

THE CARE AND FEEDING OF INFANTS

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649325108

The care and feeding of infants by Mellin's Food Company

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Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

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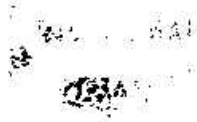
**THE CARE AND
FEEDING
OF INFANTS**

THE
CARE AND FEEDING
OF
INFANTS



BOSTON, MASS.
MELLIN'S FOOD COMPANY
1905

"We are advertised by our loving friends."





MATTHEW MANN SMITH, JR.



The FEEDING OF INFANTS

The FEEDING OF INFANTS



HE natural and therefore the best means, under normal conditions, of furnishing nourishment to the infant, is feeding from the mother's breast. Not only is breast milk the best food for the child, but it is equally true that maternal nursing confers great advantages upon the mother, for in consequence of the sympathy which exists between the breast and other organs, if the function of one is not fulfilled the others are likely to suffer. Fortunate indeed are both mother and child if the former can furnish and the latter can "draw from the breast an abundant supply of pure, health-giving, tissue-building food."

*The Natural
Way*

Unfortunately, however, under the disturbing influences of modern civilization, normal conditions are the exception rather than the rule and very many mothers are prevented by health or circumstances from fulfilling their natural duties with advantage to their children. Deficient or defective lactation, disease, exhausted vitality or other causes frequently render maternal nursing impossible or undesirable, so that it becomes necessary to resort to the alternative of calling in the services of a wet nurse or to depend upon hand-feeding. A wet nurse offers the advantage of substituting for mother's milk, the milk of another woman. By this means natural

*Sometimes
Impossible*

The FEEDING OF INFANTS

feeding is still kept up but the conditions necessary to secure the services of a perfectly satisfactory wet nurse are so numerous and so difficult of attainment that, setting aside the question of expense, it is not surprising that recourse is had in most cases to so-called hand or bottle feeding.

Bottle-Fed Babies

It is commonly believed that there is a greater mortality among bottle-fed babies than among those raised upon breast milk. This may have been true in former years, but under the improved conditions of infant feeding, as now practised by the best methods, bottle-fed children have, in the struggle for existence, at least an equal chance with those nourished upon breast milk. Indeed, unless all the conditions surrounding natural nursing are of the very best, their chances are even greater. One of the most eminent specialists in children's diseases is the authority for the following: "There can be no doubt, though the statement is a bold one and seemingly contrary to nature, that, taking the average, infants properly brought up by hand are better developed and enjoy more perfect health than those completely breast-fed." (*Diseases of the Digestive Organs in Infancy and Childhood*, by Louis Starr, M. D., Clinical Professor of Diseases of Children in the Hospital of the University of Pennsylvania; Physician to the Children's Hospital, Philadelphia; 1886, page 339.)

Dr. John M. Keating states it as his opinion that "a child can be brought up on the bottle from the day of

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its birth and be free from disease, become strong and healthy, provided the same attention is given to it as would be given by a mother to her new-born nursing babe." (*Maternity, Infancy, Childhood*, page 51.)



THEINA GERTRUDE LEBE

Dr. W. B. Cheadle, Consulting Physician to the London Hospital for Sick Children, says: "I believe that by proper management and precautions, all difficulties of the transfer from the breast to artificial feeding may be got over with absolute safety and in all respects satisfactorily, so that the child shall escape gastric troubles and shall thrive." (*Artificial Feeding of Infants*, page 45.)

THE ONLY PERFECT SUBSTITUTE FOR MOTHER'S MILK

Having decided that artificial feeding must be resorted to, one naturally turns to cow's milk in preparing a substitute for mother's milk. But cow's milk and mother's *Food* milk are not alike, and cow's milk, even under the most favorable conditions, is of such a nature that many infants cannot digest it.

Mother's milk contains four components combined in proportions suitable to the digestive powers of the infant.

The FEEDING OF INFANTS



THE MASON TRIPLETS

First, the curd or casein (technically known as proteid), whose function is to supply material for growth and for renewal of the waste of the nitrogenous tissues of the body.

Second, the cream or fat, essential to the formation of nerve and muscle tissues.

Third, the sugar (technically speaking, carbohydrate), whose principal office is to supply heat and energy to the growing child.

Fourth, the salts, which supply constituents necessary to all the tissues and fluids of the body.

*Cow's Milk
and
Mother's
Milk
Compared*

Now, cow's milk contains these four things too, but they are not combined in the same proportions as in mother's milk. In the first place, there is about twice as much curd in cow's milk as in mother's milk, and — an equally important difference — the curd of cow's milk, when it enters the infant's stomach, is formed into a tough, co-