

ment. and only in combination with appropriate dietetic measures, for periods of several weeks. and if necessary longer, three to four months. For adults I prescribe three tablespoonfuls to three to four desertspoonfuls daily, for children three teaspoonfuls daily, in water or some white wine. During the entire time of administration I prohibit the use of raw fruit, acid or highly-spiced dishes, and order a vigorous and regulated diet. In severe cases of anæmia and chlorosis I recommend rest in bed for some time, and if possible have the patient placed in a well-ventilated sitting-room; while in the lighter cases I order, besides the medicinal treatment, a frequent sojourn in the open air, and if possible a prolonged stay in the country in a carefully selected place, and short and non-fatiguing walks.

In some instances I have observed excellent results from a rest cure in conjunction with ferruginous medication, and appropriate hygienic and dietetic treatment.

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