

# Settlement Bulletin

ISSUED NINE TIMES A YEAR IN THE INTEREST OF THE SOCIAL SETTLEMENT

Vol. I. No. 5.

ROCHESTER, N. Y., JUNE AND JULY, 1906.

ONE CENT.

## ROCHESTER'S MILK STATION.

A recent issue of *The New York Sun* has the following to say about the history and work of the Rochester Milk Stations:

A decrease of more than 30 per cent. in deaths among infants in the months of July and August has been brought about in the city of Rochester as a result of Health Officer George W. Goler's plan for providing pure milk for babies. This has been done at a cost of little more than \$1,000 a year, and Dr. Goler says that what Rochester has done can be done by any city at a proportionate cost.

Pure milk, according to Dr. Goler and the Rochester health bureau, does not mean pasteurized or sterilized milk. It means, first of all, clean milk, and to secure this it is necessary to see that the cows, the stables, the milkers, the utensils and everything that the milk encounters from the time it leaves the cow to the time it reaches the consumer are absolutely clean and sanitary. If this is done, Dr. Goler contends, pasteurization is unnecessary.

When the work was first undertaken in Rochester pasteurization was resorted to, and this was followed for the first three years, but since that time such precautions have been taken to insure absolute cleanliness of the milk in the first place that it is not necessary to submit it to any process to free it from dirt or germs.

Dr. Goler's objection to pasteurization is that heat applied to milk alters it, makes its curd tougher, and more difficult to digest, often giving rise to indigestion, diarrhoea or constipation in the infant. According to him, the application of heat to milk in the operation of pasteurizing it or sterilizing it leads people to think they cure a condition that is more easily prevented by care in the handling of milk used for food. Dr. Goler believes that pasteurization of milk is beginning at the wrong end to remedy the condition.

The Rochester milk work was begun in 1897. An examination of the mortality tables had shown what appeared to be an unnecessarily large number of deaths of children under 5 years of age. It was also noted that the larger number of these deaths occurred in July and August. Looking about for a cause, it was soon concluded that the milk supply was the great cause for the mortality. Accordingly a systematic examination of stables and dairies was undertaken.

They were found to be probably no worse than stables in other places, but the health authorities were convinced that here lay the chief source of trouble. The stables were dirty, festooned with cobwebs and badly drained; the surroundings were sinks of mud and manure; the utensils dirty, often containing layers of sour milk with admixture of countless millions of bacteria; and

the milk itself was so imperfectly cared for and cooled that it often soured before reaching the consumer.

When the milkmen were approached about the matter they replied that they were taking the same care of the cows and the milk that they had always taken of them and that they could not take better care of the milk for the price current at the time—five cents a quart.

As hope of improvement in this direction seemed futile the health bureau determined, at least during the summer season, to go into the milk business itself. In the summer of 1897 the first pure milk station was opened.

It was established in a vacant store in one of the most densely populated districts of the city. A trained nurse with a woman assistant was put in charge. Behind a rough counter a large sink was installed, and the necessary table, racks, &c., were erected. An oil stove furnished heat for the apparatus in use. The milk was procured from what the milk inspectors thought to be one of the best farms in the vicinity. At the store the milk was diluted, sweetened and put up in four different mixtures of four, five, seven and eight ounce nursing bottles.

It was pasteurized at 180 degrees Fahrenheit for twenty minutes, cooled and sold at cost, varying from two four-ounce bottles for one cent to one cent for eight ounce bottles. A deposit of three cents was required on each bottle and rubber cork.

In the first instance the mother or nurse was required to go to the station and take the baby where, in the absence of advice from a family physician, the baby was weighed and a milk mixture prescribed according to the weight of the child and not according to its age. The nurse talked with the mother about the air, water, food, sleep, recreation and clothing for her child. A pamphlet was also printed in English, German, Italian and Yiddish, containing in the simplest form the chief points relating to the care and feeding of infants.

The following year four stations were required for the needs of the four quarters of the city. A trained nurse was in charge of each station.

