

# Mothers Find 'Old Fashioned' Feeding of Babies Better

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Recently a group of women in our town formed a club to encourage and teach young mothers to breast-feed their babies. We found deep satisfaction in this practice ourselves and feel that it provides an ideal atmosphere in which motherly love can grow. It appears that many women do not nurse their babies because they are uninformed or fear ridicule. Do you think this is a worthwhile project? Are we on solid ground in assuming that breast-feeding is a practice that should be promoted?



You may be interested in learning, Noreen, that several women from different parts of the country have written to tell me that they have formed similar organizations or clubs. Although artificial feeding methods have been quickly and widely accepted in our society, this seems to be one change that many people have now decided to re-evaluate.

As in so many other areas, the results of modern scientific medical progress may give rise to more problems than they solve if they are thoughtlessly misapplied. One has only to consider some of the abuses related to the popular consumption of tranquilizers, vitamins, antibiotics, and so on, to get the point I am making here.

The practice of breast-feeding has come in for a considerable amount of discussion and study during the past few decades. According to reliable estimates, only about one out of five American mothers now nurses her baby.

Such sudden abandonment of an age-old universal, vitally necessary practice was made possible, of course, by the discovery of substitute scientific feeding formulas, but this development does not wholly account for the widespread shift. Changed attitudes toward motherhood, convenience, and the assumption that artificial feeding methods are better, because scientifically devised, have created a cultural situation in which the average mother apparently does not even consider the possibility of breast-feeding her child.

In attempting to modify this situation, some persons have proceeded with all the zeal of crusaders, frequently making claims that were exaggerated or not founded and provoking anxieties that defeated the very purpose they wished to achieve. When promoting your project, therefore, you should keep the following points in mind.

Although a mother's milk is obviously made for her baby and normally contains the proper balance of ingredients needed for the child's health, one should not make exaggerated claims about its superiority over scientifically prepared formulas. The records show that children do quite well on the latter, though there is evidence to suggest that mother's milk promotes greater resistance to sickness and is easier to digest. Besides, it is always at the correct temperature, and as the advertising experts would say, "it comes in such handy containers."

Second, common sense and modern theories of personality development suggest that breast-feeding should have significant psychological advantages for the infant. Nevertheless, it should be noted that such advantages have not yet been empirically demonstrated, so that one must advance this claim with caution. Reliable studies do show, however, the importance of affectionate hand-

ling or mothering, and there can be little doubt that breast-feeding creates ideal conditions for the expression of this contact and intimacy. In other words your program should stress the exceptional advantages of this method for offering much needed...  
Third, since many young mothers do not know how to nurse, over-estimate its difficulties, or are afraid to attempt it, to stress its advantages without giving them positive and detailed instructions will only increase their anxieties. An excellent little book for this purpose is "Breast Feeding" by Betty Ann Countryman (Bobbs-Merrill Company, Indianapolis, \$1.95). Every young mother would learn much from reading this book, and you will find it very helpful in your work.

Fourth, your group must be mindful that a minority of women are unable to breast-feed for serious practical, medical, or psychological reasons. Avoid provoking needless guilt and distress by tactfully recognizing this fact. Since attitudes are more important than methods in this matter, a mother should never feel "pressured" or compelled to use one of several available feeding methods.  
Fifth, you should secure the cooperation of local doctors and nurses in your project. Experience shows that a considerable amount of mutual buck-passing in this matter. Doctors claim that mothers refuse, and nurses don't want to be bothered; nurses protest that doctors won't use their influence with mothers; and mothers insist that medical authorities are impatient or unsympathetic. Your project won't make much progress on such a merry-go-round.  
Finally, remember that husbands are part of the family. They too should be informed concerning the aims of your program, for they can play a significant role in its promotion by lending their wives sympathy, encouragement, understanding and emotional support.

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## Cardinal Proposes

### Co-ordinate U.S. Aid to Missions

Boston — (RNS) — Cardinal Cushing of Boston proposed here that a national center for the coordination of all American Catholic missionary activity, religious and lay, be created to act as a "powerhouse of missionary knowledge, zeal and support."

In an article in The Pilot, official Boston archdiocesan weekly, the prelate suggested that the center could be located here under his patronage and might be named the Ecumenical Mission Institute in honor of the forthcoming Second Vatican Council, which is expected to devote itself largely to Christian unity.

