

regularly? It is a great wonder that she ever menstruates at all. Correct the anemic or impoverished condition of her blood and the physiological function of her uterus will be resumed as naturally as that of any other organ.

How this chlorotic condition can best be corrected is the next question and one which because of its frequency concerns every practising physician. Countless remedies have been presented to the profession, but far and foremost above them all is iron, notwithstanding certain high authority to the contrary. Arsenic is certainly valuable, but ranks far below iron or even manganese in the therapeutics of anemia. In order to be most efficacious, however, the iron should be in its most readily assimilable form, and until recently the carbonate and alumininate have been supposed to present this requisite in the highest degree. But since manganese has grown in favor as an adjuvant to iron, a new preparation has been submitted to the medical profession and *in every way it has proven itself an ideal one*. I refer to Dr. Gude's preparation of the peptonate of iron and manganese, known as Pepto-Mangan. This admirable combination of iron and manganese is readily taken into the human economy and appropriated to its needs, without deranging the weakest alimentary tract, or hindering in any way the normal processes of digestion, assimilation and excretion. It should be given in water or milk in teaspoonful doses after meals, and its administration is invariably followed by the results desired.

But in order that the medical treatment of chlorosis may be most valuable and efficient, it should be augmented by auxiliary treatment consisting of careful attention to diet and exercise. It goes without saying that the food of an anemic girl should be most nutritious and particularly abundant in albumen, while the exercise should aim to provide greater quantities of oxygen in the form of pure air, without lowering the vitality. Walking, skating, tennis or bicycling in moderation are all able to supply the demand for exercise.

Treatment laid down on the above lines, followed out in every instance with good habits of hygiene and a careful observance of Nature's demands, will regulate the various functions of the body, and the menstrual function will prove no exception to the rule.

The following cases will substantiate the above:

CASE I. Miss C. S. K.—Seventeen years old. Decidedly anemic and much troubled with constipation. First menstruated at fourteen, since which time she has never been regular, flowing profusely sometimes twice a month, and other times going three or four months without menstruating at all. Has frequent fainting spells and a decided anemic heart murmur. At time of coming under observation had not menstruated for two months and ten days.

Treatment consisted of a regulated diet, tablets of aloin, strychnine, belladonna and cascara sagrada, one each evening until bowels were regular, and teaspoonful doses of pepto-mangan (Gude) after meals. Gradually the fainting spells and heart symptoms disap-