

## Menstrual Disturbances.

Dr. Edward C. Hill, of Denver, Colorado, discusses the disturbances which are such frequent concomitants of puberty in girls and lays stress upon the importance of hygienic measures, exercise, proper diet, rest from too much intellectual labor, etc. The presence of anæmia and chlorosis call imperatively for the administration of iron. Hæmoglobin is valueless, because chemistry proves that when hæmoglobin is taken into the stomach it is changed by the acid there to hematin, which, according to Cloetta, passes down the alimentary tract without being absorbed.

As to the inorganic compounds of iron most authorities maintain that in order to be absorbed, they must first be changed to albuminates by combining with food matters. All albuminous substances are hydrolyzed to peptones before they are capable of absorption. Hence it follows that a peptonate of iron is the preparation most likely to be readily and completely absorbed and assimilated. The best remedy of this composition is, in the author's opinion, **Pepto-Mangan (Gude)**, which he has used for the past ten years with great satisfaction, particularly in the hemic and nutritive disorders of female puberty.