

HOENIGSHMIED (ED.)

The Treatment of Chlorosis

and of
Rachitis
(Rickets)

with Gude's Pepto-Mangan.





The Treatment of Chlorosis and of Rhachitis [Rickets] with Gude's Pepto-Mangan.

BY ED. HOENIGSHMIED, M. D.

Chairman of the Amstetten Section of the Medical Association of Lower Austria. [Read at the Meeting of the Amstetten Section on July 21, 1892.]

IN PRESUMING to speak before this distinguished assemblage on a form of disease and its treatment, I fully appreciate the difficulty of my task; the more so that the subject is an affection which occurs constantly and everywhere, and regarding which each one of the esteemed auditors has surely gathered valuable experience himself.

We come across chlorosis in all varieties and conditions of life; as often among the well-to-do and rich as among the impecunious and poor. With us in the country and mountains, among a class of people who are employed at farming, it is impossible to trace the causes usually described in text books, such as impure air, want of exercise, improper feeding, mental excitation, etc. I forbear, therefore, from discussing these varying hypotheses. We know positively that chlorosis depends on nothing else but an abnormal blood composition [oligocythæmia], with a reduction of the red blood corpuscles to one-half or one-quarter of

the normal proportion, the want of oxygen and of iron and manganese in the blood.

The well-known symptoms are pallor of the skin and of the visible mucous membranes, labored respiration, breathlessness caused by the least exertion, rapid exhaustion and reduced muscular strength, cardialgia, extraordinary desire for indigestible things, with loss of appetite and disturbed digestion, eructation, and general physical and mental hyperæsthesia, headaches, ringing in the ears, dizziness, oppressed condition of the mind, pains and cramps; furthermore, a frequent and threadlike pulse with irregular heart pulsation, humming in the jugular vein, and colorless, uric-acid-deficient urine of low specific gravity, changes in the sexual functions, amenorrhœa, dysmenorrhœa, and very often leucorrhœa.

If we consider the symptoms, thus briefly presented, we will find that many of them are also found in rhachitic children, so far as they can affect childhood, and the

rhachitis is mainly due to abnormal blood composition accompanied by an infectious nutrition, disturbance of the ossification process.

Now, it is immaterial whether the cause depends on the reduced accretion or the increased elimination of calcium salts, because the medicinal effort must be directed primarily to convert the abnormal blood combination to the normal, for the suitable nurture of the body and its organs; in one word, *to infuse oxygen, iron, and manganese into the blood to produce red corpuscles.*

Thus only is it possible for the blood to perform its functions of properly nurturing bones and joints, precipitating the necessary salts for general formation in correct form and amount, and to eliminate only the surplus.

In rhachitis we see the same dyspeptic symptoms as in chlorosis; we see this disease, as also chlorosis, affect individuals who are well nurtured and possess ample fat supply, and we arrive at the conclusion that in one, as in the other, a changed blood composition exists, only with the difference that in rhachitis, in addition, a specially insufficient nutrition for the bones [defective ossification], the epiphysis, and the periosteum takes place, with exudative formation on the joints.

The first object of therapeutics is to remove the disease symptoms, to restore the disturbed functions

of the organs to their normal action, and in rhachitis to prevent exudation, or rather to remove the exudations already present.

In one word, we must bring those remedies into use which will quickly furnish the blood with those components which it has lost, and which produce the proper nurture of the body: oxygen, iron, and manganese, which rapidly form the red corpuscles. In iron we certainly possess a specific; but few forms of iron are borne well and readily absorbed by the blood, while, on the contrary, they often serve to increase the already present digestive disturbances. In consequence, we often see persistent chlorosis continued for years, without being able to effect even the least improvement.

If, therefore, I bring to your attention a preparation which, owing to its happy composition, may be called a panacea for chlorosis, anæmia, rhachitis, and all affections due to abnormal blood composition, and which possesses all attributes to infuse the wanting components of the blood in the shortest time, it is done exclusively in the interest of suffering mankind, in the interest of science, and also in the interest of physicians themselves, who certainly evince the greatest desire to bring their patients to convalescence as quickly as possible.

