

# **THE INFANT: NUTRITION AND MANAGEMENT**

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The infant: nutrition and management by Eric Pritchard

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**ERIC PRITCHARD**

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NUTRITION AND  
MANAGEMENT**



# THE INFANT

## NUTRITION AND MANAGEMENT

BY

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## PREFACE

THIS little volume is founded on a series of lectures which, from time to time, I have given to students attending at courses held by the Queen's Hospital for Children, the Medical Graduates' College and Polyclinic, the National Association for the Prevention of Infant Mortality, and other medical societies. Some of these lectures have already been published in part, or in whole, in medical journals, and for permission to republish I have to thank the editors of *The Lancet*, *The Practitioner*, *The Medical Press and Record*, *The Clinical Journal*, *The American Practitioner*, *American Medicine*, *Pediatrics*, *Archives of Pediatrics*, and *The British Journal of Children's Diseases*.

In preparing these lectures in book form, it has been necessary to edit somewhat freely, for the same ideas recur over and over again in different lectures. Even in their revised form I am afraid there is some repetition; this is owing to the fact that I deal more with general principles than with details, and these principles apply, with slight varia-

tions, to a large number of different conditions in connection with which they are here employed.

Those who read this little book in the expectation of finding a full description of the methods of feeding infants will be disappointed, for according to the views herein set forth each case must be regarded as an individual problem which is to be solved by the practical application of certain general principles.

I believe one of the chief reasons why fixed methods of feeding babies so often fail is because the manner in which any particular baby responds to any particular line of treatment depends more on its past experiences than on any other factor, and each infant has its own past.

This work is not intended to take the place of more ambitious textbooks or handbooks on the subject of infant management; it contains views which, in many cases, are still regarded as unorthodox and revolutionary. Tradition and authority have, however, so narrowly circumscribed our methods in the past, and one book has so closely followed on the lines dictated by those which have preceded it, that a little breaking away from precedent, even if it is not in all cases an improvement, may perhaps broaden our ideas.

E. P.

HARLEY STREET, W.,  
*August, 1914.*

## CONTENTS

CHAPTER	PAGE
I. THE ESTABLISHMENT OF LACTATION AND THE MANAGEMENT OF BREAST-FEEDING . . . .	1
II. SOME PHYSIOLOGICAL PRINCIPLES CONCERNED IN THE NUTRITION OF INFANTS . . . .	41
III. SOME PHYSIOLOGICAL PRINCIPLES CONCERNED IN THE DETERMINATION OF THE QUANTITATIVE FOOD REQUIREMENTS OF INFANTS . . . .	65
IV. MOTOR FUNCTIONS OF THE DIGESTIVE SYSTEM .	92
V. THE TRAINING OF NERVE CENTRES IN INFANTS .	109
VI. CONSTIPATION IN INFANTS . . . .	132
VII. THE RATIONAL TREATMENT OF SOME COMMON SYMPTOMS IN INFANTS . . . .	151
VIII. THE USES OF DRIED MILK IN INFANT FEEDING .	181
IX. THE USES OF PETROLEUM IN THE TREATMENT OF CONSTIPATION AND OTHER DISEASES IN INFANTS . . . . .	196
X. CONVULSIONS IN INFANCY . . . .	212
XI. RICKETS; ITS CAUSE AND TREATMENT . . .	227
XII. THE TEACHING OF MOTHERCRAFT AND ITS IN- FLUENCE ON INFANT MORTALITY . . . .	241
INDEX . . . . .	263





# THE INFANT

## CHAPTER I

### THE ESTABLISHMENT OF LACTATION AND THE MANAGEMENT OF BREAST-FEEDING

IF one tithe of the human ingenuity, which of recent years has been lavished on the artificial method, had been bestowed on studying improvements in the breast-feeding of infants, I believe that comparatively few infants would even now, in these so-called degenerate days, be relegated to the bottle.

It is most gratifying to me personally, in view of the efforts I have made to extend the educational influences of infant consultations, to realize that many of the improvements in the natural method of feeding infants which have been introduced of late years, are directly due to the energies of those who are engaged in this particular branch of preventive medicine.

In this connection I would more particularly refer to the work of Dr. Ronald Carter<sup>1</sup> in Kensington,

<sup>1</sup> "Breast-Feeding and the Value of the Test-Feed," *The Lancet*, September 2, 1911.

of Dr. Jessie G. Duncan<sup>1</sup> in Birmingham, of Dr. Ella Webb<sup>2</sup> in Dublin, and of Drs. A. E. Naish and Lucy Naish<sup>3</sup> in Sheffield.

Unfortunately, at our infant consultations we gain more experience in the general management of breast-feeding than we acquire of that most important phase known as the "establishment of lactation," for we are seldom called upon to advise on the care of infants under three weeks of age.

The obstetric physician, who has unrivalled opportunities for studying the early phases of lactation, is as a rule too closely concerned with the interests of the mother to pay much regard to those of the infant, or to the practical details connected with the establishment of the milk flow. On the other hand, the children's specialist is seldom consulted until breast-feeding has already proved a failure, or until the infant has been weaned and relegated to the bottle. The consequence is that the study of this important stage of breast-feeding falls between two stools—between the apathy of the obstetrician and the want of opportunity on the part of the children's specialist.

<sup>1</sup> Report on Infant Mortality in St. George's and St. Stephen's Wards. Birmingham, 1913. Printers: Hudson and Son.

<sup>2</sup> "Breast-Feeding of Infants," *Medical Press and Circular*, July 2, 1913.

<sup>3</sup> "Breast-Feeding: Its Management and Mismanagement," *The Lancet*, June 14, 1913, p. 1657.