

Peter Eedy

Towards a Breast Fed Society

Probably the biggest problem confronting women with breast feeding occurs with the birth of a child. In our hospitals the nurses are taking the child away from the mother for up to and beyond 12 hours, at this time the child needs the body of its mother plus the breast to suckle on, and it gets neither. The child has been in a womb of 98.6 deg. temperature, with the bio-energy flowing through, it comes out after a period of 9 months and wants re-contact with that warmth and energy.

Any study of monkeys will show that as soon as the monkey is born it climbs up to its mother's breast and clings to it and within an hour it suckles its mother. In our hospitals the child is taken away at the very time it should have what Reichians call the orgonomic contact. When the baby is born the woman's teat is erect, because of a bio-energetic flow of energy in the breast, just as prior to intercourse if the woman is sexually aroused the nipple erects. In the male the penis erects.

At birth the nipple is alive with the energy, the mother wants to feed the child. But the child is taken from her and it cries for hours for body warmth and energy contact. The Nurses dictate to mother and child when the baby will be fed. They are interfering with the biological needs of a living organism. The idea of time feeding is inhuman, babies should dictate to mother not vice a versa.

When the baby finally gets returned to its mother it puts its mouth on a non-energy charged nipple, a dead unalive nipple and the milk does not flow or it is bad and this is probably why so many women have trouble feeding their young. They go over to the bottle which is no substitute for a breast. Since the baby not only needs the milk but it also needs bio-energy contact that a bottle can't give. Breast feeding is an erotic feeling for mother and child. My wife and I once had intercourse while she was breast feeding our son. She said it was the most pleasurable sexual intercourse she had ever had.

The secondary factor in breast feeding is the 'weaning' of the child at about 3 months. So the mother can go out to work. If women are still forced to go out and work 3 months after birth it is essential that creches in all factories and places of education etc. have the facilities for mothers to breast-feed and time off from the work situation for breast feeding. There was an experiment done with newborn Rhesus monkeys. They were taken away from their mother and placed with two artificial mothers made from terry toweling. One had a tit bottle with milk attached to it the other had a globe inside it to give off body warmth.

The babies went to the one with the 'body warmth' instead of the one with the milk. The interesting thing however was that when they both grew up neither could perform the sex act. They preferred body contact and warmth to food.

'To quote Alexander Lowen from his excellent book *'Love and Orgasm'* The relation of mouth to nipple is the prototype of the later genital relation of penis to vagina. In nursing, the child expresses his love of the mother in his desire for physical closeness and for the union of mouth and breast that makes the two one. The mother love is expressed in her response to the child's needs. Just as the mouth-breast relationship sets the pattern for the later genital function, so the quality of love that the child experiences in its closeness to the mother determines the form of his adult love responses.'

'During the oral phase of his development, the child is on the receiving end, the mother on the giving end. In this phase, the child fills up with the supplies he needs for growth and maturation. These supplies include love, food attention, play and so on. Psychoanalysts describe this as narcissistic supplies. Since the pattern of growth and development in the child is from the head downward, any lack or deprivation of these supplies will most seriously effect the functions of the lower part of the body, that is, those functions associated with legs and genitals. These are the functions that determine the independence and maturity of the organism. They include the ability to stand on one's own feet, move about freely and function as a sexually adequate adult. Psychiatrists have found that these are precisely the functions that are impaired in the orally deprived individual.'

A man that does not love his mother cannot love any woman and a woman that does not love her father cannot love any man. In the case of the male, breast feeding is an essential part of mother love.

As the baby develops it first recognises a breast, then a second breast, then the mother. If breast feeding continues, it begins to verbalize its love for the mother. By 2½ to 3 years - the child begins to communicate whilst being fed. Whilst our son was suckling at 2 years we used to ask him 'is it good?'. He used to smile and nod in an approving way of taking his mouth off the teat of course. I have never seen a child smile and nod so enthusiastically when asked the same question while sucking a rubber tit on a milk bottle.

In the second edition of *'Self and Society'* the following statement by Vivian Milroy regarding eating appeared.

'The instinct for eating is a major biological drive just as important as the sex drive and because of this must be treated seriously. There are three ways of taking food, and they correspond to the infants 3 stages of sucking, biting and chewing. In terms of adult eating habits, the first-sucking - is a kind of semi conscious absorption; the alcoholic who scarcely notices what he is drinking, and the gulping feeder whose concentration is on book or television. The second stage, the biting stage, corresponds to the infant who will use his incisors to tear off lumps of food but will then follow swallow them down with a minimum of time spent on mastication. Only the fully developed eater like the child with a full set of teeth will bite off cleanly and masticate fully being aware of the range of flavours and textures in his mouth before swallowing.

