

## The Home Doctor

### Chlorosis

This is a peculiar form of anemia which occurs in young women, generally between the ages of fifteen and twenty. If it is found after the age of twenty-five it is a relapse from a former attack. It is characterized by a yellowish green tint of the skin, and from this it receives its name. In any case of anemia where there is a doubt of the diagnosis, an examination of the blood itself will soon settle the question. The blood of the chlorotic patient will invariably be deficient in hemoglobin, which is the coloring-matter of the red corpuscles and the carrier of oxygen to the system. While in other forms of anemia the red corpuscles may be found greatly decreased in quantity, in chlorosis they will be found in sufficient number, but poor in quality.

As it is the hemoglobin in the blood which enables one to breathe, it follows as a matter of course that any deficiency in it will affect the breathing power, and therefore the supply of necessary oxygen which comes to the system. The chlorotic patient therefore lives in continual bad air wherever she is, and her whole system suffers accordingly.

The whole muscular system of course suffers, because muscular force is in direct ratio to the amount of oxygen taken in. The heart muscle will be weak and irritable, and there will be a sense of breathlessness and probably palpitation following any exertion. As the entire system of muscles is affected, there will naturally be a sense of fatigue and lassitude, with pain at the base of the neck and in the small of the back.

The peculiar color is absent in certain cases, although it may declare itself on the backs of the hands and on the ears or the chest, when it is not noticeable on the face except as an ordinary pallor.

Another system that will usually be found in the sufferer from chlorosis is puffiness of the face and swelling of the ankles. There may also be a persistent dry cough, worse at night, or coming on after long talking.

As to the treatment of this condition, iron in some form or another may be said to be a specific, but must, of course, be regulated by the physician in charge, both as to the form of iron to be taken and the quantity.

There should be careful attention to general hygiene. Plenty of time should be spent in the open air, but fatiguing exercise should not be attempted until the muscles have regained their tone, and common sense should be exercised as to hours of study, diet and sleep.

### Anemia

Anemia, from a Greek word meaning "want of blood," is of two kinds, primary and secondary. The primary anemias are so called because as yet medical science has not discovered their direct cause, and until this is done it is necessary to recognize and treat them as diseases in themselves. When the reason for the condition is found out, then the anemia, which is really only a symptom of some disease and not a disease in itself, will be called secondary instead of primary.

The principal forms of primary anemia are chlorosis, pernicious anemia, and leukamia. Chlorosis generally attacks young girls in the early teens. It is not very well understood, but seems to be a condition of poor blood formation rather than of blood destruction. Its treatment is simple, consisting in fresh air, good food and the administration of some form of iron. The results are prompt, and with a little care a perfect state of health may be established.

Asthma Can be Cured. Its suffering is as needless as it is terrible to endure. After its many years of relief of the most stubborn cures no sufferer can doubt the perfect effectiveness of Dr. J. D. Kellogg's Asthma Remedy. Comfort of body and peace of mind return with its use and nights of sound sleep come back for good. Ask your druggist; he can supply you.

Pernicious anemia is another matter. It attacks adults, both men and women, and is almost always fatal. The victims of this form of anemia are often well clothed in flesh and look robust. Furthermore, their symptoms are in many cases mistaken for those of kidney or heart trouble, paralysis, disease of the liver, and so on, until an examination of the blood establishes a diagnosis.

Leukamia means literally, "white blood." In this condition the red blood-

cells are greatly diminished. The course of leukamia is a great deal like that of pernicious anemia, and calls for about the same treatment—complete rest in bed, good air and food, plenty of sunshine, and the administration of some form of arsenic.

Secondary anemia can always be traced to some definite cause, such as rapid loss of blood from a wound, resulting in a condition of so-called acute anemia, the loss from hemorrhages from the lungs in tuberculosis, or the depletion of the blood from poisoning.

The poison in the system resulting from cancer or tuberculosis causes anemia by blood destruction, while wounds or hemorrhages cause it by blood loss.

