

SOME

Fallacies of Early Infant Feeding.

It is commonly supposed that a young infant may be fed on any mixture of cow's milk with or without one of the many advertised farinaceous foods. Physiological research tells us that not until the child is nearly six months old is it capable of digesting starchy food, and that during these early months it has little power to assimilate the casein of cow's milk. The practical truth of this statement is shown in the terrible mortality of young infants from diarrhoea and disorders of the alimentary canal—conditions due alone in the majority of instances to irritating indigestible food and bacterial contamination.

IMPROPER FOODS IN COMMON USE DURING THE FIRST SIX MONTHS:

Condensed Milks.

Which are deficient in fat and soluble albumen, but contain an excess of sugar, and that not milk-sugar. This class of foods is therefore not only highly indigestible, but also below the normal in fat-forming constituents.

Farinaceous Foods.

Containing unaltered starch are inadmissible, as the infant is given work to do which it cannot perform; and the additional fact of these

necessarily being made with unaltered cow's milk renders them still more indigestible.

Cows' Milk and Barley Water Mixture.

Is perhaps the least harmful, but is not a perfect food in that it contains too much casein, too little fat and albumen, and generally swarms with bacteria. Its re-action, moreover, is uncertain, and, though the presence of the barley-water mitigates the formation of large and indigestible curds, it is itself by no means suitable for the infant economy.

PROPER FOODS TO BE USED DURING THE FIRST SIX MONTHS

Should be, as nearly as possible, the physiological equivalent of human milk. This principle ALLEN & HANBURY'S have carried out in the preparation of their "ALLENBURY'S" No. 1 and No. 2 MILK FOODS. These not only provide a perfect humanized food, but the addition in the No. 2 Food of certain constituents affords a proper progressive dietary to meet the developing functions of infant digestion.

The "ALLENBURY'S" MILK FOOD, No. 1, for use from Birth to Three Months, is prepared in the form of a dry powder, and is made from cow's milk, from which, after the proximate composition has been ascertained, the excess of casein is removed, and the deficiency in fat (cream), soluble albumen, and milk-sugar corrected. The method of preparation renders this Food sterile, and *boiled* water alone is required in preparing it for use.

Infants reared by hand should be brought up on this Food until they are three months old.

The "ALLENBURY'S" MILK FOOD, No. 2, for use from Three to Six Months. About this period (three months) it is found that the infant requires, in consequence of the development of the digestive organs, a somewhat more sustaining form of nourishment. This is best obtained not by increasing the amount of indigestible material, as is usually practised, but by affording in addition to the milk a digested food.

This Food contains, besides the constituents of the No. 1 Food, maltose, soluble phosphates, and albumenoids derived from whole meal. There is, however, no unconverted starch left in the Food which at this age the infant would be unable to digest.

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