

*urates* are re-dissolved, washed out of the tissues and appear in the blood current in their passage from the tissues to the various outlets of the body. The blood in this tide contains a quantity of the products of tissue degeneration in the form of *urates* in proportion to the amount previously stored and the activity of the various vital processes within the body.

The nature of the food determines, in a great measure, the character of the tides, and, through them, of the solubility of the *urates*, and thus their presence whether within the cells and tissues, or within the channels of the body.

A clear distinction must be made between the two. Chemical processes within the channels of the body do not differ from those without. Within the living cells, however, there is no chemistry; between the vital principle of the cells and the chemical processes going on without there can be no affinity.

Animal flesh and acid substances generally precipitate the *urates* within the tissues, increasing their retention within the system.

Grains and most vegetable substances increase the solubility of the *urates* and thus favor their elimination. Heat and cold exert a powerful influence over the tides, and, through them, over the retention or elimination of *urates*.

By means of heat they are drawn from the tissues into the blood current, and through the agency of cold they may be directed to any of the outlets of the body