

hence it is an ideal short voyage for overwork, convalescence, etc. The consumptive will find many health resorts for a prolonged sojourn. The elevation of the South African plateau is one of the valuable elements in a sojourn in that country, analogous, in fact, to Colorado in the United States.

One objection to the Far East is the necessity of a trip through the Red Sea, with its mean annual temperature of 90°. People who suffer from winter diseases, such as catarrh, bronchitis and rheumatism, may pass the cold months to advantage by a trip to China and Japan.

As the Cape Colony trip is the ideal for a short voyage, a journey to Australia or New Zealand is correspondingly admirable as a long journey. The round trip (from London) requires in the neighborhood of three months per steam vessel and twice as long by sail. It is, therefore, adapted for a higher degree of invalidism than the Cape Colony voyage.

The modern significance of sea voyages for health is bound up in the continual improvements in transportation and the multiplication of tourist agencies, by the aid of which people of moderate means are enabled to reach remote parts of the world and return home within a surprisingly short time and at an expense not much in excess of the cost of living at home. For obvious reasons the sojourn at the terminal point is usually so short that it is entirely subordinated in importance to the voyage itself. Since, under these circumstances, most patients or travelers have to conform to the arrangements of steamship companies and tourist agencies, the physician's chief function is to determine the length of time necessary for restoration of the patient's health, and then to choose a trip of corresponding length, paying due heed to all such matters as the temperature of the waters traversed, the likelihood of storms, and the sanitary condition of the terminal point, all of which vary more or less with the season of the year.

EXTREME ANEMIA, AFTER POST-PARTUM HEMORRHAGE, TREATED WITH NUCLEO-ALBUMENS AND BONE-MARROW.

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The prompt and decisive results obtained in the following case of anemia, secondary to a severe post-partum hemorrhage, induce me to report it for publication: