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Baby's Health Insurance—Proper Feeding

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of the playground will form sufficient shade and screen. Hard maples, although slow growing, give a dense shade. Sycamores also are good. Maples may be planted about forty feet apart and interplanted with fast-growing trees such as the cottonwood and soft maples, which may be cut out when the young fruiting trees have attained sufficient height. The only place that shrubbery should be planted on a playground is against any buildings or fences. Such shrubbery as the highbush cranberry, snowberry, and Japanese honeysuckle will attract many birds.

All the apparatus necessary for the playground can be made under the direction of the manual training teacher or a carpenter. Apparatus which requires a teacher to get the children to use it and which does not appeal to their inherent interest has no place on the playground. Some inexpensive forms of playground apparatus are the jumping pit, the balancing tree, the hilllock, the climbing tree, and the jumping stairs.

The jumping pit should be an excavation about ten feet wide, thirty feet long, and three feet deep, filled with very soft sand.

The balancing tree, a large and perfectly straight tree fifty or more feet long with the bark removed, is supported here and there by three wooden stakes nailed one at the extreme thick end, the others far enough from the thinner end to allow this end free play to swing. This should be about three feet from the ground. This tree gives a chance for balancing exercises, deep jumping and vaulting.

The jumping stairs, which are wooden stairs of ordinary construction leading with ten or twelve steps to a height of about eight feet, run either to a platform or to stairs of the same type leading down on the other side of the platform. The ground underneath is covered with several inches of sand.

Besides the apparatus there should be within the playground a few highly organized games, such as baseball, handball and tennis; and club or group activities of a general nature, such as talking, story-telling, singing, dancing and gardening. The play of children represents all of the fundamental instincts of the human race. Following is a program of appeal as outlined by Dr. E. A. Peterson of Cleveland, Ohio.

Co-operation—Hunting, fighting.

Nurturing—Gardening, Pets.

Building—Basketry, sewing, clay-modelling.

The milk of each kind of animal contains ingredients in the best proportion for the growth of the young of that species. The ingredients of the milk furnish material for growth of muscles, bones, teeth, nerves, and material for oxidation which keeps the body warm and furnishes energy for muscular movements. Cows' milk contains a larger percentage of protein or muscle building material than human milk, but the muscles of the calf develop faster than those of a baby. Cows' milk is also richer in bone building material but the skeleton of the calf reaches its full development in a very short time compared with the length of time required for the complete development of the child's skeleton. Human milk is best for the growth and needs of the human body so that each mother should make an effort to nurse her baby and to give an adequate supply of milk.

The amount and composition of the milk supplied depends very largely on the mothers' diet and habits. As stated before, milk not only furnishes material for growth, but in addition material to keep the muscles, bones, teeth, brain, nerves, blood and cells of the body in repair. It also supplies material for heat, exploring—Collection of leaves, stones and butterflies.

Rhythm—Folk dancing, marching, athletic dancing.

The ground should be divided into an area for children under 7 or 8 years, one for older boys, one for older girls, and one for community playground for both parents and children. Especially should some area be provided for an outdoor theatre and story corner. If there is a stream running through, a pool could be made by hollowing out a place in the natural course of the stream and covering the bottom with rocks, with about six inches to a foot of sand covering them. A planting of junipers would make a good background. Rushes and wild grass could fringe the further banks, and a large boulder could be placed at the small end of the pool where the children could play "Pilgrim Fathers Landing at Plymouth Rock." The area between the pool and the background of juniper would form the stage of the out-door theatre, and the audience could be seated on the gently sloping hill opposite the stage.

With such a playground as has just been outlined, enough of the playground fund can be saved on equipment to pay a playground director and to provide the first supply of equipment. The most essential feature of a playground is to have one for community playground for both parents and children.

Baby's Health Insurance—Proper Feeding

By BELLE LOWE

Editor's Note—This is the first of a series of articles by Mrs. Lowe on Child Feeding. The next one will deal with artificial feeding.

