

phenomena, especially referable to the nervous system, mental depression, irritability, want of energy, a feeling of lassitude and indolence. Muscular exertion, is distasteful, and, therefore, it is with difficulty that the patient can be induced to take out-of-door exercise. Digestion is often painful, and when not, during the digestive act, the physical and mental powers are markedly depressed. Palpitation of the heart is very common, as is pulsation of the jugular veins, the latter producing a decided *venous hum*. There is generally also heard functional systolic murmurs at the base of the heart, which are believed to be produced within the aorta and the pulmonary artery. The fact that they disappear under the treatment adopted for the anemic condition, as well as the absence of any sign pointing to organic lesion, denotes their functional character; breathlessness, especially on the least exertion, headache, dizziness and noise in the ears are common symptoms. Neuralgia is apt to occur in various situations, especially over the cardiac region and in intercostal muscles; spinal irritation, and sometimes ovarian irritation are often met with. The various organs of the body are deficient in functional power, in proportion to the lessened amount of blood which goes to them compared to what they receive in health. Anemic patients are pale, often have a waxy look with a clear and transparent skin; or if the patient is chlorotic, then there is a greenish tint to the skin. The mucus membrane is pale, especially that of the lips, gums, and the conjunctiva of the lower eyelid. The sclerotic are clear and bluish, usually the tissues are flabby and wanting in tone. The ankles are often swollen and cedematous, and after standing some time the legs are apt to be greatly swollen. In the morning the eyelids are puffy, the extremities are cold, and the patient is afraid of the slightest cold; leucorrhœa is often present. The pulse is small, feeble and compressible, sometimes it can with difficulty be felt. The urine is pale, excessive in quantity, and of low specific gravity, and very faintly acid. Treatment.—The first thing to be done is, if possible, to find out the cause and have it removed; hæmorrhages must be arrested or restrained, the food must be abundant and varied, and must have a due proportion of animal diet. If the patient is nursing this must at once be discontinued, and it may be advisable to caution against pregnancy, for, strange as it may seem, anemic women are very apt to conceive. Digestion and assimilation must be improved by the admin-

istration of those remedies which assist these functions, as Pepsin and Muriatic Acid, given in combination with some of the vegetable tinctures. Great attention should be paid to the hygiene of the individual; fresh air, plenty of sunlight, out-door exercise, avoidance of crowded and hot rooms, and early hours of retiring, and at least 8 hours sleep must be insisted on; change of scene, especially to the sea-side with sea bathing, followed by rapid friction, will do much good. Particular attention must be paid to the bowels, from which there should be a daily evacuation, and the best aperient to use is aloes, given in the form of the well-known, Aloes and Myrrh pill; the great remedy in this disease is iron. In chlorosis, the Mist. Ferri Co., or Griffith's mixture, which you have seen me so often prescribe in the out-door clinic to weak, delicate girls, suffering from amenorrhœa, is the remedy *par excellence*. In ordinary anemia the Pill Ferri Sach. Carb., the Ammonia-Citrate of iron, and Ferrum-Redactum are very useful, and have all done good service. They are all preparations which are readily assimilable. The most commonly employed iron preparation is the tincture of steel, better known medically as the "Tincture of the Muriate of Iron." It is an invaluable remedy, and it is the only one I have prescribed for this patient. All these preparations should be taken after meals, so as to be assimilated along with the food. How they act we do not positively know; but the fact that iron is a constituent of the red corpuscles of the blood affords a partial explanation. No matter in what way they act, nothing is more certain than the value of iron in this disease. It is a wise precaution to change from time to time the preparation of iron which is being taken. Wine, especially Burgundy, is useful, it promotes assimilation and diminishes tissue waste. Extract of malt is also a useful remedy. Cod liver oil is recommended, but my experience is not favorable. It is very apt to upset the stomach, already performing its work badly. The patient should be encouraged to look for a cure; but it is well to deal honestly and say that it will take several months to effect it, and that a steady perseverance in the treatment is an absolute necessity.

#### ACUTE LARYNGITIS.

The patient now before you is, as you perceive, a strong, healthy man, who states that his bed is