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Artificial Feeding of Infants Up-to-Date

By BELLE LOWE, Instructor in Nutrition and Dietetics

Artificial feeding is the practice of providing nourishment to an infant through methods other than breast feeding. This can be due to various reasons such as medical necessity, choice, or inability to breastfeed. Artificial feeding involves preparing and administering food to the infant in a manner different from the natural process of breastfeeding.

Anyone who has gone thru the experience of contracting and curing a bad cold, and can not eat solid foods, how just how varied and confusing were the remedies advised by sympathetic friends and neighbors should be able to sympathize with the mother who has an artificially fed baby.

What such a mother usually gets is advice that she needs is the tact to disregard this advice. The services of a good physician, and a knowledge of the fundamental principles of infant feeding are necessary to understand the difference between the compositions of human and cows' milk—how cows' milk is used.

Hess gives the following average composition of the two in percentages:

<table>
<thead>
<tr>
<th></th>
<th>Protein</th>
<th>Fat</th>
<th>Sugar Salts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human</td>
<td>1.5</td>
<td>3.5</td>
<td>6—7</td>
</tr>
<tr>
<td>Cows'</td>
<td>.37</td>
<td>3.9</td>
<td>4—5</td>
</tr>
</tbody>
</table>

The protein in cows' milk is not only about twice as large in amount as that in human milk, but it contains more casein in proportion and therefore is less easily digested by the infant, as it forms a larger, firmer curd in the stomach. The fat in cows' milk occurs in larger particles than in human milk and this is often the cause of many infant digestive troubles. The cows' milk has a larger total of silts than does human milk. This makes the proportion of protein more nearly right and softens the curd which is formed in the stomach.

The addition of cereal water will also make a softer curd. To dilute the milk for a child of three months or less is to dilute the milk with water—using equal quantities of whole milk and water. This makes the proportion of protein more nearly right and softens the curd which is formed in the stomach. The addition of cereal water will also make a softer curd. To dilute the milk for a child of three months or less is to dilute the milk with water using equal parts of human milk and water.

The milk of an individual cow is apt to vary more than milk from an individual cow. Therefore, milk from a jersey cow is apt to be more uniform than milk from a Hereford cow.

Ordinarily the intervals between feedings are three or four hours. The longer the interval the larger are the feedings. With the four hour interval, six feedings are given the first month, then they are increased to eight feedings on the second month, and nine feedings on the third month. Then the number is gradually decreased until the baby is able to take all the food that he needs at about three or four months of age. The milk is gradually thinned until it is thin vegetable soup in place of one milk feeding. There has seldom been any trouble in getting the babies, which have been observed, to this soup—especially if the baby takes the soup and then is ready to eat some solid food.

Digestive disturbances are often due to the way in which the milk is cared

BABY'S SKIES

Would you know the baby's skies?
Baby's skies are mother's eyes,
Mother's eyes and smile together
Make the babies pleasant weather.

Mother, keep your eyes from tears
Keep your heart from foolish fears
Keep your life from dull complaining
Lest the baby think 'tis raining.

—Exchange.
for. It is little less than a crime to give
to a baby milk which has not come from a
dairy where the most sanitary meas-
ures are used. Either pasteurizing or
boiling milk kills all harmful bacteria
and the latter process makes the curd
much softer.

Bottles and containers thoroly boiled
and sterilized after use can be kept
sterile by keeping them turned upside
down until they are needed again. Large
mouthed bottles and nipples are more
easily cleaned than smaller ones. Since
long boiling of the nipples hardens the
rub, they can be boiled for a few
minutes and then kept in boracic acid
water for a time to insure thoroly
sterilization. Too much cannot be said about
care and cleaning in the event of
food for babies. The new and better
methods of sanitation is one of the
things which has decreased the death
rate for artificially fed infants.

It has been found that milk which is
heated to the right temperature for
feeding and kept in a thermos bottle is
very apt to sour and cause trouble when
it is fed. The thermos bottle keeps it
at just the right temperature for the
growth of bacteria. If the milk is put
into the bottle when cold, it will keep
for some time. It can be heated again
just before using.

Pacifiers are of absolutely no value to
a baby and furthermore they may do
actual harm for they are decidedly un-
sanitary and sometimes disfigure the
child’s mouth by cusing the gums and
teeth to protrude. If a child needs some-
ting to chew on he is probably tooth-
ling and can be given a piece of thoroly
hard toast. If the toast is hard enough
he not only has something to press his
gums on, but he gets a small amount of
food besides and he learns to chew his
food well.

Prepared baby foods are all right in
an emergency, as on a long train trip,
or after an attack of diarrhea, in very
hat weather, but they do not take the
place of milk. By prepared foods, I mean
condensed milks containing sugar in
large quantities, malted foods, etc. These
foods contain mostly starch and sugar.
Sugar and starch in the body give energy
for the movement of muscles or form
fat to be stored in the tissues, but do
not furnish material to build muscles,
bones, teeth or brain and nerve cells.

Most babies fed on prepared foods are
too fat. They are also apt to have
flabby muscles and are the ones which
Grulée states as having the worst
condition in the winter. The worst danger in
using prepared foods is the possibility of
developing scurvy or rickets. Some
mothers say, “But I mix the prepared
food with milk.” Milk is the essential
part of the food and since it is mixed
with the prepared food it might as well
be fed in the first place.

With artificially fed babies it is far
more important that the food agree with
the baby than that he gain in weight.
While a breast fed baby may gain six to
eight ounces a week during the first six
months, four ounces a week is a large
enough gain for an artificially fed baby.
A breast fed baby doubles it’s birth
weight in five months; an artificially
fed baby in about seven months, but both
bemie their weight by the time that they
are a year old.

Making the Most of Your Old Reed Furniture

By GLENNNA HESSE

THAT old reed chair in the attic may
not look much like the stunning black
frosted reed rocker which you saw in
the furniture catalogue the other day
but it can be made almost equally at-
tractive if it is still strong and not badly
broken.

Not long ago a Home Economics class
at Iowa State College refinshed an old
reed chair at a cost of four dollars so
that it matched a new forty dollar black
frosted reed rocker. New pieces of reed
furniture are rather expensiv e
though quite a bit of time is re-
quired to re-finish furniture may be re-finished in the
same way.

The following materials will be re-
quired:

One quart of flat white paint ....... $1.20
One pint of flat black enamel........ 1.10
One pint of gloss black enamel.... 1.10
Turpentine ................................ 1.00
Bruses .................................... .40

Total................................. $4.00

The reason that furniture houses
charge so much for frosted reed furniture
is that quite a bit of time is required to
finish it properly, so be willing to add
plenty of time and care to your equip-
ment and you will be more than pleased
with the results.