W HAT is the most important time in a baby's life? Why mealtime of course. You don't agree with me? Well you surely wouldn't say bed time, for a baby sleeps most all the time, and you couldn't say playtime, for his play consists mostly in more or less uncertain and awkward experiments as to the purpose and use of certain fingers, toes, arms and legs which he finds attached to his soft little body. It is mealtime which may change a hungry restless bit of humanity into a contented baby, ready for his sleep or his play. It is mealtime which helps decide just how many more ounces those small scales are going to mark off next Sunday morning when he is weighed—and it is all his mealtimes together for the first two years, which, which, just how happy and healthy a youngster he is going to be a few years later.

A baby requires very little during the first two years of his life besides sufficient food and the right kind of food and if there is any one of these which is more important than the others it is the latter. There is a baby that you can buy already prepared, and those which you can prepare yourself but the best food for a baby is the natural one—his mother's milk. The chances for a baby to grow to maturity are very much greater when the baby is breast fed, than if it has to be artificially fed.

In the more solid portions tree holes may be drilled and pompons fastened on it where the smaller children may play horse.

The hilllock is a small elevation, two to five feet thick, from three to six feet wide at the base, tapering off toward the top, and well covered with turf. Deep jumping, high jumping and hurdling may be done from here.

The climbing tree is a straight tree no less than thirty feet high, made smooth, sturdy and awkward experiments as to the natural course of the stream and covering the bottom with rocks, with about six inches to a foot of sand covering them. A planting of junipers would make a good background. Rushes and wild grass could fringe the further banks, and a large boulder could be placed at the small end of the pool where the children could play "Pilgrim Fathers Landing at Plymouth Rock." The area between the pool and the background of juniper would form the stage of the out-door theatre, and the audience could be seated on the gently sloping hill opposite the stage.

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and for bodily activity. Milk also supplies three other substances which, although they are present in very small quantities, are very, very necessary, for without them in the food the baby will cease growing and will be of little use to the mother. These three substances are called vitamins and are designated as vitamins A, B and C. Most people are not aware of the importance of vitamins in the diet. They have been obtained in the last few years, and we have yet much to learn about them, but that they are absolutely essential in the babies diet, we do know.

Where do all these materials in milk come from? From the food the mother eats. For this reason it is important that the mother consider her diet. First, the milk she produces may be呦nutrient rich or deficient in some respects. To know that she is producing milk of good quality is not enough, it is necessary that the mother eat more than is needed for her own energy requirements. Some foods are better for furnishing an adequate milk supply than others. In some experiments conducted by Hoobler at one of the hospitals in Toledo not long ago, he found that when nurses, who received adequate protein in their diet gave a larger milk supply than those who received less protein in their diet. Milk is one of the best foods for giving adequate protein. Milk also furnishes a large amount of calcium and phosphorus. Since a baby's bones are made up of calcium and its consequent phosphorous may be drawn from the bones of the mother to make good the deficiency in the baby's diet. A diet deficient in calcium and its consequent withdrawal from the teeth of the mother may be a cause for the frequent decay of the mother's teeth during pregnancy and lactation.

Milk is richer in vitamins when the diet of the mother contains foods, which are rich in vitamins and it is poor in vitamins when her diet is poor in vitamins. The amount of vitamins seems to be able to build up vitamins itself but must obtain them from the food that is eaten.

Foods that contain vitamin A and which should be in the mother's diet are butter, cream, whole milk, egg yolks, tomatoes, carrots, sweet potatoes, pumpkin, yellow corn, spinach, swiss chard, lettuce and cabbage. Looking over this list it will be noticed that foods rich in vitamin A are either yellow or green in color. Of meats, liver and kidney contain most of A but are not so desirable for other reasons.

Vitamin B is found in a large variety of foods than A or C. It has been found in all natural foodstuffs as fruits, nuts, vegetables and seeds, that have been tested for it. Some foods contain more than others. Yeast and the germ of cereals are rich in it. A variety of fruits and vegetables insures having sufficient of it in the diet.

If one vitamin can be more important than another in the diet, then B is the vitamin that is most essential. Some of the foods richest in B are oranges, grapefruit, lemons, prunes and other fruits. Some vegetables are spinach, carrots, cabbage, onions, lettuce, peas, tomatoes, potatoes, and others. As in meat, the germ have G, but when the germ is removed for improving the keeping quality as in white flour, boiled cornmeal, etc., some vitamins are removed. In very heavy fats do notcontain B or have so small amounts that they were not noticeable in feeding experiments.

