hundred Million of dollars sent away in hair cuts each and every year.

We tell you boys, it's astounding, especially when you run into a guy who informs you his Miasma at 45, not only has her hair bobbed but taken to playing Golf as well. That one instance has given us material for a new song, which will be entitled: "SHE BOBBED HER HAIR AND PLAYED GOLF, SO WE CALLED HER BOB-O-LINK (8)."

We want members for our new society of "WOOL GROWERS." Won't you join to-day? Charter members are given the privilege of watching us do the best tire repair work in town.

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(\$.20 per pound). Guaranteed by the Chinese Government to be the highest grade of tea obtainable.

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## THE MILK PROBLEM

An Article By Dr. James Miller, Professor of Pathology in Queen's University, Kingston.

In view of the interest aroused in the milk problem, largely owing to the series of articles recently published under the auspices of the Kingston Tuberculosis Society, for one of which I was myself responsible, the editor of the Whig has asked me to make some general statements in simple language for the benefit of the community.

Every parent should be keenly interested in obtaining a good and reliable milk supply. It was only when I had children of my own that I became actively interested in this matter. We who live in the larger centres of population are too apt to take what is given to us in the way of milk and ask no questions, provided things seem to be tolerably well conducted. There is a wholesome reminder in the story of the Londoner who on spending a holiday for the first time on a farm complained that whereas in the city he obtained his milk "from a nice clean dairy" in the country he got it from a "nasty, dirty beast they called a cow."

The first thing that we have to appreciate is, that milk whatever it is to the adult is essentially the child's food—his meat and his drink, and it is just during this childhood period that he is most susceptible to milk-borne disease. The adult can deal with and destroy very much in the way of germs introduced into his digestive tract but the child cannot. Hence, if we are to have healthy offspring, we must have good milk. We are all much concerned in raising a clean and vigorous race. No matter is more important in this relation than securing good milk for the community.

### Clean Milk.

There are two distinct problems connected with this question of a wholesome milk supply. First there is the problem of obtaining clean milk, that is milk free as far as possible from ordinary germs which occur on skin, on clothes, in soil, in water and in air germs which in themselves are not disease producing but which by altering the milk render it unwholesome and, it may be dangerous. And there is, secondly, the problem of preventing the entrance of the varieties of germs which produce definite diseases such as scarlet fever, diphtheria, dysentery and consumption. Let us take these two problems in the order in which they have been mentioned.

First then the problem of the ordinary dirt germ. Here it must be remembered that no fluid could possibly be found more suitable for growing germs in than milk. Germs are minute plants which live and grow upon very much those things which we ourselves use for food. They grow quite readily upon potatoes, bread, eggs and meat extracts. Then remember this fact that it takes only some 20 minutes to half an hour for a germ to grow up, reach maturity and reproduce its like by dividing into two. Now you might think that this would be a slow process and would result in a small rate of increase. But let us work it out as a mathematical problem. Let us accept the rate of division as once in every half hour. Well you start with one germ. At the end of an hour you have four but at the end of twelve hours you have seven hundred million.

But there is another factor of enormous importance in this relation and that is temperature. Germs do not multiply readily in the cold. The temperature which they prefer, most of them, is just the temperature at which milk leaves the cow—the temperature of the body. The nearer the temperature of the medium in which they are is to that of the body the more rapidly do they grow. Three things are clear from this. You must cool the milk down as rapidly as possible after it comes from the cow, you must keep it at as low a temperature as possible until it is swallowed or cooked and you must take these precautions with very much greater care in summer than in winter.

### Germs in Milk.

Now from our point of view there are three stages at which these germs may be introduced or allowed to introduce themselves into milk. 1. During the actual process of milking; 2. during the transit of the milk from the farm to the consumer, and (3), after it has reached the consumer.

