

form the poisonous agent of the kidney. In the course of time the abnormal transposition seriously injures the function of the organ till the *circulus vitiosus* is formed, which may be described as a typical example of auto-intoxication. From this idea, all the symptoms of gout may be explained in the chronic condition, while the acute attacks cannot be accepted as a new disease, but rather an outburst of the chronic process with the acute phenomena and a large decomposition of nucleïn. The outcome of this is increased elimination of alloxurine bodies, and the appearance of albumen and leuco-cythisis in the urine.

The therapeutic treatment of gout, according to this view, would not encourage us in entertaining an application of specific drugs. On the other hand, the therapist should endeavor to increase the breaking up of the nucleïn, and favor, as far as possible, the transformation of the decomposed products to uric acid. The latter part points to the use of alkaline therapeutics, because it promotes the formation of uric acid, which encourages the innocuous function of the kidney. In cases where the kidneys are already functionally injured, guiding must be our care. With regard to the diet, the excess of albuminoid food must be carefully guided against, as this form of diet rapidly increases the leuco-cytosis in the alimentary canal that finally augments the nucleïn product. A moderate use of albumen is not contra-indicated, yet tissues rich in cellular matter, such as nucleïn, should be avoided. Boiled meat may be allowed, as the kidneys eliminate the noxious extractive material, but the soup prepared from the liquid it has been boiled in should not be used. Carbohydrates are innocuous, and as a substitute for albumen fat may be prescribed. Milk and egg in some form is also good, because the nucleïn does not split up into alloxurine bases. Of the vegetable kingdom, all may be allowed except asparagus, which should be strictly forbidden. Alcohol should be also prohibited. In daily exercise of the body, over-exertion should not be encouraged, but carefully guarded against, as this greatly increases the splitting up of the nucleïn. An early diagnosis of the disease is essentially necessary before a satisfactory therapy can be established. To accomplish this the blood should be examined, and the increased elimination of the corpuscles with an outbreak of the usual symptoms may enable the observer to check its progress or correct the morbid process.

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