

### Physicians Do Not Agree On Lactic Acid Addition

By LOGAN CLENDENING, M. D.

IN THE ARTICLE published at the beginning of this series, it was stated that lactic acid should be added to the milk. All physicians do not agree, however, that this method is valuable, or even desirable.

The purpose of it is to render cow's milk more digestible. Cow's milk contains a substance which neutralizes the digestive acid in the stomach, and hence retards digestion. This so-called buffer action is almost entirely absent from mother's milk. The purpose of adding lactic acid has been to neutralize the buffer substance in cow's milk before it reaches the stomach.

Many physicians, as I say, do not agree that this is necessary, and it should be said that whether or not it should be used can be determined only by trial. If the baby does well without lactic acid in the milk, let it alone. On the contrary, if it does not do well without lactic acid, it might be advisable to try it.

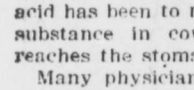
The method of using it is to bring a pint of milk to a boil and then allow it to be thoroughly cooled. The serum is removed. One teaspoonful of lactic acid is added, drop by drop, while the milk is stirred. The first half of the acid may be added rapidly,

but the remainder must be added slowly. If the acid is mixed with two or three ounces of water or with water and corn syrup, it may be poured in quite rapidly without forming large curds. It is important that the milk should be thoroughly cold before the acid is added.

Lastly, water must be added to the mixture because the infant requires a good deal of fluid. Most modern physicians believe that it is not necessary to add as much water as was formerly done. Water used to be added to the mixture in equal parts. Nowadays most physicians believe that if half as much water as there is milk is added, it will be sufficient. This means that with an eight-pound baby requiring about two ounces of milk per pound a day, a pint of milk is sufficient, and half a pint of water should be added. This brings the total amount of feeding for the day to 24 ounces, and makes it easy to divide it into six feedings of four ounces each.

When a baby gets sick, water is abstracted from its body very rapidly, and one of the most important items in treatment is to see that plenty of water is given.

Dr. Clendenning



EDITOR'S NOTE: Six pamphlets by Dr. Clendenning can now be obtained by sending 10 cents in coin for each, and a self-addressed envelope stamped with a three-cent stamp, to Dr. Logan Clendenning, in care of this paper. The pamphlets are: "Indigestion and Constipation," "Reducing and Gaining," "Infant Feeding," "Instructions for the Treatment of Diabetes," "Feminine Hygiene" and "The Care of the Hair and Skin."

### Wiley Post Flies to Help Warm Springs



FAMOUS AVIATOR HELPS PRESIDENT'S BIRTHDAY BALL

Holder of the record for girdling the globe twice, Wiley Post has thrown his famous plane, the Winnie Mae, into the nationwide movement to honor the President on his birthday, Jan. 30, by holding a ball in every community in the nation to help raise an endowment for the expansion of the nationwide work of

### Starring in CWA Cast



Fuller Mellish Mrs. William Faversham

In accordance with the aims of the New Deal, steps have been taken to provide for unemployed actors and actresses under the CWA. Two of those enrolled, Fuller Mellish, once-famous Shakespearean actor, and Mrs. William Faversham, wife of the former matinee idol, will appear in plays to be produced by New York Board of Education with \$28,000 appropriated for the work. (Central Press)

### Bandits Who Led Prison Break



Bob Brady Jim Clark

Leading five other convicts, Bob Brady and Jim Clark, desperate lifers, overpowered guard and escaped under fire from Kansas State Prison at Lansing, Kan. The two desperados were ringleaders of break at same prison last Memorial Day, engineered by Harvey Bailey and Wilbur Underhill. Brady is shown after being wounded in capture at that time. (Central Press)

### 5,000 Birthday Balls to Honor President January 30 And to Help Finance Fight on Infantile Paralysis



GETTING READY FOR THE BIGGEST BIRTHDAY PARTY IN AMERICAN HISTORY

Every community in the nation will honor President Roosevelt when he becomes 52 years old on Tuesday, Jan. 30, by giving a local ball to help endow an extension of the nationwide work of the Warm Springs Foundation for Infantile Paralysis in which the President is so deeply interested. Upper left, the President and his mother, Mrs. James A. Roosevelt, who bought the first box sold for the New York ball in the Waldorf-Astoria, upper center, Colonel Henry L. Doherty, chairman of the committee of leaders arranging the observance of the President's anniversary; upper right, the official poster contributed to the movement by the famous artist, Howard Chandler Christy; lower picture, child patients at Warm Springs sharpening up knives and appetites for the largest observance of the President's birthday ever held at that health center. The cake, weighing 344 pounds and said to be the largest birthday cake ever made, was presented to the children for their party by Chairman Doherty.

