

**DIET OF INFANTS
AND YOUNG
CHILDREN**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649272846

Diet of Infants and Young Children by John C. Morgan

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

JOHN C. MORGAN

**DIET OF INFANTS
AND YOUNG
CHILDREN**

DIET

OF

27622

Infants and Young Children,

BY

JOHN C. MORGAN, M. D.,

Member of the Homoeopathic Societies,
President (1882) of the Homoeopathic Medical Society of the State of Penna.,
Formerly Professor in the Homoeopathic Colleges of Philadelphia,
and the University of Michigan.

SECOND EDITION.

PHILADELPHIA :
JAMES HOGAN, PRINTER, 339 CHESTNUT STREET,
1882.

Price 25 c.

Entered according to Act of Congress, in the year 1882, by

JOHN C. MORGAN, M. D.,

In the Office of the Librarian of Congress, at Washington, D. C.

PREFACE.

The care of infants and young children falls, too often, upon hearts and into hands which, however willing, are yet but slightly educated for the work. Few mothers, indeed, are able, without professional advice, to do as they would for the welfare of their precious charges.

The proper *feeding* of the little ones, especially when the maternal supply prematurely fails, as happens with the majority of American mothers, is the most vital problem of all. To aid in its solution this little book is offered them by their sincere friend,

THE AUTHOR.

1706 GREEN STREET, PHILA.,
May 1st, 1889.

7.10.27.03

1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that proper record-keeping is essential for transparency and accountability, particularly in the context of public administration and financial management. The text notes that without reliable records, it is difficult to track the flow of funds and ensure that resources are being used as intended.

2. The second part of the document addresses the challenges associated with data collection and analysis. It highlights that gathering comprehensive data from various sources can be a complex and time-consuming process. However, the benefits of having a robust data infrastructure are significant, as it enables decision-makers to identify trends, assess risks, and develop evidence-based policies. The document suggests that investing in modern data management systems and training staff in data literacy are key strategies to overcome these challenges.

3. The third part of the document focuses on the role of technology in improving operational efficiency. It discusses how digital tools and automation can streamline processes, reduce errors, and free up resources for more strategic tasks. Examples include the use of cloud-based collaboration platforms, artificial intelligence for data analysis, and mobile applications for field data collection. The text stresses that while technology offers great potential, it must be implemented thoughtfully, with a focus on user adoption and integration with existing workflows.

4. The fourth part of the document explores the importance of stakeholder engagement and communication. It argues that successful initiatives require the buy-in and active participation of all relevant parties, including employees, citizens, and external partners. Clear communication channels and regular updates are crucial for building trust and ensuring that everyone is aligned with the organization's goals. The document provides several practical tips for effective communication, such as using plain language and involving stakeholders in the decision-making process.

5. The fifth and final part of the document discusses the need for continuous learning and improvement. It notes that the environment in which organizations operate is constantly changing, and therefore, it is essential to stay up-to-date on the latest trends and best practices. This can be achieved through ongoing training, professional development, and a culture that encourages innovation and experimentation. The document concludes by emphasizing that a commitment to learning and improvement is a key driver of long-term success and resilience.

INTRODUCTORY.

GENERAL PRINCIPLES OF FEEDING.

MAN thrives by good food ; but wherefore ? And if he do not thrive on a given food, wherefore, again ? And how may he correct the error ?

Prof. Liebig has laid the world under lasting obligation, by demonstrating the scientific principles of nutrition—for plants, and in like manner for animals. From these principles, we derive our answer.

Successful feeding is based upon the recognition of the chemical nature, the albuminoid composition of the tissues and organs of the body to be nourished—this, first of all. This at once indicates nitrogenized, and particularly, albumen-like bodies as essential. Eggs are composed mainly of pure albumen, with oily matter ; and so is milk, along with casein, or *cheesy* matter, and bone-forming salts of lime, &c. ; both feed the muscles, brain, nerves, and other tissues forming the body. Meats consist of similar substances, the fibre being composed of an *albuminoid*, viz :

fibrin. *Casein* is also an albuminoid. These all, by digestion, etc., develop into "peptones," and, thus become converted into blood-albumen which is the common food of all highly organized tissues, and tissue-cells. In the vegetable kingdom, the same bodies are found. Thus vegetable albumen is common; vegetable fibrin is called *gluten*; and vegetable casein, found in beans, peas, etc., is called *legumin*; all are nutritious. In the preparation of wheat, as white flour, we lose much of the valuable matters, which attach themselves to the under surface of the bran; particularly, phosphate of lime; but the hard tissues, teeth and bones, while needing the albuminoid, demand hardening matters also; principally this same phosphate of lime. All true food contains these; good meats contain an abundance; but white flour is poor, Graham flour being rich in this direction.

Furthermore, all nutrition and all life would fail, were our food to contain nothing but directly nutritious principles. As a condition of nutrition, and of all other vital functions, we need to add *force or energy*;—this must be supplied with the food, whereby, it takes the primary form of *animal heat*. Combustible matters, as fat, sugar, dextrine and starch, meet this requirement. True, other food, and even our own flesh, is combustible, as is soon seen in fevers; but it is wasteful so to use nitrogenized food; and the others, just named, composed largely of hydrogen and carbon, are needed, to this end.

Finally, a large amount of liquid is required in food, in

order that the chemical actions described may take place. Solids act together but slowly, or not at all. Four-fifths of the human body consists of water. Without fluids, therefore, nutrition fails.

ONLY THE PUREST WATER must be used for food and drink. Hard water is made soft by boiling, which precipitates its carbonate of lime. Well-water is apt to be injured by the drainage of soil-impurities into it, and no well is safe, if it be shallow, or dug in loose soil, or located near out-houses, or slop-receptacles, or any kind of refuse. Ponds and running streams which are exposed to such contamination are likewise to be condemned for the sake of both man and beast. Typhoid fever, diphtheria, and other diseases are often propagated by such waters, and this, boiling fails to prevent. Filtering removes only visible faults. Chemical purifiers may answer for the washtub, but not for mankind; they act as drugs. The water he uses must be originally pure.

The child, as father of the man, has like needs. At the same time, it is comparatively unable to resent an error, or to make known its wants. Thus is devolved upon its parents and friends the duty of choosing for it, as intelligently as may be.