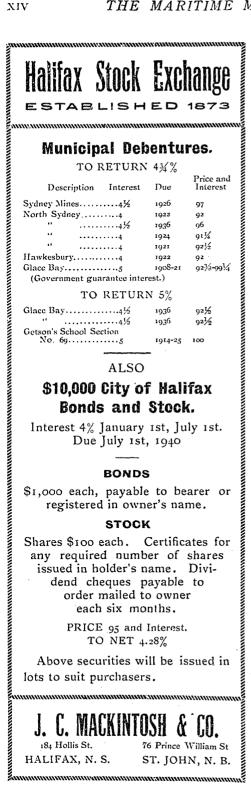
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to parents and by proper exercise of discipline. Still, when the damage has been done, we must assist nature in its generous work of restoration. and here it is that we are obliged to give that sovereign cure of impoverished blood, iron, in such form as may best be suited to these cases.

The question as to what form of iron we should give to produce the best possible effects has been solved by both experimental and clinical researches conducted during the past twenty-five years-ever since Bunge and Hamburger experimentally demonstrated the inferiority of inorganic preparations (Morat and Doven, Traité de Physilogie, Paris, Masson 1904, I, 467). Iron, in the anæmia of puberty, produces the best effects when given in a form that will stimulate digestion and increase assimilation, i. e., in the form of the peptonate. With it should always be combined that second hematinic which has been shown to enhance the value of iron,-manganese,-and the two are best given in the form of the wellknown solution, styled "Pepto-Mangan (Gude.)"

With this may be given, in the anæmia of growing girls, minute doses of Fowler's Solution, or else equally small doses of strychnia which may be incorporated with Pepto-Mangan as indicated in individual cases.

Pepto-Mangan has a great advantage over other forms of iron medication in that it does not constipate. Girls at puberty, however, are notoriously prone to constipation. Therefore, this should receive proper attention, chiefly in the regulation of diet, including a sufficient amount of fruit, raw and cooked, and of cereals giving a large residue of cellulose.

With this method of treatment many a physician has achieved a success which was rewarded tenfold, by the sight of rosy faces and bright eyes.