

A Busy Day for the Stork at Dorking.

THIS PHOTOGRAPH of a group of British treasures was taken recently when all 11 young citizens decided to enter this world on the same day.

Their safe arrival at the Dorking County Hospital must have been a matter of great satisfaction to the Medical Superintendent, Dr. J. C. Cuthbert, and a devoted nursing staff.

This band of men and women of tomorrow created a record for the hospital of 11 births in one day, and we cannot help feeling that this institution has proved a happy starting point for them on their journey through life.

Readers will remember that Dr. J. C. Cuthbert recently contributed an article to this Journal on "Injuries of the Genital Canal."

Cow's Milk for Babies.

By A. E. Hopkins.

DOCTORS AND NURSES AGREE that for young babies nothing can equal human milk. It is the perfect food containing all the essential ingredients in a perfectly balanced form.

Failing this perfect product, the next best food is clean and pure cow's milk, so therefore it behoves every nurse and mother to see that only the very best is used.

Good milk should contain in balanced form a sufficiency of proteins, fat, milk-sugar, minerals, carotene and vitamins.

There is a considerable variation in the chemical structure of milk taken from the many breeds of cattle, and this fact has to be taken into consideration when using animal milk as a substitute for human milk.

The constituents have their own special individual values. Proteins are necessary for growth and physical maintenance. Fat, usually termed butter-fat when present in milk also stimulates growth and is the chief source of vitamins A and B.

Lactose, or milk-sugar constitutes about 40 per cent. of the total solid contents of milk. It varies from other sugars particularly the commercial types such as white sugar inasmuch that it is less likely to cause digestive disturbances like fermentation, dyspepsia, etc.

Calcium and phosphates are the most important minerals to be found in milk and these in balance with others also present, provides all the supplies of such elements that the body needs, and the formation of bone is one of their important duties.

The yellowish colour of milk is caused by carotene which is turned into the valuable vitamin A by the chemistry of the human body.

Milk contains all the necessary vitamins in a properly balanced form including A and D. These are essential for the perfect conditioning of the skin and eyes and give protection against infection after childbirth.

From the foregoing it will be readily appreciated that milk is as near perfect as any food can be, but to make it



The Resident Doctor and Sister inspecting babies while a nurse gives assistance.

easily assimilable to the sensitive digestive organs of a baby, certain precautions have to be taken.

Since cow's milk is different in composition to the human variety it can be treated in various ways to make it as near as possible identical with human milk.

Nature has a very good reason for this difference in protein amounts. A calf will double its weight in about two months whereas a baby takes approximately six months over the same proportionate increase.

As protein is the element which directly affects growth, it is easy to understand why there is twice as much in the animal variety, for a baby needs time for brain as well as for bulk development, and therefore nature controls the growth by what may be called the protein method.

On the face of it the problem of reducing the protein content in cow's milk by adding an equal quantity of water seems simple, but this method would also reduce the fats and milk-sugar or lactose by half, also thus throwing out of balance the whole chemistry of the food with subsequent trouble for the baby.

To an extent the difficulty of insufficient lactose in diluted milk can be overcome by adding milk of sugar, but one cannot get over the fat question as nothing can be added to take its place.

The solution is to use milk containing a high butter-fat content. This should be in the neighbourhood of 5 per cent. so that when it is halved by water dilution it then

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