

tions. These three agents are intimately connected with nearly all cases of anaemia, and due attention should in every case be shown to their influence upon the symptoms.

If any of the occasional causes of anaemia be present, such as gastric ulcer, hemorrhages of any kind, or poisoning by malaria, syphilis, tuberculosis, lead, or uraemia, no headway will be made in curing the patient until these are first properly treated by appropriate drugs.

To produce the most satisfactory results in treating anaemia it is necessary to follow closely the mechanism of blood-reproduction after any of the diseases affecting the red blood-cells. This takes place largely through the agency of the red bone-marrow. As the only drug which acts directly on the metabolism of bone and marrow is phosphorus, it would seem a very important addition to our means of treating anaemia from any cause.

It should be given in a pill containing phosphorous, or in the palatable elixir phosphori N. F. (1-64 grn. in each fl. drm). If hypophosphites are used, Ringer says that they should never be combined in the same prescription with cod-liver oil or alcohol.

To hasten the production of new red blood-cells, a preparation of bone-marrow has been proved to be valuable, either in the form of raw freshly extracted marrow from the bones of young lambs or calves, spread on bread or in the more permanent form of a glycerin extract. W. G. Thompson, however, regards marrow as merely an assimilable form of fat, and rather doubts the specific action on human bone-marrow and red blood-cells. There is only about 1-56 grn. of iron to an ounce of marrow, so that its favorable action is not due to the iron contained in it; but such excellent results have been obtained by it that, whether regarded as a food or a drug, it should be faithfully used.

In the diet, milk should be given in large amounts, frequently repeated during the day, for the amount of fluid in the circulation is frequently far too small and the capacity of the heart and vessels correspondingly reduced.

If milk is not well borne, a mixture of cream and hot water, with a little bicarbonate of soda and brandy in each glass, is the best substitute. Free use of cream and butter may take the place of cod-liver oil in supplying the fat which is needed in most cases.

The extent to which carbohydrates are to be used in the diet depends upon whether the patient is too lean or too fat.

Albumin in all cases must be increased. Rare meat two or three times a day is advisable (2-3 oz. per diem, according to Van Noorden). A careful variation in diet to suit the condition of the digestive organs and general nutrition is advisable.

There is no disease in which general massage is followed by such satisfactory results as in anaemia. Massage should