

**THE FEEDING OF
INFANTS: HOME GUIDE
FOR MODIFYING MILK**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649312979

The Feeding of Infants: Home Guide for Modifying Milk by Joseph E. Winters

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Edited by Trieste Publishing Pty Ltd.
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HOME GUIDE FOR MODIFYING
MILK

BY

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NEW YORK

E. P. DUTTON & COMPANY

31 WEST TWENTY-THIRD STREET

1901

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The Knickerbocker Press, New York

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TO
ALL LITTLE CHILDREN
WHOSE WELFARE IS
CLOSEST TO MY HEART
I DEDICATE THE FOLLOWING PAGES

INTRODUCTION

THE fundamental guides in the feeding of infants are the composition of human milk, the amount of milk secreted by the breasts of a healthy nursing woman, and the capacity of the stomach of the infant.

The correct composition of human milk was discovered by Dr. Arthur V. Meigs, of Philadelphia, in 1882. His father, the late Dr. J. Forsyth Meigs, by repeated and untiring investigations, determined accurately the amount of milk secreted by the breasts of a healthy nursing woman.

In 1872, Frolovsky, of Russia, published measurements made after death of the capacity of the stomach of infants at different ages.

It is now nineteen years since the last of these investigations was published. Notwithstanding this fact, there has been no dissemination of the central, cardinal principles on which the proper feeding of infants is founded. These three essentials are fully considered in the text of this work, and they should be familiar to every mother and nurse.

On pages 13 to 17 I have arranged charts, based on long experience and repeated analyses of milk and cream, that will enable any one to prepare food of

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definite percentages for infants
of different ages—from birth to
the end of the first year.

JOSEPH E. WINTERS, M.D.

NEW YORK, 25 West 37th St.
January, 1901.