### Where Presidential Dance Proceeds Go



Where hydro-therapy is applied. President Roosevelt

Where healing rays of the sun are given full play.

In hundreds of cities throughout the United States, the birthday of President Roosevelt will be celebrated on January 30 with dances in which every element of the communities will participate. Proceeds of the affairs will be turned over to the Warm Springs Foundation, beautiful sanitarium at Warm Springs, Ga., for treatment of infantile paralysis. The President is keenly interested in the sanitarium, at which he was once a patient. (Central Press)

### As Cubans Acclaimed President Mendieta



The sixth President to rule Cuba in six months, Carlos Mendieta, veteran battler in the political arena, is pictured on the balcony of the Presidential Palace in Havana with a group of supporters as he responded to the wild acclaim of the populace following his acceptance of the Presidency. Being a favorite of all parties, it is believed the rise to supreme power of Mendieta marks the end of Cuban turmoil. (Central Press)

### Denies Spiritualistic Guide



Mrs. Irving T. Bush

"Three Vultures" is the title of this picture which Mrs. Irving T. Bush, wife of New York banker, is exhibiting in the metropolis. One of eleven along the same lines, it depicts two birds of ill-omen and a money changer. Mrs. Bush, who paints for a hobby and doesn't sell her work, denies implication that she creates her subjects under guidance of a "spirit hand." (Central Press)

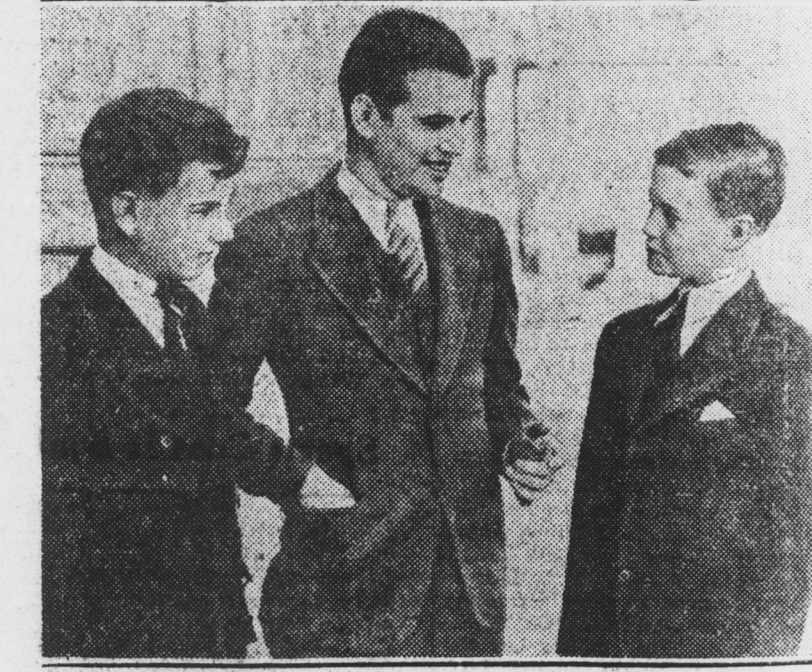
### IN BIRTH CONTROL BILL FIGHT



This photo shows Mrs. Thomas N. Hepburn, left, mother of Katharine Hepburn, movie actress, and Mrs. Margaret Sanger, right, chairman of the Birth Control convention, now in session in Washington, as they appeared with Representative W. Pierce of Oregon, center, at a house committee hearing on birth control.

Opposing Mrs. Hepburn, who extolled the religious and medical arguments in behalf of a new congressional bill permitting dissemination of contraceptive information to physicians, Father Charles E. Coughlin, Detroit radio priest, led the fight against the measure in arguments before the committee.

### Turns New Page in Career



Burton Jacob Wm. Bray Thomas Phillip

Appointed secretary to Postmaster General Farley, proud William Bray, who rises from the ranks of House pages, tells Burton Jacob and Thomas Phillip, two pages of the younger generation, of his good fortune. (Central Press)

### CUMMINGS QUERIED ON GOLD PLAN



Senator Couzens Attorney General Cummings

Attorney General Homer S. Cummings, right, is pictured as he appeared before the senate banking and currency committee in Washington to explain the legality of President Roosevelt's new gold plan. He asserts there is no question of its constitutionality. Senator James M. Couzens, of Michigan, is shown, left.