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MILK

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OF

MILK IS AN INDISPENSABLE FOOD FOR CHILDREN

"Fresh, clean, raw cows' milk is the ideal form of artificial food, and therefore the most desirable for the human infant."

"Cows' milk should not only be pure, but the fresher it is and the fewer manipulations it has been subjected to, the less possibility there is of its having been altered in any of its essential properties as a complete food."

"In our large cities—where milk has to be furnished to thousands of infants, where it has to be supplied from a large number of small and large dairies so that adequate inspection is difficult, and where it must be transported long distances and kept for a long time—*ordinary raw milk is not a safe food for infants.*"

"Pasteurized milk is not sterile, and it will not keep unless quickly chilled and kept chilled until used; it should be used within 36 hours after being pasteurized. Stale pasteurized milk may be more dangerous than stale raw milk, because putrefaction, if started, will progress more rapidly in milk which has been pasteurized."

"Clean, fresh cows' milk is the best available form of milk for children after they are weaned. Pasteurized milk, sterilized milk or canned milk may be substituted for it when clean, fresh cows' milk cannot be obtained."

"Every growing child is better and more cheaply nourished if it is given clean, whole milk, either as a drink or in the cooked food making up the daily diet. A pint and a half of whole milk daily is the safe amount thought desirable to nourish the young child (from 18 months to 12 years of age), when the rest of the diet is balanced."

“The average child today does not have enough of the right sort of food and cannot have its food cut down nor the important articles of diet replaced by questionable substitutes without grave danger of increasing malnutrition in our child population.”

“Lowered nutrition in children means decreased vitality and lowered resistance to disease. If the nutrition of our children is impaired for any length of time, full juvenile development will be permanently arrested. Nor is the physical stunting of the race the only evil that serious undernourishment of our child population entails. Intellectual and moral abnormality are largely influenced by physical health, and a period of malnutrition among the children of America may easily be followed by a period of intellectual and moral deterioration.”

“Milk is, then, the indispensable food for children, and whole milk in some form must be furnished them if the nutrition of the average child is to be maintained and if normal growth in height and weight is to be assured.”

Every child from 18 months to 12 years of age is better for having 1½ pints of milk in its daily diet.—Extracts from Children's Bureau Milk Bulletin. (Why not read it all?)

MOST CHILDREN DO NOT HAVE ENOUGH MILK