phritis is, with the exception of cream and butter, wholly vegetable. I forbid meat in any and every form, eggs and milk. As I have already stated, the object which I desire to accomplish is to profoundly alter the proteids in the circulating blood, and both theoretically and clinically I believe that I have the best of reasons for the selection of this diet. The urine for twenty-four hours should be collected and the quantity of albumin in it should be accurately determined, and the result expressed both absolutely and in percentage. At the same time the amount of urea and of total nitrogen should be ascertained. Then the patient should be placed on the diet, and after three days or longer corresponding analyses should be made. The diet permits cream, which should be separated from the milk as completely as possible, and should not contain more than 1 per cent. of proteid, and the amount of cream allowed per day is limited to 500 grams, or one pint. Corn meal mush I prefer among the cereals, and this is allowed *ad libitum*, and oat meal or cracked wheat may be substituted. Sugar is allowed *ad libitum* for the mush, and Zwiebach and butter and potatoes complete the substantials of the ration, although I permit the legumins peas and beans, either fresh or canned, green vegetables, fruits and melons. There is no difficulty in living on such a diet, and after a few weeks patients lose all desire for meat and eggs and wonder why they were formerly so fond of them. That the necessary calories are furnished by this is shown by the following table:

	Proteid	Carbohydrate	Fat
500 grams of cream.....	5	27.60	150
200 grams corn meal	20	130.60	8
100 grams Zweibach.....	14	60.00	24
50 grams butter	..	.....	40
20 grams sugar	..	20.00	...
	39	238.20	222

This gives 39 grams of proteid, 238.2 grams of carbohydrate and 222 grams of fat. The caloric value of each gram of proteid and carbohydrate is 4.5 and of each gram of fat is 9; therefore the calories represented in this ration are shown by the following figures:

$$39+238.2=277.2\times 4.5=1274.4$$
$$222\times 9=1998.0$$
$$3245.4$$

It will be seen that this ration furnishes more than 3,000 calories, and we have taken no account of fruits and melons. Fur-