

## CHLOROSIS.

This term is applied to a disease that is sometimes called green sickness, a disease which frequently affects young women about the age of puberty, or soon after. There seems to be much confusion concerning the nature of this disease, many attributing it to disordered menstrual and sexual functions, as in most chlorotic women the menses have never occurred, or, if they have occurred, they have either been suppressed, or they are scanty, irregular, and pale. There can be no doubt that suppression is the result of chlorosis and not the cause of it. In chlorosis, the blood is impoverished and is in the **same** condition **as** described in **Anaemia**, the two diseases being the same. The reason that the menses do not occur at the age of puberty in chlorotic women is, their blood is so depleted that they have not sufficient life to provide for their individual maintenance, and at the same time make provision for offspring, which is the object of menstruation. The reason why so many are affected with anaemia or chlorosis at about or soon after the age of puberty is, at that age they, in some instances, **overtax the mind by excessive study**; in other cases, it is because the body is developing faster than

than at any other age, and is more easily affected by overwork or excitement of any kind, and any sudden change affects the constitution seriously.

**Treatment.**— The same in all respects as for anaemia.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 223-24 by M. G. Kellogg*