

only diet is milk. And as the milk is defective in the proper quantity of nuclealbumin, as the child advances from month to month it becomes anemic; hence the necessity for the addition of the animal class of foodstuffs as soon as they can be tolerated and utilized by the digestive organs. This different quantity of nuclealbumin in the animal class of foodstuffs is one of the conclusive proofs that the vegetable class must be added to the animal to secure the highest grade of nutrition. On the other hand, this line of argument does not prove that the vegetable class of foodstuffs is the most valuable. But to the contrary, it demonstrates conclusively that the vegetable class is the most difficult to digest, and, in consequence, may not yield a sufficient amount of proteid material to satisfy the demands of the system. Therefore, to secure the highest grade of nutrition, the two classes must be perfectly adjusted both as regards quantity and quality.

The theory just outlined, briefly summed up, is as follows: The intake and output of iron by the system is, comparatively speaking, very small; the iron in organic combination, commonly found in the foodstuffs as nuclealbumin, is the only source of iron supply to the system for the formation of hemoglobin; the amount of nuclealbumin as ordinarily contained in a well regulated mixed diet is far in excess of the requirements of the system daily.

If, now, for any reason, the nuclealbumin is decomposed in its passage through the alimentary canal before it is absorbed, then the system is deprived of the regular supply of this hemoglobin-forming compound, and the condition known as anemia will, of necessity, supervene.

On the other hand, if there is a too rapid escape of the hemoglobin from the body, as occurs in connection with hemorrhage, as illustrated in the second case, the loss of hemoglobin will be more rapid than it can be reproduced by the physiological laws already outlined. Consequently the symptoms, as here detailed, will be produced.

The first patient represents a class of cases that naturally come under the heading of medical anemias. They are usually due to three distinct causes, and may be classified:

First, anemia, as produced by taking too little food, or that which is deficient in the nuclealbumin.

Second, anemia that is due to the introduction of sulphur compounds with the food, or due to digestive disturbances in which the sulphur compounds are produced so abundantly in the intestine that the supply of iron in the nuclealbumin is completely exhausted in satisfying the sulphur compounds with iron.

(In either instance the natural supply of nuclealbumin, out of which hemoglobin can be formed, is destroyed or prevented from gaining access to the circulation and hepatic cells.

Third, that class of cases of anemia in which there is not necessarily any diminution in the foodstuffs, either as regards quantity or quality, or any excess of sulphur compounds in the