Manganese is of as great importance in infusing oxygen into the blood as is iron, and distin-

guished authorities have repeatedly expressed this opinion, and also maintained that the cause of the frequently long-continued chlorosis, and allied diseases of the blood, is due to the inability of distributing manganese in suitable form to the organism in easily absorbent condition. Many attempts have been made to combine manganese and iron, but *most preparations contain inorganic metal salts* and are therefore, as they favor and often produce digestive disturbances, not therapeutically suitable.

This preparation of Dr. A. Gude (Chemist), of Leipsic, contains the important manganese in the most favorable combination with iron and peptone for ready introduction into the blood. *It undergoes no chemical change in the system*, but is clearly and completely absorbed and taken up by the blood.

I have also employed other preparations experimentally, but with none have I achieved even approachably similar good results.

On the basis of my so-far-noted experiences, I venture to say that if, after the use of one or two bottles of Dr. Gude's Pepto-Mangan [manganese-iron-pepton], a visible improvement does not ensue in cases of chlorosis, anæmia, rhachitis, etc., the cause for the anæmia must rather be looked for in organic diseases [carcinoma and the like], which it is impossible to cure with medicinal agents.

The directions for using this

preparation are as follows: Adults should take, when beginning, twice, and after a week three times daily, a tablespoonful in milk, water, coffee, chocolate, or sweet wine. Children, two or three times daily a dessertspoonful or less according to age. All sour or fat dishes, uncooked fruits and sour wines, as well as red wines, should be avoided. On the other hand, it is recommended to eat all kinds of milk dishes, roasts, venison, light bread and other wheaten and farinaceous foods; further, to drink sweet wines, not sour or white wines, or good beer.

I beg to add the record of a few cases.

A. St., 4 years old. Besides pronounced pallor of the skin and the visible mucous membranes, showed a small, thread-like pulse, murmurs of the heart and in the jugular vein, a large, bloated abdomen with depression of the panniculus adiposus; want of appetite, and irregular passages. In addition, very considerable swellings of the joints, with deposits on the epiphysis; in short, all the indications of extreme anæmia and rhachitis. The child, formerly very active and full of life, had been unable for weeks to walk.

Treatment. — Regulation of diet, and Gude's Pepto-Mangan, beginning with two doses, and later three doses daily. At the end of four weeks the child looked very much improved, and although the swellings at the

joints continued it was able to stand and make attempts to walk. Now, after a relatively short time, the child is as happy and as full of life as before, and only traces of the joint swellings are still present. The iron, in combination with manganese and pepton acted as a tonic and blood improver; the appetite was aroused, the meteorism disappeared, and thus a reduction of the swellings and a regular strengthening of the joint was achieved.

Miss M. S., 23 years old, slender very anæmic, affected by irregular and usually profuse menstruation, had consulted many physicians regarding her trouble. All kinds of treatments were undertaken: rhubarb, iron, quinine, aromatic bitter remedies in various forms [such as powders, pills, drops, and mixtures], were all tried in rotation; also water cures, baths, and various other dietetic and medicinal agents; even the cold water cure of the Kneipp system was given a thorough trial, but all to no purpose. I thereupon prescribed Dr. Gude's Pepto-Mangan; and after taking only a few bottles the young lady experienced a decided improvement. The dyspnoea was lessened, the pulse was strengthened, the menstruation became less profuse, and the accompanying pains were no longer so intense; her appetite improved, and with it mental activity. With the continuation of the treatment the young lady, in the same ratio as

her physical condition improved, became more lively and light-hearted, and now presents the picture of a physically and mentally well-developed and apparently healthy being, fit to make any man happy.

