

I would lay especial stress upon systematic exercise in the open air. I ordered the patients, who, with but two exceptions, were treated out of bed, to take a stroll at mid-day, at first, of five to ten minutes' duration. At the end of three to four days they were allowed to remain outdoors for five to ten minutes longer.

After each walk they were advised to take off their corsets, put on their slippers, and rest for an hour on the sofa. Under this treatment the lassitude invariably vanished after a time.

In the manner thus described I have treated in all about sixty patients. In twenty-four cases I instituted quantitative estimations of hæmoglobin at regular intervals of three, five, or eight days. Under normal conditions the quantity of hæmoglobin in woman amounts to 12.59 per cent. when estimated in comparison with the other constituents of the blood. Among my cases the lowest amount met with was, in a single instance, 30 per cent. of the normal, that is to say, of the above 12.59 per cent. Next to this was the following case with 32 per cent. of the normal:

Miss W. G., twenty-two years old, seamstress, related that she had been under treatment for four years for chlorosis. Since the age of nineteen her menses had been scanty, occurring before the usual time, and of three to eight days' duration. On September 26th 1895, a *remotio secundinarum* occurred, after an abortion induced in the fourth month. At present she complains of darting pains in the upper portions of the lungs, headaches, and rapid loss of strength.

January 9, 1896, anemic appearance; physical examination, especially of lungs, negative. Quantity of hæmoglobin, 32 per cent. Ordered Pepto-Mangan (Gude), diet, etc.

January 13, 1896, considerable improvement of the general condition. Hæmoglobin, 45 per cent.

January 17, since previous day, diarrhea, due to gross errors in diet, troublesome eructations. Ordered tinct. opii. 15 drops, three times daily. Hæmoglobin, 47 per cent.

January 21, improved after use of tinct. opii, no more gastric pains or eructations. Headaches have completely disappeared, lassitude less marked. Hæmoglobin, 55 per cent.

January 31, condition unchanged, ceased menstruating on previous day, the flow having lasted five days.

February 8-28, patient feels well and no longer complains of pains in the lungs. Appetite and bowels regular. Hæmoglobin, constantly 55 per cent.

March 5, no change. Hæmoglobin, 62 per cent.

March 11, Hæmoglobin, 68 per cent.

March 27, Hæmoglobin, 77½ per cent.

Unfortunately, as in most of these cases, the patient's visits ceased as soon as she felt entirely capable of going to work. As a matter of fact, the increase of hæmoglobin in this case was tardy, as in four other cases in which the quantity at the beginning was