

checked rapidly by skilful methods, fatal results are always possible.

The chronic form of this insidious trouble is, what may be said, the result of the state of the system, and the condition may take quite a long time to develop to such a degree that medical advice is sought.

Owing to the failure of the organs of nutrition and excretion, the latter including the pores of the skin, the balance of the blood stream is upset, and a fertile field is laid open for the development of the complaint.

Women are more liable to chronic anæmia than men, one of the reasons being that in a woman's body there is one-third less blood than in a man of equal physical size and weight. Prolonged child nursing with its heavy drain on the resources of the female body often produces the anæmic condition. Also there are a number of diseases peculiar to women which may produce contributory causes.

If the eliminating processes of the human body are inefficient, it follows that poisonous matter is retained in the blood stream. This condition produces many diseases, anæmia in its chronic form being one of them. If the poisonous matter is not removed, the constitution may become so weak that any effort to clear up the condition of the blood will cause collapse and sometimes death. The latter will also occur if the poisoning process proceeds at a rate quicker than it can be overcome.

These poisons, retained in the blood stream destroy the red corpuscles and this, together with the inability of the organisms of the body to manufacture new rich red blood, result in the condition known to medical men, as anæmia.

A doctor, according to his analysis of the symptoms may prescribe various medicines including iron, phosphates, arsenic or liver extract, but he will also prescribe a routine of living and self-help. The latter enlists the aid of the patient in overcoming the complaint, and includes advice on the correct diet, which must be rich in easily assimilable organic salts; an outline of appropriate exercise, and its amount and severity, and the proper use of water for the improvement of the action of the skin.

Fresh air is vital, likewise sun and air baths.

The ultra violet rays of the solar spectrum are extremely beneficial, and their benefits can be obtained by exposing the body surface to the air daily. These rays are most powerful and effective during the early morning. After midday it is the heat rays, the infra red, that reach the earth in greater strength, so early morning is the time to air bathe. It makes little difference whether the sun is shining or not, as the ultra violet rays penetrate through clouds of vapour cover, but not very effectively through smoke cover. Clean conditions are necessary for the best results.

These vitalising rays have the power of increasing the vitamin element in the body, the iron content and the red corpuscles of the blood.

If the natural sun or air bath is not practical, good results can be obtained by a good ultra violet ray lamp, providing the instructions of the medical adviser are carefully carried out. Too large doses of this mechanical treatment can be injurious.

As the digestive organs are usually in a weak condition, the intake of food should be carefully regulated to the

strength of the digestive system, and strange as it may seem, abstention from solid food entirely for a prescribed time, may be a preliminary wise procedure. By the latter method, the whole system is given a chance to direct all its energies to cleaning up the blood, which is such a necessary essential before more vigorous treatment is instituted.

With a clean though weak blood stream, the stage is set for the eradication of the anæmia by the introduction of proper feeding, sound living principles, cleanliness of the skin, etc., which in their turn allow the nutritional functions of the body to produce sound blood, rich in red corpuscles, which is so vital to all animal life.

Haphazard methods are useless, but the methods so briefly described above, controlled by the patient's own doctor, will in time overcome the trouble and the joy of a healthy active and responsive body will be the reward.

Foot Health Exhibition in London.

FEET SHOULD BE SEEN and not hurt, say the Foot Health Educational Bureau, organisers of National Foot Health Week, who are running an exhibition at the Central Hall, Westminster, S.W.1, from June 12th to June 15th. Visitors will be shown how foot ailments develop and how they can be minimised or prevented.

There will be an Open Forum on June 13th and 15th when experts will answer questions and give guidance on all aspects of foot health, and there will be instructive talks. Quiz teams and speakers will be drawn from a panel composed of a Medical Officer of Health, doctor, physiotherapist, chiropodist, shoe manufacturer, shoe retailer and shoe technologist.

A feature of the exhibition will be foot fitting demonstrations by shoe specialists. Exhibits will deal with care of the feet and footwear, the benefits of walking, and the real economy of taking shoes to a good repairer. The services of a chiropodist will be explained—a challenge to the idea that he is merely a corn cutter.

Exhibits showing the manufacture of shoes, and the importance of hosiery in relation to the foot, are being arranged by the Leather Research Association, the Boot Trades Research Association, and the International Wool Secretariat.

Throughout the country local Foot Health Weeks are being held and more than a quarter of a million leaflets will be distributed by Medical Officers of Health, local authorities, shoe retailers and shoe repairers.

Every teacher in Great Britain will have available a talk for older children on foot care and care of footwear.

Nurses will also benefit from a visit to this Exhibition if they are working in or around London.

Every Generation Has its Perplexities.

WHY, WE ASK, in this era of queues, do loquacious persons discuss their personal affairs for all who stand by to hear, regardless of the fact that little pitchers have long ears?

Said a perplexed Auntie to a four-year-old: "Oh! David you *are* a naughty boy; why can't you be good like you used to be?"

David having spent a recent morning among the food queues replied: "Well, I shan't be any better until 'the change,' and then my hair will fall out."

Poor Auntie was shocked into silence.

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