Marie R., 38 years old. A sufferer for many years. Consulted me with the remark that probably there was no help for her anyway. She had menstruated since her 15th year; at first this occurred regularly every four weeks, lasting two to four days, very profuse, and during the first days painful. After an unusual exertion at field work she was caught in a heavy rain, was thoroughly soaked, and a one day's menstruation suddenly stopped. After applications of hot baths and internal remedies the menstruations were again brought on, but were so severe that the patient was regularly obliged to take to her bed for eight days each time, and was so weakened that it made working impossible. In addition she was regularly afflicted with a mucous menstrual flow for several days before and after her periods. She was pale, pulse light, 120 per minute; no appetite, passages irregular. The percussion showed nothing abnormal. The auscultation showed humming in the jugular vein and wavering heart intonations. Her lower extremities were considerably swollen. The patient complained of difficult breathing after the least physical exertion, and

also of heart palpitation. Urine free from albumin.

Treatment. — Diet regulated, and tincture of strophanthus administered in drop doses. Then, as all other iron preparations [as I found from an examination of the accumulated prescriptions] had been tried without success previously, I prescribed Dr. Gude's Pepto-Mangan, a tablespoonful three times daily. For the local affections tampons with ichthyol-glycerin were placed in the vagina, and irrigations with the same ordered.

The flow was quickly improved, the menstruation became gradually more normal, lasting only three to four days, and the œdema disappeared; the appetite was restored, and under continued use of Dr. Gude's Pepto-Mangan patient entirely recovered, and can again fully perform her duties.

In all cases where I have tried Dr. Gude's Pepto-Mangan I have found it a most valuable remedy, and I beg of you, esteemed friends, to convince yourselves also of its excellent qualities.

T. BYRON DE WITT, M. D.

SAN FRANCISCO, CAL., February 5th, 1894.

GENTS: — I have used Gude's Pepto-Mangan in combination with creosote (Merck's beechwood) in \mathfrak{z} i. to \mathfrak{z} vi., \mathfrak{z} i. to \mathfrak{z} viii. I have prescribed in cases of pulmonary tuberculosis with hemorrhagic diathesis, with marked benefit to patients. More recently I have used it in suppurative phthisis, and have been much pleased to witness the diminished catarrhal suppuration. It is taken by patients without difficulty, and agrees well with the most sensitive stomachs, even in larger doses than indicated above.

Yours truly,

T. BYRON DE WITT.

GUDE'S PEPTO-MANGAN can now be had of all Druggists throughout the United States.

M. J. BREITENBACH COMPANY,

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P. S. Specify PEPTO-MANGAN (GUDE) and avoid substitution.

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GUDE'S PEPTO-MANGAN.

(Liquor Mangano-ferri Peptonatus Gude.)

The Uses and Effects of Gude's Manganiferous Iron Peptone.

BY DR. JULIUS HEITZMANN.

VIENNA.

THE employment of iron preparations both in essential anæmia (chlorosis), and in the symptomatic forms of this affection produced by severe losses of blood, dates from the earliest times. Long before the chemical relation of this effect was known, these remedies were administered on the ground of pure empirical experience.

When Hannon pointed out the high significance of manganese, as well as of iron, with regard to the absorption of oxygen by the blood, and when this discovery was confirmed by Ruehle, efforts were made to produce, by combination of both remedies, preparations which would best fulfill the therapeutic indications in all directions.

Former attempts of this kind failed to give the desired results. The aim was to combine both metals in such a form as would enable them to be absorbed throughout the entire extent of the alimentary canal, and at the same

time be devoid of disagreeable taste which would prevent their prolonged administration. After a series of experiments made in this direction I found in the preparation discovered by Dr. A. Gude (Pepto-Mangan—Gude), a remedy which fulfilled the above requisites, and can recommend it most heartily.

Pepto-Mangan—Gude is a clear, dark, wine-red fluid, having an agreeable, non-metallic, astringent taste. The latter property gives it a great advantage over other similar preparations, for the remedy is always taken with pleasure, and may therefore be administered for a long time without exciting the disgust of the patient. No irritation of the stomach is produced, nor is the digestion disturbed in the least respect; indeed, as regards the latter, a stimulation of the long-absent appetite could be demonstrated within a short time.