Cardinal Cushing recommended a four-point program to facilitate the establishment of such a center. He urged that present U.S. mission groups be revitalized; that community delegates form a planning committee; that a sweeping study be made of ways and means of mission support; and that task forces be organized among clergy and other religious in the fields of education, journalism and Catholic Action.

IF HIS proposed center became a reality, the cardinal remarked, it might well serve as an agency to organize cooperative groupings in missionary activities and to ensure that they do not fall through lack of trained personnel. "It could also serve as a source of information to communities seek-

## Unionize Federal Employees

Washington — (NC) — The federal government ought to encourage its employees to organize, a priest said at hearings conducted by the President's task force on employee-management relations in the federal service.

Msgr. George G. Higgins, director of the Social Action Department, National Catholic Welfare Conference, also said (Sept. 14) at the two-day hearings that the government should be a leader in the field of labor standards and personnel management.

"The government has a duty to recognize the right of its own employees to organize, not only in theory but in practice," said Msgr. Higgins. "The right to organize is a natural right of every human being."

He also said that "the various agencies of the federal government have a responsibility to set an example for private industry in the field of labor relations."

"It would probably be fair to say," he added, "that up to the present time they have failed to carry out this responsibility."

"The very least that the federal government can do to make up for lost time is to encourage its employees to exercise their right to organize," he continued, "and to insist that responsible administrators of government agencies take the initiative in developing a system of labor relations under which unions of government employees would not only be permitted, but would be encouraged to speak for and represent their constituents more effectively."

## Cuba Ousts 135 Clergy

Kington — (NC) — The Castro regime has expelled the Auxiliary Bishop of Havana and 135 other priests contending that it was simply moving against "counter-revolutionaries" and not persecuting the Church.

It was learned here that secret police agents put Bishop Eduardo Boza Masvidal aboard the Spanish liner Covadonga within minutes before it set sail out of Havana harbor Sept. 17. Forty-six of the clerics aboard are Cubans — among them Bishop Boza himself.

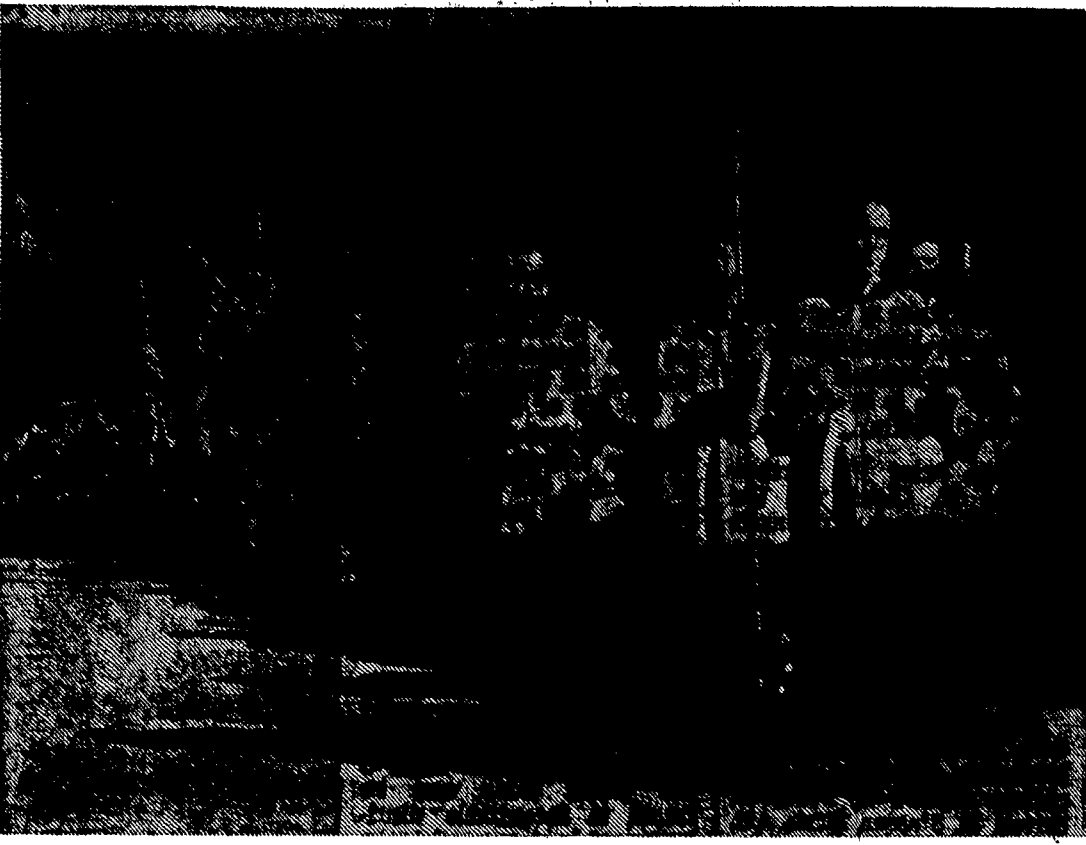
THE BISHOP was arrested Sept. 12 two days after a major antigovernment demonstration outside of Havana's old church of Our Lady of Charity, of which he is pastor. Arrested at the same time, and also expelled on the Covadonga, was his secretary, Father Agnelo Bianco.

