

electric home-use device in 1991, working women found themselves more easily able to keep up their milk supply without being tethered to an infant. Still, freedom often meant pumping, grudgingly, in odd places, while women who chose to nurse endured *tsk-tsk*s or leers.

Nevertheless, women persisted—encouraged by emerging science that continues to underscore the benefits of breast milk. “What we know from a research standpoint is that human milk affects every single organ in the baby’s body,” says Diane L. Spatz, Ph.D., a professor of perinatal nursing at the University of Pennsylvania School of Nursing and the director of the lactation program at the Children’s Hospital of Philadelphia. Recent studies show that a real-time feedback loop connects breast and baby, with milk ever-adapting to suit individual needs—whether it’s extra nutritional heft for a preterm infant or antibodies to fight off infection. Along with lactoferrin (a key protein for gut health), beneficial microbes, and even unique sugars to feed those microbes, breast milk contains rare stem cells that are thought to boost neurodevelopment. “You can be formula-fed and turn out OK,” Spatz says, but she argues that broader support for breastfeeding—particularly in the first few days after childbirth, a critical window for establishing a latch and stimulating milk production—would go a long way. Sure, it can be a grind—or, as comedian Ali Wong calls it, a “savage ritual that just reminds you that your body is a cafeteria now!” It can also be physically painful, emotionally draining, and, for some, frustratingly impossible. But mammals, defiant, are we.

Facts and hashtag lactivism only go so far, and only reach so many people. Addressing the existing gaps in the breastfeeding narrative

was front of mind at the second Make the Breast Pump Not Suck Hackathon, hosted by the MIT Media Lab in April. The idea for the inaugural event, in 2014, came to the project’s executive director, Catherine D’Ignazio, while she was unceremoniously pumping on the Media Lab’s bathroom floor. (They soon installed a Mamava prototype.) Since then, there’s been a fairly steady—if high-end—stream of innovation. “The world we want to create is not the world of the \$1,000 breast pump,” says D’Ignazio, who, along with Jennifer Roberts, an educator and advocate, made sure to include designers

and specialists from far-flung, underserved communities at this year’s conference. Indigenous women from New Mexico sought ways to adapt ceremonial dress for nursing; a group from the New Orleans Breastfeeding Center proposed a waterproof lactation kit (containing tips for hand-expressing milk, a cooler, and LED lights) for disaster relief.

But the topic at the forefront of attendees’ minds was not a product but a policy: paid leave. (Ours is the only industrialized nation

without it.) In lieu of a federal mandate, some states are picking up the slack; in the sixteen years since California passed a provision guaranteeing six weeks of leave (a number that jumped to twelve weeks as of January), median breastfeeding rates there have doubled. But with an estimated 25 percent of American mothers returning to work within ten days following childbirth—a punishing statistic—it’s easy to see why some call breast milk a luxury good. Confronting that reality is a starting point for meaningful change, says Roberts. “When you design for the people who need it most, everybody is taken care of.”—LAURA REGENSDORF

“The world we want to create is not the world of the \$1,000 breast pump,” says Catherine D’Ignazio of the need for broad innovation



TRAVEL

## The Volcano Lovers

Tourists have long flocked to Chile’s Mars-like Atacama Desert or to wind-whipped Patagonia, but when locals want to get away, they almost always end up in scenic Pucón—a small resort town at the center of the country’s Lake District. Located midway through the sliver that is Chile, the region is famous for its sapphire- and cerulean-blue pools (formed by rivers descending from the Andes) that reflect the snow-dusted peaks of volcanoes nearby. This dramatic backdrop made it a perfect location for andBeyond’s latest expansion out of Africa, where the travel company has established itself as the go-to purveyor of deluxe safaris.

Setting up camp just 25 minutes outside Pucón, andBeyond Vira Vira is situated between the towering Villarrica volcano and the Liucura River. Twelve mid-century-style wood-paneled villas are decorated with woolly linens and local curios for an authentic sylvan charm. Outside the hotel’s premises, you can soak in the geothermal springs with steam-veiled views of Villarrica, hike through the evergreen Valdivian rain forest, or visit the nearby textile workshop run by the indigenous Mapuche tribe. When temperatures drop at the end of the day, your villa’s outdoor tub beckons, best enjoyed with a glass of wine, Chilean, of course.—LILAH RAMZI

**LAKE LIFE**  
PERCHED ATOP A HORSE OR SEATED FIRESIDE, ANDBEYOND VIRA VIRA OFFERS MANY WAYS TO TAKE IN THE WATER VIEWS OF PUCÓN.

COURTESY OF ANDBEYOND