In 1899 Dr. Goler came to the conclusion that it was better to feed clean milk than to feed cooked milk and cooked dirt together, and so it was decided to stop pasteurization and to establish a central milk station on a farm where the effort could properly be made to keep the dirt and germs out of the milk. It was believed that clean milk, or milk approximately clean, having no more than 20,000 bacteria to the cubic centimetre, needed no application of heat to render it fit food for babies.

For the central station a farm where cattle, barn and surroundings are in good condition and where the farmer is willing to take more than usual care of his cows is selected. An agreement is made with the farmer on whose place

the milk laboratory is established to take all of his milk at a fixed price, from four and a half to five cents a quart, and to get all the ice needed from him at the market price.

At the laboratory the most complete precautions are taken to keep the milk clean. After cans and utensils are washed they are sterilized and enclosed in cheesecloth bags until they are used the next morning. The bottles are washed, rinsed, sterilized, placed in racks on the tables, their mouths being stopped with cotton batting to prevent dust from entering them, which is rather different from the customary way of rinsing bottles and standing them upside down to drain dry. The nurse and her assistant superintend the milking, in which process every care is taken to see that no dirt or dust finds its way into the milk.

When the milk is completed the various mixtures are made, four in number, the sugar is added and the milk is racked off into nursing bottles. These are then corked with rubber corks, placed in wooden shipping trays, holding four dozen each, covered with broken ice and shipped to the different city stations.

Milk prepared in this manner, as shown by successive daily counts, contains on an average less than 10,000 bacteria to the cubic centimetre, while the ordinary milk contains more than fifty times as many bacteria. This milk will keep sweet for days at room temperature, and thus requires no ice in the house. Not having been subjected to heat, it is asserted that it is more easily digested by infants than pasteurized or sterilized cow's milk, and that it does not poison the baby by adding a large number of bacteria to a child's digestive apparatus, as does ordinary milk.

As the milk is given to the mother properly diluted and sweetened, it requires no addition of other substances. And as it is already in a sterilized nursing bottle, it is not necessary to do anything to it other than to remove the rubber cork, cork, fit a clean nipple to the bottle, warm it, or, for older children, pour it into a cup. This, Dr. Goler believes, approximates the ideal milk for the hand fed baby.

The Health Bureau Milk Station will be open daily from 7 a. m. to 1 p. m. Miss Frances Meldrum is the nurse in charge at the Social Settlement, 152 Baden Street.

An Association has been formed by some of the nurses of Rochester to do visiting nursing among the sick poor. The services of the Association have been accepted by the Social Settlement of Baden Street and several other charitable organizations of the city. Calls for assistance will receive response over either 'phone—1379.

## Settlement Bulletin

Issued nine times a year in the interest  
of the Social Settlement of

ROCHESTER, NEW YORK

### SUBSCRIPTION RATES.

Single Copy (without postage)	\$ .01
Annually (Postage Paid)	.25

### TELEPHONES.

Printer, 36 Social Settlement, 3316  
152 Baden Street.

Vol. I. June and July, 1906. No. 5.

### Editorial.

The "Anniversary Number" of the BULLETIN, it is believed, met with the approval of its readers. At any rate it had the effect of interesting many additional people in the work of the Settlement. Some fifty new names have been added to the subscription list since the appearance of the April issue. The BULLETIN hopes that it was not the red ink used on its covers that inspired these persons to subscribe. It informs its readers that only on very special occasions may anything in the way of editions de luxe be expected. If the BULLETIN is to be uniformly attractive it must not be on account of pictures and other ornamentations but rather by so clearly and accurately depicting the life, growth and needs of the Social Settlement as to be of interest to all those concerned in that institution's welfare. As has been frequently said in these columns, to reach this end the hearty co-operation of all must be enlisted. No person can be so intimately associated with all sides of the Settlement's activities as to be able to present an account of them to the public. A chance to lend a hand is here offered to any willing friend. Reporters are needed!

