

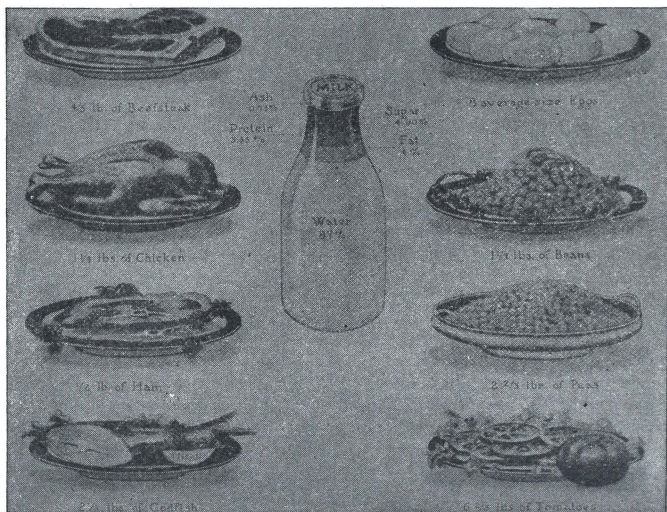
**HEALTH AND SAFETY SECTION**

**MILK, THE PERFECT FOOD**

EVERY human being lives for a time entirely upon milk. Indeed, milk is the chief food of all the higher animals or mammals during babyhood, for the food elements needed to build and nourish brain, muscle, and bone are found in the

there are as many children as adults, as much money should be spent for milk as for meat.

The cow furnishes by far the largest share of the milk supply. Laplanders drink the milk of the reindeer and Bedo-



*The Value of Milk as a Producer of Energy*

most easily digested form in milk, the perfect food.

There is no substitute for milk in infant feeding, and milk and milk products are most important foods at all ages. Authorities tell us that in families where

uns get their milk from the camel. In the Philippines a limited amount of milk comes from goats and carabaos. The raising of goats for milk is a prominent industry in Switzerland, and is being encouraged in England and the United

States. The freedom of goats from disease makes goat's milk especially safe for feeding infants and invalids.

But whatever the source, all milk contains the same valuable food elements, though in different proportions. In good cow's milk there is about a quarter of a pound of food solids to every quart—as much as in three-quarters of a pound of beef. The most important of these solids are: (1) butter fat, the chief constituent of butter; (2) casein or curd, which forms the body of cheese; (3) milk sugar or lactose, which is less sweet than cane sugar; (4) ash or mineral salts which build bone.

In the milk of various mammals these foods occur in the proportion best adapted to the needs of the young.

Of the many milk products butter is the most important because it is largely made up of the valuable fats. Pure ice-cream is a valuable food, since it contains all the milk solids.

Evaporated milk is whole milk with part of the water removed. Condensed milk is similar, but with sugar added as a preservative. Evaporated and condensed milk can be kept indefinitely and be shipped long distances. By simply adding water, a product is obtained closely resembling fresh milk. In the Philippines evaporated and condensed milk are used extensively, although the use of fresh milk has increased considerably in the last twenty-five years.

Notice the illustration on page 211. According to an authority a quart of cow's milk is equal to each of the following: four-fifths of a pound of beefsteak; or one and one-fourth pounds of chicken; or to half a pound of ham; to two and one-third pounds of codfish; to eight eggs of average size; to one and one-seventh pounds of beans; to two and two-thirds

pounds of peas; and to six and two-thirds pounds of tomatoes. It is no wonder then that dieticians consider milk the perfect food.

#### REVIEW

1. Why is milk considered a perfect food?
2. What animals produce milk?
3. Do all mammals need milk when they are young?
4. Name the solids from milk.
5. What is the most important product from milk?
6. What is condensed milk?
7. What is evaporated milk?
8. Tell the amount of some of the food which a quart of milk equals.
9. Do you drink milk?
10. Do you think it benefits you?
11. In what form is most of the milk used in the Philippines?
12. What animals in the Philippines produce milk for human consumption?
13. Why is goat's milk considered safe for infant feeding?
14. What industry is being encouraged in the United States and elsewhere?
15. Should more cow's milk be used in the Philippines?
16. Why is the number of cows in the Philippines now limited?
17. Is sour milk of any value? What is the use of it?
18. What about butter-milk?
19. What is butter-milk?
20. Did you ever drink butter-milk? Is it healthful?
21. What is pasteurized milk? (See the encyclopedia.)
22. How is milk pasteurized?
23. Can you write a short composition about milk?