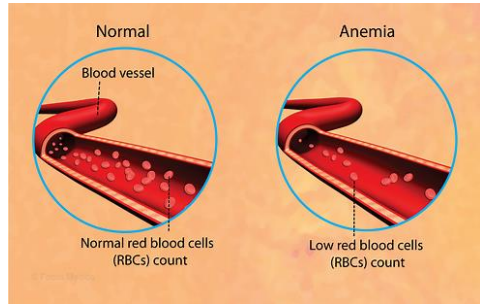


ANAEMIA.

This term signifies poverty of the blood, or a condition in which the blood is thin and watery. If the blood of an anaemic patient be examined, it will be found deficient in red blood corpuscles.

Instead of these existing in the proportion of 130 per 1000 parts as in health, they are reduced to 80 or even 60, and in severe cases even to 30. The

red blood corpuscles are the ones that convey oxygen from the lungs to the various tissues, and convey the carbonic acid from the tissues to the lungs for expulsion. Hence, it is highly important that there should be a normal supply of these. This disease is not confined to age or sex. It is met with where the digestive functions are imperfectly performed and in connection with many other serious chronic diseases.



Symptoms.— There is a pale and waxy or sallow hue of the countenance, and of the skin generally; the lips, also the tongue and the inside of the mouth, are nearly

colorless. The pulse is frequent, small, and quick, sometimes very quick. There is much pain in the top of the head and frequently in the front portions. Mental depression is generally a prominent symptom. Moderate mental excitement or bodily exertion is attended by a sense of sinking, or faintness. There is palpitation, with hurried breathing. Moderate exercise will increase the frequency of the pulse in some cases to double the beats per minute. The patient feels a lack of breath; this is because there are so few red blood corpuscles to absorb the oxygen and convey it to the tissues. Anosmia is also frequently attended with severe hemorrhage. When anaemia is of long continuance, a general wasting of the tissues sets in, also dropsy, difficult breathing, diarrhea, and profuse sweating, and then death soon follows, either by gradual exhaustion, or more suddenly by syncope, convulsion, or coma.

Cause.— In most cases, this impoverished condition of the blood is brought about by improper habits of life, such as improper food, breathing impure air in close, unventilated rooms, want of sunlight, insufficient clothing or clothing improperly adjusted, the wearing of tight garments about the waist, and by lack of exercise. Excessive hemorrhage is also a frequent cause of this disease. It is also occasioned by taking drugs, such as antimony, mercury, or active purgatives.

Treatment.— The first thing to be done is to ascertain, if possible, the cause, and remove it, then attend well to the diet. The food should be nutritious and should be composed of fruits, grains, and vegetables. See Diet for the Sick.

The **clothing should be so adjusted that the limbs will be as warmly clad as any part of the body. Every garment should be suspended from the shoulders and should be loose about the waist.** Exercise in the open air should be taken each day, always stopping short of fatigue. Walking is the best exercise. An effort should be made to increase the amount of exercise day by day until the patient is able to walk five or six miles each day without fatigue. In addition to the foregoing, the patient should take a **tonic bath** twice or three times a week. The **dripping-sheet** at 85° or 95° is as good as any, or, if convenient, **the spray** at 95°, or the **pail-douche** at 85° or 95°. These baths will tone up and strengthen the system. If the patient has **cold feet**, they should be bathed with cold water for two minutes at a time, then wiped thoroughly dry, and rubbed with the dry hand until perfectly warmed. A **dry-hand-rub** every morning on or before rising will be found very beneficial. This is a chronic disease, and it will require both time and perseverance to work a cure.