



THE idea that meat should not be given to young children is erroneous, and has led to considerable incipient anemia, underweight, and loss of appetite. At birth, each child is endowed with a sufficient quantity of iron to last it through the nursing period. After that, meat — rare beefsteak, rare roast beef, etc.—is one of the best sources of available iron. Doctors give beef broth as early as eight months; beef juice at nine months; <sup>and</sup> <sup>at</sup> <sup>eleven</sup> <sup>months</sup>, a child should be getting meat or