The Pepto-Mangan—Gude, usually mixed with some water, is

prescribed in doses of two or three dessertspoonfuls, increased to as many tablespoonfuls per day. An especially agreeable manner of administration is by addition of cold milk, which then assumes a light chocolate color and an agreeable taste. Prescribed in this form we obtain from this preparation everything that could be expected from a remedy for anæmia. The Pepto-Mangan—Gude may also be mixed with white and sweet wines, excepting the red wines which contain tannic acid, and an occasional change in the manner of administration is sometimes of advantage, especially in the case of children.

The diet, during the use of this preparation, should consist of milk, meats — especially ham — fowl, soft-boiled eggs, and other easily digested foods. On the other hand, sour and fatty foods, red wines, and raw fruits are to be avoided.

The remedy is to be administered for a number of weeks, especially in cases of chlorosis, but in the case of young girls up to 12 years of age it is best to commence with a daily dose of two teaspoonfuls (ten grammes). In adults the dose of the Pepto-Mangan—Gude may be increased in a few days to one tablespoonful twice or thrice daily, or even to ten or twenty grammes. The preparation should be well protected from the light, and preserved in a cool place in a well-stoppered bottle.

I have employed the Pepto-

Mangan—Gude with much success both in chlorosis and in cases of anæmia in girls and women due to loss of blood, menorrhagia, metrorrhagia, inflammation of the pelvic organs, peri- and parametritis, or prolonged leucorrhœa. In almost every instance I observed within a short time increase of appetite, improved nutrition, healthier color of the face, and increase of weight. I was surprised to learn how much more readily the Pepto-Mangan—Gude was taken than similar preparations, without ill effects even after protracted use.

To illustrate my remarks I will cite a few cases:

I will first report a case of chlorosis treated with this remedy, which was under constant observation. The patient, a school girl aged 16, began to menstruate one year ago, but after appearing regularly for three periods the flow suddenly ceased, probably in consequence of mental overexertion, and symptoms of chlorosis soon developed. The various preparations of iron were tried, but were either not well borne or excited so much disgust that they were discontinued by the capricious patient. A milk cure was prescribed, but followed for only a short time. When, however, I resorted to the Pepto-Mangan—Gude I was surprised to find that the girl took it willingly and that it was well borne. She made a rapid recovery, and after the use of two bottles had regained her former

healthy color, while her strength and menstruation returned.

CASE II.—A married lady, aged 24, had acquired—apparently of abortion at a very early period—an intense perianal parametritis with an exudation of the size of a child's head. The latter disappeared almost completely under suitable treatment and rest, so that only a slight induration was present in the parametrium after three weeks. Owing to the considerable anæmia and loss of appetite, however, the patient recovered very slowly, and for this reason I ordered the Pepto-Mangan—Gude. A few days after its use the appetite reappeared, recovery ensued rapidly, and five weeks later her health was completely restored.

CASE III.—A married lady, aged 30, had suffered from leucorrhœa due to catarrhal inflammation of the vagina for two years, and although the local trouble had been much relieved she continued pale and weak. As her chlorotic daughter at the time was taking

the Pepto-Mangan—Gude with marked benefit, I advised her also to try this preparation. She followed my advice, and after fourteen days the weak, sluggish, and pale woman seemed as if transformed. She has since regained her former health.

These few cases, which were under continued observation, will confirm what has been said above regarding the manner of application and effect of the Pepto-Mangan—Gude. I regard it as superfluous to cite other cases, since a few closely observed cases teach more than a host of superficial observations.

On the ground of my experience I consider myself warranted in directing the attention of physicians to this remedy, and feel convinced that further trials will give equally favorable results. Even in cases where local treatment is necessary the Pepto-Mangan—Gude will prove a valuable auxiliary in our treatment. — *Allgemeine Wiener medizinische Zeitung*, XXXvi.

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