And these 3 ways of dealing with food are often paralleled in the way a person deals

with information and with life. The sucking type will only read head lines, will hang onto an idea blindly without reasoning or consideration. The gulper will read easy non-demanding material and will swallow it without assimilating it. The mature individual will tackle difficult reading material will break it down understand it and assimilate it. He will also be prepared to get to grips with a situation or problem, break it up into its components, deal with it and thus destroy it'.

What the writer does not mention is what causes these 3 types of personality to develop. It is my contention that they are caused by weaning at the 2 earlier periods that stop the development of the later. A child should not be weaned until about 5 years when the chewing (mastication) abilities have developed along with the ego until the child learns to stand on its own 2 feet and eat and appreciate other foods then milk. Then the child is biologically ready to give up the breast for other forms of food. The child's ego is developed and the ability to eat other foods is developed. Then the weaning should be gradual not abrupt.

All primitive societies breast feed their young, many up to 5 years. The natives don't appear to have our neurosis. They don't have compulsive smoking and drinking, that are the manifestation of a society that is longing for the oral fulfillment that is never got.

There are many people in our society who will argue against the need for breast feeding, articles will be written in favor of the bottle and the pacifier. Behind the articles lurks the multi- million dollar business of baby food and clothes manufacturers. If women started breast feeding their babies till 4 or 5 years of age they would cause a whole industry to shut down. We don't need formulas, we don't need milk bottles or pacifiers. There is no substitute for a breast.

To quote Alexander Lowen further, 'during this period, the parents task is to fulfill the child's oral needs; food, security, affection, attention and so on. These constitute the narcissistic supplies necessary to the growth and development of the personality. Any severe deprivation at this stage fixates the child upon his pregenital, or oral, level. The personality will be marked by tendencies to cling and be dependent. Sexual and personal relationships will be used to gain support for an inadequate ego. The need for body contact in sex will dwarf the desire for orgasmic release. Such individuals become sensualist. It is unfortunate that the one natural way to fulfill these needs in the child, breast feeding, has become a lost art. In this one act, the child receives food, attention, security and affection. Contact with the mother's body furthers the development of the child's body, as well as its ego. The child discovers his body, that is he develops a body image that grows out of the pleasurable experiences of contact with mother's body. When his stage of development is over, the child has normally 'found' his body in sense perception and motor co-ordination.'

'Aside from the focus of erotic pleasure in the mouth,, . . . related to the overriding need for food, the infants entire body responds pleasurable to contact with his mothers body. Limit this contact and the infants body becomes a source of pain. It is painful to long desperately for contact and closeness that are not forthcoming. It is painful to cry for a mother who does not respond. If the pain becomes to great, the

child numbs itself to it by cutting off bodily feeling. He stiffens, inhibits his respirations and makes no effort to reach out for pleasurable stimulation. Later on in life as an adult, he will avoid any excitation of his body because it can or does evoke the repressed feeling of pain that he experienced in infancy. Genital stimulation and excitation will be desperately sought as the only way to physical sensation of being alive and feeling pleasure.

Important as is the need for the total body contact with the mother, the child's need for oral erotic gratification is just as great. Nursing confirms the child in his sexual nature by the pleasure he experiences at his mother's breasts.'

'Because of her identification with her natural functions, the nature woman wants to and does nurse her child at her breast. Thus, the sexual satisfaction she experienced with her husband is made directly available to the offspring of that union.'

A warning to mothers who do not get pleasure from breast feeding. It may be better that they refer to the bottle since the bad or anxious feelings can and are registered by the baby. It is better that the baby gets no feelings of pleasure than bad or anxious feelings from breast feeding.

For those who are bottle feeding, hold your baby naked against your own naked body as much as possible also the husband should do this in a loving way to let the bio-energy field flow between parent and child during and after feeding.

David Porter

A Healthy Anger

It is generally agreed that one of the goals of the individual human being is to achieve awareness—to satisfy his curiosity and to rid himself of archaic prejudices and delusions. Awareness however, can threaten the individual's security, and sometimes it is easier to maintain the old ideas than to consider new ones. Sometimes it is safer to stay in our caves than to look beyond them.

Mystification is one of the ways in which a society maintains its status quo. If, for example, society has a vested interest in ensuring that its female members occupy an inferior position, then that society will encourage a general mystification concerning the woman's role in employment, in the family, and so forth. Since society is essentially a nurturing Parent, individuals who rebel against, or stray away from, its established rules are likely to experience the same feelings of alienation as the little boy who goes against the wishes of his mother or father.

It would be easy to consider oppression as being the incorporation into the Parent ego state (Eric Berne, *Games People Play*, Penguin Books) of certain rigid and largely unfulfilling doctrines. However, in order for oppression to succeed, the two other ego