A call for bath towels in the last issue met with a hearty and quick response. Special notice is made of this as illustrative of the fact that it is only necessary for a worthy want to be advertised in order to be promptly filled.

This is the last issue of the BULLETIN until September. A long and available period is thus given contributors, old and new, to write and offer suggestions for the fall and winter numbers.

### THE CALL OF THE PARKS

"Last night I lay a-sleeping"—so begins a well-known song and goes on to tell of a dream, fair or unfair, but not half as interesting as it might have been. It was about a place so glorious that "there was no need of stars by

night or sun to shine by day!" What do you think of such a place? I think we will have to be differently constituted before we can thoroughly appreciate it, and I suppose our minds at least will be made of "sterner stuff" and our bodies will have "shuffled off this mortal coil" before we are allowed to enjoy the "Holy City."

How wonderfully beautiful are the stars! Did you ever linger in the park after sunset on a summer's night, lie full length on the grassy carpet with your gaze directed to the kingdom above the trees and try to look through the stars? If you have not, don't waste time this summer. The one who is willing to forget dignity and grace for a little while will be more than rewarded by the delicious sensation of calm, absolute rest that seems to drop gently around him, bringing cheerful thoughts and driving out dull cares.

You needn't be a dreamer to enjoy this refreshment of soul and body, but you must have or acquire in the process a love for God's wonderful, beautiful world! Suppose busy little ants do run over you, they aren't nearly so heavy as the troubles you have shaken off! You may have disturbed their homes as you carelessly dropped your heavy bones on their forests and plantations. "A man-quake!" they shriek, and rush around to protect and carry off to safety their eggs or other precious possessions. Forget that you are trespassing and look through the windows of the skies. If your imagination is vivid you'll catch glimpses of everything you most desire smiling down on you and promising to come soon, if you have hope and faith. If it is early enough a lingering, wakeful thrush who won't catch the worm to-morrow morning, will warble a rich and fitting accompaniment for your dancing thoughts as he calls to his mate, "good-night!"

And now the full moon surprises you and peeps up from behind that peaceful, sleepy hill over yonder in the east and gradually he closes most all of the windows so that your vision into the beyond is cut off; but you are willing because the Lady in the Moon beams on you and—well, you're awake anyway!

Who will believe there's no need here of "moon or stars to shine?" And yet how few really take advantage of their presence to be soothed by their mystic charms! "O, sun to shine by day?" Let's enjoy the sunshine, God's generous medicine-chest! Let's eat in it, sleep in it, work in it, play in it! The more we use it, like the "Miraculous Pitcher," the more plentiful it is; for as we absorb sunlight so, like phosphorus, we give it off in cheerfulness and happy healthfulness.

Let's have one continuous picnic in the sun this summer, storing up energy for future use so that when gruff old winter wields the sceptre over us we'll be better able to obey his commands. And then in spite of cares and cranks like all nature we'll wear "a universal grin."

### MENDELSSOHN'S WOOLING.

Berthold Auerbach in his book "At a Good Home" thus describes the manner in which Moses Mendelssohn won his wife.

Moses Mendelssohn was at the baths of Pyemont, when he became acquaint-

ed with Gugenheim, a merchant of Hamburg. "Rabbi Moses," said Gugenheim one day, "we all admire you, but my daughter most of all. It would be the greatest happiness to me to have you for a son-in-law. Come and see us in Hamburg." Mendelssohn was very shy in consequence of his sad deformity, but at last he resolved upon the journey and on his way visited Lessing at Brunswick. He arrived in Hamburg, and called upon Gugenheim at his office. The latter said, "Go upstairs and see my daughter; she will be very pleased to receive you. I have told her so much about you."

He saw the daughter and the next day came to see Gugenheim, and presently asked him what his daughter, who was a very charming girl, had said of him. "Ah, most honored rabbi," said Gugenheim, "shall I candidly tell you?"

"Of course."

"Well, as you are a philosopher, a wise and a great man, you will not be angry with the girl. She said she was frightened on seeing you, because you—"

"Because I have a hump?"