Interior Minister Ramiro Valdez had accused Father Bianco with killing Arnaldo Socorro, a young Christian Worker member who was fatally shot during the demonstration outside Bishop Boza's church. Socorro was slain by Castro militia men who fired into the demonstrators.

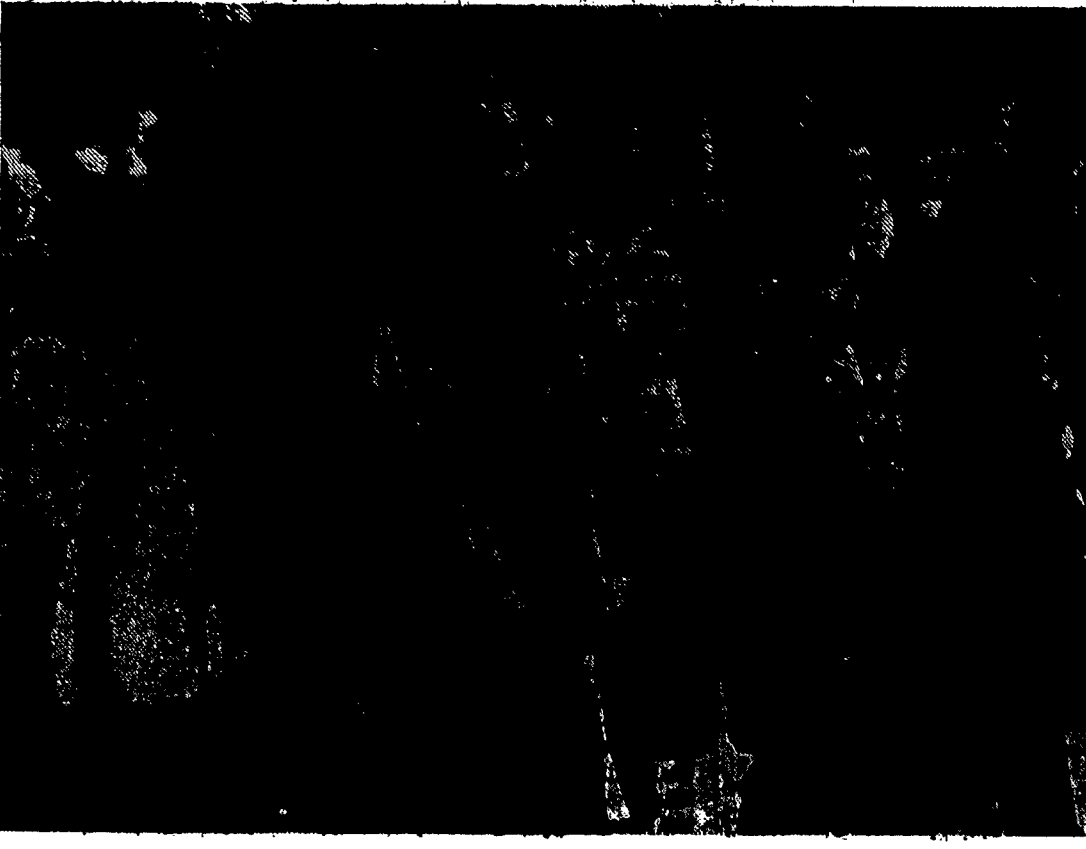
Both Bishop Boza and Father Bianco had been jailed before — in the wake of the abortive invasion of Cuba last April 17. But they were released shortly afterwards.

