

MEDICAL PREPARATIONS, ETC.

THE CARE OF GROWING GIRLS.

One of the most responsible tasks of the family physician is to advise parents of girls entering upon their 'teens, as to the diet, mode of life, and hygienic measures best calculated to preserve the health of budding womanhood. In dealing with these cases the practitioner is often called upon to treat the anæmia which in such a large proportion of instances characterizes the unfolding of the growing girl. Full well does the family doctor grasp the meaning of this anæmia, and the vast importance of combating it before it is too late,—before the impoverished condition of the blood of puberty has left its imprint upon the powers of resistance of the adult organism; has done permanent damage to the future woman and the future mother.

Unsuitable diet, an over-indulgence in sweets or spices, over-study, lack of fresh air and physical exercise, indulgence in late hours and abandonment of novel reading, to tight lacing, and other abominations of dress, contribute their quota to the causes of anæmia in the growing girl. Each of these factors is, of course, removable by good common-sense advice 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 Doyen, *Traité de Physiologie*, 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 hæmatinic which has been shown to enhance the value of iron,—manganese,—and the two are best given in the form of the well-known 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