

Breakthrough For Bottle Fed Babies

BELTSVILLE, Md.— Bottle-fed babies may have fewer digestive problems -- and their parents more peace and quiet -- if a natural protein in breast milk is added to infant formula, according to researchers at the U.S. Department of Agriculture's Children's Nutrition Research Center in Houston, Texas.

Lactoferrin, which literally

means "milk iron," is known to help infants absorb iron from mother's milk and to protect them against intestinal infection. From new studies of laboratory rat cells, however, it appears that the protein also speeds growth and maturing of the gastrointestinal tract.

Two international formula makers have expressed interest in these findings.

Center director Buford L. Nichols heads the research, funded by USDA's Agricultural Research Service. He reports, "Infants who don't get mother's milk tend to have more colic, diarrhea, and food intolerance. Presumably, some of these problems are due to an immature digestive capacity."

"Our studies suggest that adding lactoferrin to infant formula will

make it more like human milk." He says that animals' intestines grow considerably during the first 1 to 3 days after birth. Newborn pigs, for instance, add 8 to 10 inches of intestine in that period. And studies of newborn pigs and other animals indicate that their digestive systems mature faster if they are suckled.

"This growth may not occur in

infants who get formula rather than breast milk," Nichols says, "leaving them prone to chronic diarrhea and other intestinal problems."

To identify the growth stimulant, Nichols and technician Kathryn S. McKee devised an assay using rat crypt cells -- the cells that generate intestinal lining. They looked for the component in human colostrum -- the antibody-packed breast secretion preceding milk -- that stimulated rapid division of these cells. It proved to be lactoferrin, which is more concentrated in the colostrum. The findings were reported in the June issue of *Pediatric Research*.

Since then, the researchers have looked at how infant formulas based on cow's milk or soy affect rat crypt cells. Both types of formula inhibited cell division, Nichols says, but adding lactoferrin in amounts comparable to those in colostrum restored cell division to normal rates.

He and McKee have applied for a patent for this use of lactoferrin through Baylor University's College of Medicine.

Parenting Not Easy, But Toddler Topics Can Help

HONSDALE — The Northeast Region 1988 Toddler Topics learn-at-home series gives parents helpful information concerning children ages 2-6. Covering everything from vitamins to saving for the future the series is helpful because it is a source of time-saving ideas.

How should parents discipline their children -- with or without punishment? Two topics help

parents with this problem. Both "Guilt in Parenting" and "Discipline Without Punishment" inform parents on how to effectively correct behavior problems.

As children go through life, they will eventually have to deal with death, whether it be a pet or a family member. The topic "Talking About Death" advises parents on how death affects their toddler and how they should explain death to

their child.

Raising children alone is another problem some parents are forced to face. In "Single Parenting-Carrying the Whole Load," single parents are given information that will make their

job easier.

Other topics include food and nutrition, discipline, health and safety.

To enroll in the Toddler Topics program, contact the Wayne County Extension Service at 717-253-5970 ext. 114 or put your name and address on a postcard and mail it to: Wayne County Extension Service, Courthouse, Honesdale, PA 18431.

The deadline for ordering this free learn-at-home series is January 15, 1988. It will be sent out in late January or early February.



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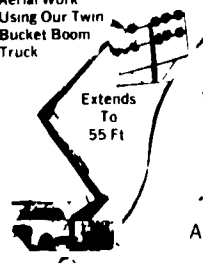
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Stress On The Farm

(Continued from Page B12)

see how easy and inexpensive it is to get your own milk."

During the session, the women learned the importance of sharing their problems with others. Sachs remarked that farming offers a lifetime of stresses. For learning to live better with stress, she offered the following steps to stress management:

Stress Management For Farm Wives

- Be aware.
- Admit to problems.
- Understand where stress is com-

ing from.

- Adapt to stress.
- Reduce it by getting emotional support from family, friends and church members.
- Don't be ashamed to get professional help.
- Diet can help: cut out caffeine.
- Physical exercise helps relieve stress.
- Balance activities, get variety, a break from the farm by getting involved in community or church activities.
- Don't feel guilty.
- Ask for help—get help.

Jake, it's that time again!

Time for what, Luke?

Time to check your equipment needs and head for **BINKLEY & HURST BROS., INC. ANNUAL DISCOUNT CASH & CARRY DAYS SALE, DECEMBER 7th thru December 31st.**

Ha, Luke, you didn't fool me! As soon as I get Lancaster Farming's December 5th issue, nobody interrupts me from reading all about those good buys.

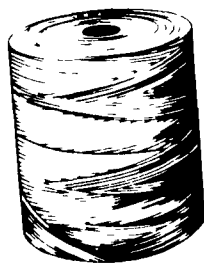
OK, Jake, but you'll have to get up with the chickens to be there before me!

You know, Luke, those fellas are great to do business with, plus I enjoy filling-up on all their goodies!

See Dec. 5th Issue, Pages D1-D18 For Details



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