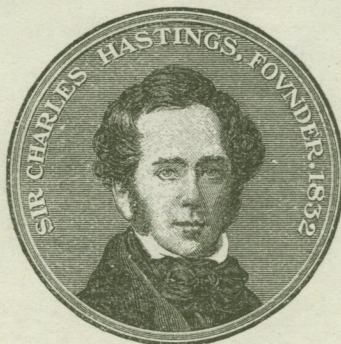


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OUT OF CONDITION

IT seems probable that most organic lesions—other than the directly traumatic—have their early beginnings in functional derangement. Inherent congenital variation of structure is, of course, a factor; but many of those syndromes to which specific names have been allotted undoubtedly have an earlier, innominate stage which, if recognized, readily responds to intelligent treatment.

Every doctor is constantly being consulted by patients not yet suffering from any defined illness, who yet manifest an obvious lack of "condition." The indications are hygienic rather than pharmaceutical. Nine times out of ten, modifications of diet, with greatly increased outdoor exercise, and the establishment of active emotional harmony are the measures

to which the physician's thought and judgment may be most profitably directed. The one physical condition common to nearly all these patients is an overloading of the storehouses of the body with reserves for which the organism has no real use, so that the blood finds difficulty in effecting its customary exchanges.

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