Let me deal with these stages in order. Have you ever watched the process of milking? Probably everyone has. But this process can be carried out in very different ways. The cow is not naturally a cleanly animal nor is man much better for that matter, and you may have seen the milking process carried out under such surroundings and by such individuals that you heartily endorsed the exclamation of our town bred friend mentioned earlier in this article. From the skin of the cow, from the hands and clothes of the milker, from the pails and from the air, germs may enter in millions and if they enter in millions think how many there will be in the course of an hour or two. On the other hand it is quite possible to so groom the cow that the milk starts almost almost germ free. The hands of the milker may be washed and his clothes protected by clean white overalls and the utensils steamed out and covered so that the additional germs introduced before the milk is safely canned for transport are almost negligible. Then comes the great question of cooling the milk

down rapidly and keeping it cool in all weathers. That is a problem which concerns the dairy farmers, the railway companies and the milk vendors and we need not discuss it further here except to say that the sooner the milk reaches the consumer the better and the cooler it is kept the better and the less often it is transferred from one receptacle to another the better.

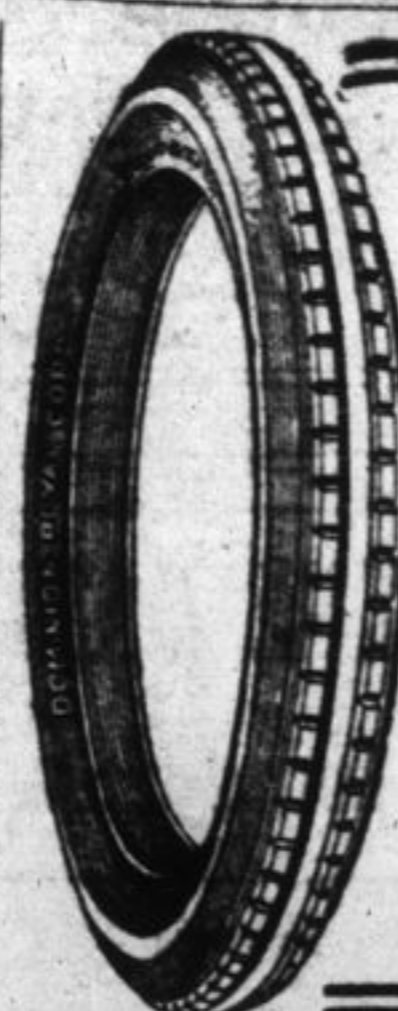
But there is the third opportunity for contamination which concerns ourselves, the period between the time we receive the milk and the time we use it. Often complaints are made about milk which are not justified because the fault lies with the housewife and with no one else. Milk, even pasteurized milk, when it reaches the consumer's door will contain some germs however careful the previous treatment has been. The fewer it contains the longer it will last in a sweet condition but no milk will stand the careless treatment meted out by some housewives and some domestics. I do not need to labor this point it is obvious that the milk must be placed in clean receptacles, must be protected from the air and must be kept cool.

### The Disease Producer.

Now as regards the second type of germ which may be in milk—the disease producer. These disease producing germs may come: 1, from the cow; 2, from the milker or his family; 3, from some other source such as water mixed with milk, dishes, etc. The most dangerous germ which can come from the cow is the tubercle bacillus—the germ of consumption. Now it is true that the type of this organism met with in the cow is one which differs from that found in man and that man is not quite so susceptible to its action. But it has been proved beyond possibility of question that a large proportion of the tuberculosis which affects children is due to the cow type of bacillus. The proportion varies in different parts of the world depending upon the prevalence of the disease in the herds and the care which is taken in dealing with the milk supply. Dr. Park has found that 25 per cent. of the tuberculosis in children in New York is due to this cause. In Scotland the proportion is far higher, probably reaching nearly 50 per cent. of all cases of the disease in children. The cow tubercle bacillus only rarely affects the lungs but it readily attacks such parts as the digestive tract, the glands and the bones. Now to obviate this dangerous infection of milk you require skilled investigation of the health of the cow. It is not sufficient merely to find the udder healthy. It has been proved by the British Royal Commission on Tuberculosis that a cow with an apparently healthy udder may have tubercle bacilli in its milk, these bacilli coming from some other part of the body than the udder. Fortunately we have a means of finding out whether a cow is tuberculous or not—the tuberculin test. This test requires to be carried out by a skilled person if it is to be relied on. If we are to avoid the danger of infecting our children with tuberculosis there is no half way house between careful, skilled and repeated testing of the herds from which the milk is obtained and boiling or proper pasteurizing of the milk.