## More Jesuits Than Anybody

Vatican City — (RNS) — Latest Vatican statistics list the Society of Jesus (Jesuits) as the Catholic Church's largest religious order, with 34,687 members. The Order of Friars Minor (Franciscans) follow with 26,151 members.



Throng lined the lanes of Holy Sepulchre Cemetery while procession of clergy and seminarians chanted prayers for the faithful departed during annual blessing of graves rite Sunday afternoon.



Bishop Casey sprinkles by-standers and graves with holy water during blessing rite Sunday.

## New Presses for Visitor

Huntington — (NC) — The task of "adapting modern techniques to unchanging purposes" was assigned employees of Our Sunday Visitor, national Catholic newspaper, in ceremonies which dedicated the publication's new multi-million dollar printing plant here.

Bishop Leo A. Pursey of Fort Wayne-South Bend, president of OSV's board of trustees, told a dedication luncheon he hopes that "every movement of the mighty presses will be under the guidance of the Holy Spirit, making this a contribution to that apostolate which is the primary business of the Church—the communication of Christian truth."

Situated on a 14-acre site at Huntington's eastern edge, the new publishing plant contains 240,000 square feet of floor space, including a warehouse the size of a football field.

THE PLANT'S two-story office building is connected to the one-story production area by corridors, but is also separated by a landscaped patio. A shrine to the Blessed Mother is in the patio, used for a recessed area.

ation area by OSV's 330 employees. The new building are new newspaper and magazine presses manufactured by the Goss Printing Press Company in Chicago.

Another feature of the new plant is the Chapel of the Holy Spirit, where noon-hour Masses are offered for convenience of Catholic employees on Holy Days of Obligation, First Friday, and on other occasions.

Our Sunday Visitor was founded in 1912 by Archbishop Noll. From a basis provided by the publication's national newspaper, the firm in a half-century of publishing, including monthly magazines, books and pamphlets, and church collection envelopes.

## Prayers Asked For Orthodox

Athens — (NC) — Catholics of the Greek mainland have been urged to offer fervent prayers for the success of the Pan-Orthodox conference on the island of Rhodes to begin Sunday, Sept. 24.

Large single investments in books and pamphlets, and church collection envelopes. The firm's own monthly magazine include The Family Digest, The Priest and My Daily Visitor and it now also prints the Catholic Digest.

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## Prejudice Survives Schooling

New York — (RNS) — The popularly-held idea that education wipes out prejudice was seriously challenged in a study published here by the American Jewish Committee's Institute of Human Relations Press. Formal education alone, the study indicated, will not change deep-rooted prejudices.

Entitled "Education and Attitude Change," the study was written by Dr. Charles Herbert Stember, a Rutgers University sociologist. It was based on data gathered in several surveys including a Gallup Poll.

"As we go up the educational ladder," he wrote, "old images of minorities are replaced by new ones, often no less harmful. Covert discrimination continues to be acceptable and, most important perhaps, the desire to keep minorities at some social distance remains."

Educated persons are more likely than the less educated to hold "certain highly charged and derogatory stereotypes," to favor "informal discrimination," and to reject "intimate contacts" with members of minority groups, the study found.

The fact that some previous studies seemed to show that education reduced prejudice, Dr. Stember said, is partially due to the language of the questions used by the researchers.

## 1962 CATHOLIC PILGRIMAGE TOURS OF EUROPE

REV. ALEXANDER J. ITEG, Pastor of St. Stanislaus Church, Rochester, N. Y., will be the Spiritual Director of first of the series departing New York April 11 in the QUEEN ELIZABETH, visiting Rome, Lourdes, Paray-le-Monial, Ars, Paris, Lyon, Nice, Rapallo, Florence, Venice, Lucerne, Wiesbaden and Cologne. Escorted, returns to New York May 15. This pilgrimage combines a European vacation with visits to revered shrines. Other groups depart New York in Cunard Queens May through September. For information and reservations, see your local travel agent or

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