Vitamin C is rather limited in distribution in food stuffs but is found in living cells of both animal and vegetable tissues. It is destroyed by heating unless heating takes place in an acid medium, so it should be cooked and served with food in the diet each day. Oranges, lemons, tomatoes, onions, turnips, cabbage and sprouted beans are especially rich in C, other fruits and vegetables rank below the ones listed.

Summing up the foods that should be in the nursing mother's diet, we have milk and a variety of fruits and vegetables. Also cereals and fats are needed for the heat and energy they give. The large amount of fruits and vegetables also help in preventing constipation.

The mother needs daily exercise, but very strenuous exercise takes so much food to furnish energy for it that the amount of milk is lessened. She should have rest each day and be as free from worry as possible. During times of worry, stress and fear the amount of milk secreted is very much lower. The mother may keep herself in condition and still not have the baby properly nourished, if she fails to feed it regularly. Very small adults can bear a strain of constant and very irregular eating. A baby's digestive system is so delicate when compared with an adult's that it is not at all strange that it has colic and digestive disturbances when it is not fed regularly. In fact the digestive tract of the baby is so easily upset that it may have some digestive disturbances even when fed regularly, but irregular feeding only makes the trouble worse. The interval between feedings should be at least three hours. There is no time for the food to be digested before another feeding. Many babies do better with a four hour interval between feedings.

The baby should have water offered it between feedings, as they need more water in proportion to their size than an adult person. Here tells us that babies need more weight of water than the weight of an adult. Every one gram of water has been found to be needed for each pound of weight, while an adult needs eighteen grams of water per pound of body weight.

Orange juice is one of the first foods offered the baby. It may be given as early as the end of the second week. About one teaspoon of strained orange juice is diluted with one teaspoon of water. This amount can be gradually increased and the dilution lessened. By the time the baby is four months old it can take one fourth cup of orange juice daily. The orange juice furnishes vitamins B and C which may be rather low in the mothers' milk.

A breast fed baby should double its birth weight in five months and treble its birth weight at 12 months of age. A breast fed baby's minimum growth should be four ounces or one fourth pound per week and during the first five months it is often as much as eight ounces a week. When the weight is stationary or the gain is less than four ounces per week it means that something is wrong, and the defect is often found in the mother's diet. A healthy baby is a happy one and a large part of the health of the nursing baby depends upon the health and diet of its mother.

Summer Salad Possibilities

Associate Professor of Home Economics

by Beth Bailey

Let me see your ice box and I can tell you the kind of meals you serve! I can tell you that it will be a happy one, but I can also tell you for your family these hot summer days. Will the inspection excite the fagged summer appetite? In other words what are the salad possibilities of your ice box?

It is salad that one craves in the summer—the crisp green, the pleasant dressing—the never ending variety in the combination of ingredients. This is the time of year to cut down on fried foods, heavy meats and rich desserts. Roast pork and mince pie please in December but in June ones whole system calls for the refreshing flavors of summer vegetables and fruits and in what more appetizing way can one serve fruits and vegetables or a combination of both, than in a summer salad.

And now, what do I mean by the salad possibilities of the ice box? Well. Your ice box should contain, first of all some cleaned, crisp lettuce rolled up in a cloth ready for use. This may be leaf or head lettuce but it must be fresh and not wilted. If you cannot get lettuce there are many other salad greens which will do to add variety, as curly endive, French endive, chicory and mustard. Edible greens are preferable, if none are available, other kinds of leaves may be used as a salad garnish. For instance one may use parsley, nasturtium leaves, flowers, geranium leaves, a bit of fern, grape leaves or even maple or oak leaves. One most attractive bowl of salad which I once saw was lined with a big jujube castor bean leaf. With this widening selection of salad greens, the ingenious cook is never nonplussed at a lack of lettuce. Whatever greens she uses however, must be washed with a damp cloth in the ice box so that they will be crisp when needed.

Next there must be salad dressing possibilities in your ice box such as a jar of split beans, a canning jar with red hot red peppers or an oil dressing. Of course, olive oil is kept at room temperature, but the cotton and corn oils may be kept in the ice box. A simple French dressing to give, oil and seasoning is beaten up in no time with a Dover egg beater. Even the