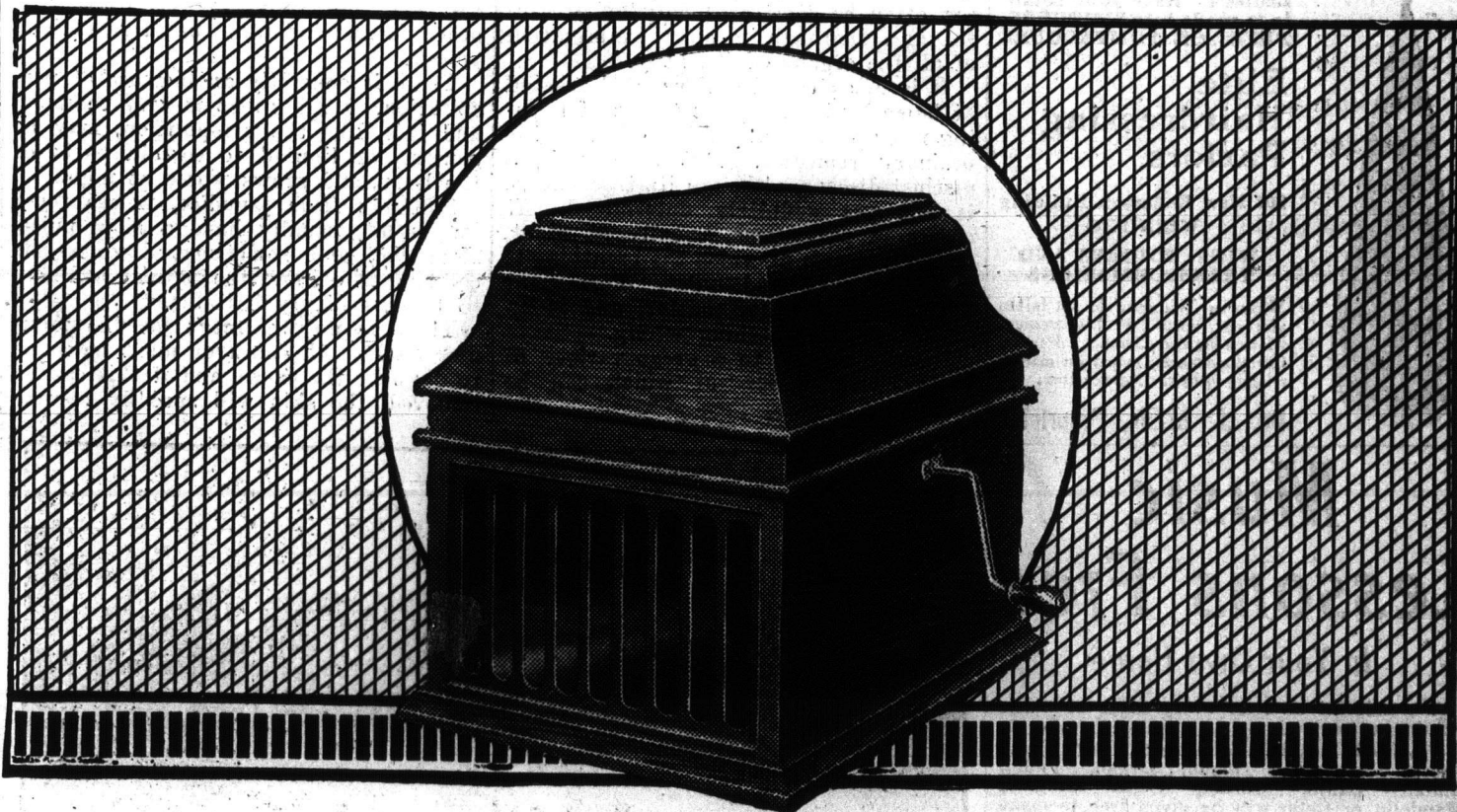
More than half the blood in the body can be lost without death resulting.

When this occurs in a hitherto healthy person, from a severe wound, for example, the system immediately sets to work to bring the blood back to its normal amount, the condition of acute anemia gradually yielding day by day as the body makes up its loss.

There is an anemia of the poor caused by a diet deficient in blood-building materials, or by inferior cooking, such as the habitual frying of meat.

### Short Breath

Respiration in health and under normal conditions of rest or moderate exercise is an unconscious act, almost as much so as digestion, or the beating of the heart, but it is very easily disturbed, even in health, and in certain



Mr. Edison's  
Wonderful  
New Instrument

**NEW!**

MASTER  
Instrument  
Mr. Edison's Latest Invention

Just Out—The perfected musical wonder of the age.  
And shipped on a stupendous special offer direct from us.

WRITE today for our new Edison Catalog—the catalog that tells you all about the wonderful new model Edison with Mr. Edison's new diamond point reproducer. It will also tell you about our new Edison offer! Now read

Mr. Edison's *Pet and Hobby*



among all his wonderful inventions is his phonograph. He worked for years striving to produce the most perfect phonograph. At last he has produced this new model. Think of it: over 25 years of work on all these epoch-making inventions—then his pet and hobby perfected!

### Endless Fun

Happiness is life—and real happiness is found only in a real home where the happy and united family gather together for mutual enjoyment and recreation.



Such a variety of entertainment! Here the latest up-to-date song hits of the big cities. Laugh until the tears stream down your face and your sides ache from laughing at the funniest of funny minstrel shows. Hear the grand old church hymns, the majestic choirs. Hear the pealing organs, the crashing brass bands, the waltzes, the two steps, the polkas, duets and quartettes. All will be yours with the Edison in your home. Send the coupon TODAY.

### Free Loan Offer:

We will send you the new model Edison and your choice of all

the brand new records on an absolutely free loan. Hear all the waltzes, two-steps, vaudevilles, minstrels, grand operas, old sacred hymns, every kind of comic and popular music, also your choice of the highest grade concerts and operas, as rendered by the world's greatest artists. Entertain your family and your friends. Then, when you are through with the outfit you may send it back at our expense.

Remember, not a penny down—no deposit—no guarantee—no C. O. D. to us—no obligation to buy—a full free trial in your own home—direct from us—direct to you. Returnable at our expense or payable (if you want to keep it) at the actual rock-bottom price direct from us.

The Reason: Why should we make such an ultra-liberal offer? Well, we'll tell you—we are tremendously proud of this magnificent new instrument. When you get it in your town we know everybody will say that nothing like it has ever been heard—so wonderful, so grand, so beautiful, such a king of entertainers—so we are pretty sure that at least some one, if not you, then somebody else, will want to buy one of these new style Edison especially as they are being offered now at the most astounding rock-bottom price and on easy terms as low as a few dollars a month.

### Our New Edison Catalog Sent Free!

Your name and address on a postal or in a letter, (or just the coupon) is enough. No obligations in asking for the catalog. Get this offer—while this offer lasts. Fill out the coupon today.

F. K. Babson, Edison Phonograph Distributors  
Dept. 7643, 355 Portage Ave., Winnipeg, Manitoba  
U. S. Office, Edison Block, Chicago

To  
**F. K. BABSON**  
Edison Phonograph Distributors,  
Dept. 7643, 355 Portage Ave., Winnipeg, Manitoba

Gentlemen:—Please send me your new Edison Catalog and full particulars of your free trial offer on the new model Edison Phonograph.

Name.....

Address.....