Gugenheim nodded.

"I thought so; but I will still go and take leave of your daughter."

He went upstairs and sat down by the young lady, who was sewing. They conversed in the most friendly manner, but the girl never raised her eyes from her work, and avoided looking at him. At last, when he had cleverly turned the conversation in that direction, she asked him: "Do you believe, then, that marriages are made in heaven?"

"Yes, indeed," said he, "and something especially wonderful happened to me. At the birth of a child, proclamation is made in heaven. He or she shall marry such and such a one. When I was born, my future wife was also named, but at the same time it was said, 'Alas! she will have a dreadful hump back!' 'O, God,' I said, 'then a deformed girl will become embittered and unhappy, whereas she should be beautiful. Dear Lord, give me the hump back, and let the maiden be well made and agreeable.'"

Scarcely had Moses Mendelssohn finished speaking when the girl threw herself upon his neck; she afterwards became his wife, they lived happily together, and had good and handsome children, whose descendants are still living.

### PARTIES AND OUTINGS.

Miss Rae Knopf and Miss Lottie Anthony entertained the Saturday afternoon Dancing class at Seneca Park.

Miss Ida Komisarsky and Miss Dora Lipsky entertained the Willing Workers' Boys Club at Highland Park and The Settlement.

Mrs. Carrie Wilc entertained the Housekeepers' Club at Lake Ontario and her home.

Miss Theresa and Miss Caroline Rosenberg entertained ninety children at the Settlement.

Mrs. Henry Cohn and Mrs. J. Bakrow entertained the Thursday afternoon classes at The Settlement Thursday evening.

The Boys' Club had its field day at Maplewood Park, Saturday, June 16.

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**SCHEDULE OF WORK.****July-August.**

Neighborhood Work—Every day.  
Neighborhood Baths—Every day except Sunday.

Kindergarten—Every morning except Saturday and Sunday.

Free Dispensary—Every Thursday from 11 to 12 A. M.

Rochester Health Bureau Milk Station open every day from 7 A. M. to 1 P. M.

Library open Tuesday afternoons and Thursday evenings.

Penny Provident Bank open all day Thursday.

Picnic Day—Every Friday.

Clothing Sale—Every Monday evening.

Morning and afternoon classes in embroidery, sewing, crocheting, basketry, darning and mending.

House work, bead work, and Picture Club Wednesday afternoon.

Shirtwaist and Garment class—Thursday morning.

**EVENING CLUBS.**

Shirtwaist, Garment, German, Shakespeare and Sunshine Clubs.

**SETTLEMENT NEEDS.**

Teachers—Morning and afternoon.  
Piano, Rug, Bookcase, Chiffonier.

**DONATIONS.**

Mrs. Freedman—Library Books.  
Miss Mildred Israel—Magazines.  
Mrs. J. L. Garson—Magazines, Shoes, Hats.

Mrs. Max Landsberg—Magazines.  
Mrs. Wm. E. Dugan—6 Turkish Towels.

Mrs. S. Solomon—12 Turkish Towels.  
Mrs. Stettheimer—6 Turkish Towels.  
Mrs. D. Van Bergh—12 large Turkish Towels.

Mrs. H. C. Cohn—14 Books.  
Mr. Elmer Adler—Pictures, Magazines.

Mrs. Henry Cohn—Thimbles.  
Mrs. Isaac Adler, and Mrs. H. W. Stern—\$5.00.

A Friend—\$10.00.  
Mrs. A. J. Katz—\$5.00.  
Mrs. J. Bakrou—Bookcase.

Miss Mamie Griesheimer—Charles Dickens complete works. Clothing.

Mr. H. Michaels—17 Books.  
Miss Charlotte Gannett—Dolls Head, Baskets, Pictures, Toys, Ribbons.

Mr. Isaac Adler—Household Goods.

**GOOD CHEER FUND.**

Unitarian Sunday School—\$12.59.  
Mrs. Max Landsberg—\$5.00.

**PICNIC FUND.**

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