

White Blood

A History of Human Milk

Lawrence Trevelyan Weaver

'Elegantly written and beautifully illustrated Lawrence Weaver's masterful survey of the scientific, historical and cultural ramifications of human milk is an authoritative testimony to this 'miraculous nourishing fluid' that has sustained the young of our species for the past hundreds of thousands of years.'

– James Le Fanu, author of *The Rise and Fall of Modern Medicine*

'There can be no one better than Lawrence Weaver, paediatrician, scientist and historian to tell the story of why breast really is best. This fascinating book takes the long view and will be an education, even revelation, to parents, paediatricians and public health professionals.'

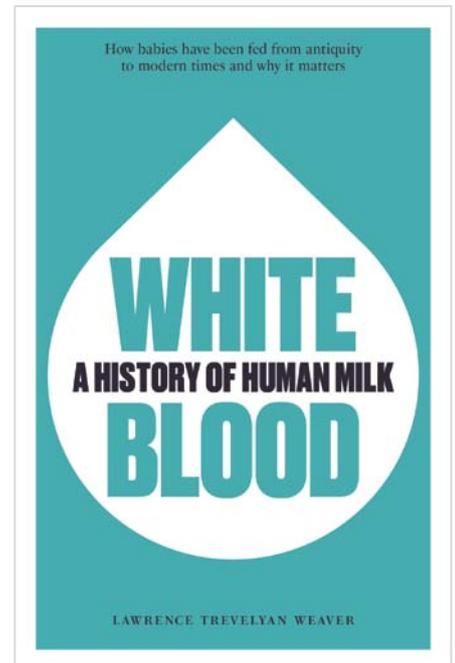
– Prof Sir Alan Craft, former President of Royal College of Paediatrics and Child Health

'White Blood will explain to interested and curious parents how breastmilk and breastfeeding have been viewed over two millennia within the medical and physiological theories of the past. Breastfeeding has always been regarded as the optimal way to nourish babies but its challenges and overcoming them, debated in previous times, will resonate with many parents today.'

– Judy More, director of child-nutrition.co.uk

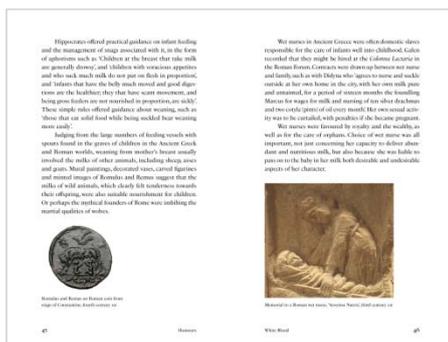
White Blood is a history of human milk and tells the story of how babies have been fed from antiquity to modern times and why it matters. 'Breast is Best' is the popular mantra, but there is a perennial debate about the pros and cons of 'breast and bottle'. **White Blood** explores this vital question, which has implications for the health and wellbeing of mothers, their young, families, communities and even countries. Starting in Ancient Greece and Rome, where human milk was thought to be blood diverted from the womb to the breast and there whitened and vivified, it lets the voices of those concerned with the care of newborn infants, and those who followed them, speak across the centuries of how they were, and should best be, nourished.

Lawrence Trevelyan Weaver is a paediatrician, nutritional scientist and gastroenterologist whose interests have turned to history. He has spent much of his professional life thinking about human milk, caring for babies with feeding problems, and researching the gut disorders caused by what they were fed. He is Emeritus Professor of Child Health and an Honorary Senior Research Fellow in the Centre for the History of Medicine of the University of Glasgow.



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