

### "Milk Diet" Anemia.

While it is generally conceded that milk is a complete aliment in the sense that it represents the three essential food elements, i. e., proteids, carbohydrates and fats (together with inorganic salts and water), it is equally well known that this otherwise highly nutritive fluid is exceedingly poor in iron. It is not to be wondered at, therefore, that after a prolonged milk diet, some degree of Anemia is very likely to supervene. This is especially true after a long-continued Typhoid, as well as in cases of chronic nephritic disease, in which milk is the principal or exclusive food. The occurrence of such a "milk diet" Anemia seems to be, in many instances, responsible for a tardy and protracted convalescence. Such iron-poverty can be prevented by administering **Pepto-Mangan (Gude)** both during and after the milk diet period, thus supplying the essential iron in the most easily tolerable, non-irritant and promptly assimilable form. This palatable organic, ferruginous compound is entirely free from disturbing effect upon the digestion, and does not irritate, nor constipate, nor does it in any way interfere with such other treatment as the physician may see fit to adopt.

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