

inferior if secured in large amount, or, which appears more likely, that "want of air, sunlight, and all the natural stimuli for active metabolism reduce the vitality of the out-patient infants to such a debased level, that it is conceivable that an allowance of food, which would be physiologically appropriate for the institutional infants, may be relatively excessive for the needs of the out-patient infant; and over-feeding, as is now well understood, leads sooner or later to malnutrition and loss of weight."

Trained and experienced nurses co-operated in the investigations made by the doctors; the observations are based on single "test-feeds"—that is, the amount of breast-milk obtained by the nursling at a single feeding. The infant was weighed before and after a meal, on scales sufficiently accurate to record differences of a drachm avoirdupois. The ordinary baby-scales are not reliable. The scales at Marylebone Workhouse, similar to those shown in the illustration, are so delicately balanced that differences in grains might be computed, if desired. The observations of the "test-feeds," taken by institutional infants, were made at Marylebone Workhouse: 9,435 test-feeds were given to 61 infants. As midwives are particularly interested in the infant during the first ten days of life, the calculations of the amount of milk consumed by these 61 nurslings during that period in 24 hours will be of interest.

1st.	2nd.	3rd.	4th.	5th.	6th.	7th.	8 h.	9th.	10th.
oz.	oz.	oz.	oz.	oz.	oz.	oz.	oz.	oz.	oz.
$\frac{1}{2}$	$4\frac{1}{8}$	$4\frac{1}{8}$	$6\frac{1}{2}$	6	$7\frac{1}{4}$	8	7	8	$8\frac{1}{2}$

The succeeding table gives the amount of milk obtained on successive days by these infants, the number of feeds per day, and the weight:—

Day.	Total Quantity of Food per Day.		Average number of Feeds.	Average Quantity of each Feed.		Daily Weight.
	oz.	dr.		Drachms.	lb. oz.	
1st	1	1	3.23	2.28	7 1	
2nd	4	15	5	5.23	7 1	
3rd	4	12	8.88	8.19	6 10	
4th	6	4	9.24	9.98	6 15	
5th	6	11	9.33	11.70	6 15	
6th	7	3	9.22	12.39	7 1	
7th	7	9	9.53	12.43	6 15	
8th	7	13	9.44	13.29	7 3	
9th	8	1	9.43	13.80	7 2	
10th	8	4	9.11	13.93	7 2	

The weight curves on the whole conformed to the usual type—*i.e.*, at the end of the first week the infant regained the initial loss, and subsequently gained about half a pound weekly.

It is interesting to note that the largest "test-feed" recorded was 6 ounces; this, of course, was taken by an infant several months old. "In private cases, 6, 7, or even

8 ozs. are by no means uncommon measurements for individual 'test-feeds.'

Many foreign observers have studied breast-feeding, but the mothers were usually in institutions where the feeding and hygiene were satisfactory; the average amount of secretion is considerably higher than in the cases recorded in this Paper: the mothers were chiefly women of the working class, living in their own homes, who brought their nurslings to the infants' consultations, or to the out-patient department of the Queen's Hospital, N.E. Most of these infants were mismanaged, or weaklings; a few were ill; some were normal healthy babes. It might be argued that it is fallacious to work out averages from a single "test-feed." The amount, however, taken by the nursling does not vary much, if the "feeds" are regular, with one exception: the early morning "feed" is usually rather larger, owing to the longer period between the "feeds."

Enough of the Paper has been summarised to give a rough idea of the scope and aims of the writers. It pleads eloquently for careful conduct of breast-feeding, which, undoubtedly, is more carelessly carried out than artificial feeding both in maternity hospitals, and in private.

At the General Lying-in Hospital, York Road, it has been the rule for many years to give "test-feeds" to infants who have not regained their birth-weight on the sixth day, for twenty-four hours, or longer, if necessary. If the amount taken is deficient, the breast-milk taken is supplemented by exhausting the other breast, and giving it to the infant, or by the addition of modified cow's milk; if, however, the "feeds" are excessive, the infant is left at the breast for shorter periods, or the intervals between the "feeds" are prolonged.

The illustration shows a baby-scale in use at York Road, which is accurate within a few grains. The iron work is enamelled white; the pillar, beam, and pans are of brass, plain in design. The pan for the infant is shaped so that the head lies comfortably. This scale was made to order by Mr. Pollard, 132, York Road, King's Cross, and cost £3 10s. It was a gift to the ward.

Nurses who are keen on keeping an accurate account of the daily weight of the infant will find that Messrs. Bailey, Oxford Street, have a new "Baby's Chart" on sale, with columns for "food prescribed," "food taken," "total and average feed daily," and "gain or loss per day." There are also spaces for full description of the infant's stools, which are a great guide to the physiological effect of the food given.

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