Another condition of the cow which may seriously infect milk with dangerous germs is inflammation of the udder of other kinds than tuberculosis. For this careful and constant watching of the cows has to be carried out but it need not necessarily be done by a specially trained person. The farmer himself is usually capable of making a diagnosis.

Now as to the other sources for disease-producing germs. These may



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  - Crepe de Chene Ties ..... 75c.
  - Men's Silk and Wool Socks ..... 75c.
- VISIT our House Furnishings Department. Curtains and Draperies that are pleasingly different. Window Shades—all sizes.
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be the mouth, hands and clothes of the milker also that of his family, water cans, water itself, etc.

Diseases Transmitted. The diseases which may be transmitted in this way are mainly five: Tuberculosis (the human variety), typhoid fever, dysentery, scarlet fever and diphtheria. I do not require to go into the question of how the contamination of the milk occurs. Suffice to say it does occur and that not infrequently. It is clear however that cleanliness on the part of the milker and a supervision of a properly qualified doctor of the worker's health and that of his family is involved.

From what I have already said it is evident that milk supplies fall naturally into two categories (1) those in the management of which all proper precautions are taken and (2) those of a doubtful type. In the case of the former we have no hesitation in giving the raw article to children. It would make an exception in the case of very young children specially in hot weather. But under ordinary conditions and with anyone but the very young a good milk can be taken raw and untreated and this raw condition is of great value. The so-called vitamins in which raw milk is rich and which are so essential especially for the young and growing child are easily destroyed by heat.

On the other hand milk which comes from a farm or dairy where proper precautions are not taken or where it is uncertain what precautions are taken should for the use of the child always be treated either by pasteurizing or by boiling. If the pasteurizing process is carried out by the vendor it is advisable that the parent should ascertain that it is properly done. If it is improperly done it is mere camouflage.

### KIWANIS ACTIVITIES.

A joint get-together of the Kiwanis Club, Rotary Club, the Board of Trade, and the city council will be held Monday evening at six o'clock in the Frontenac Hotel, for the purpose of hearing R. O. Sweesey, B.Sc., M.E.I.C., speak on the St. Lawrence Power and Waterways. Mr. Sweesey is a graduate of Queen's and has lately been appointed to the board of trustees of the university. He is at present located at Montreal, as a consulting engineer and authority on water power, timber lands and pulp and paper industries. L. C. Lockett, a former member of the Kiwanis Club, will be welcomed back to the fold at the meeting on Monday night. The different committees for the Kiwanis Carnival on June 3rd, are hard at work and a full report of their activities is expected at the Monday meeting.

### Real Estate For Sale

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### Hemsley & Son

WATCHMAKERS

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109 BROCK STREET Phone 2066.

Cannot Steal Peter's Crown. Montreal Gazette: With ten new charges laid against Hon. Peter Smith, Ontario's former treasurer, the township of Kingston cannot hope to steal his limelight with its \$5,000 deficit ascribed to unnamed officials.

The White Horse-Dawson trail between Pelly and Scroggie is blocked with heavy snow drifts, with the mail unable to get through on schedule time.

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when reading your paper? If so, you had better come to me for a thorough examination of your eyes—and if error of refraction is the cause, wear Glasses to enable you to see clearly.

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One hundred Hamilton bricklayers, the contractors. They were offered are in strike for \$1.25 per hour, a contract for two years at a wage which demand had been refused by \$1. but refused.