

Clinicians generally recognize the importance of diet in chronic nephritis, and much has been written on this subject. Thus, Pel says: "The question, what diet shall we prescribe for our patients with kidney disease, is of great practical importance, because I know of no organic disease in which the manner of life and food so largely influences the course of the disease as in chronic nephritis." And still there is the greatest difference of opinion among these same clinicians when it comes to the point of saying just what foods shall be prohibited and what allowed. It may not be amiss to briefly refer to some of these differences. As a rule there is agreement that a meat diet is harmful, and yet at least one writer recommends an exclusive meat diet, but this is so generally condemned that we may overlook it altogether. Some of our most recent authorities lay but little stress upon the desirability of restricting meat, or omit mention of it altogether. In discussing the treatment of what he calls chronic productive nephritis (intestinal nephritis), Delafield says: "As regards the diet, the quantity of sugars and starches taken should be restricted, and the ingestion of fats encouraged. The use of wine, spirits and tobacco should be discontinued," and this is all he has to say about diet in the treatment of this form of nephritis. Under the head of chronic productive nephritis with exudation (parenchymatous nephritis) he is even more brief, for he contents himself with the following: "For the nephritis the patient should be kept in bed and placed on a fluid diet." Under the treatment of chronic parenchymatous nephritis, Osler gives one sentence to diet, and this reads as follows: "Milk or buttermilk should constitute the chief article of food," and under interstitial nephritis, he says: "The diet should be light and nourishing, and the patient should be warned not to eat excessively, and not to take meat more than once a day. Care in food and drink is probably the most important element in the treatment of these early cases."

All have heard of the interdiction of dark meats, but von Noorden claims that the distinction between light and dark meats, so far as they affect the kidney, is a myth. Fish is condemned by Bouchard on the ground that it contains toxins and increases the toxicity of the urine, but is permitted as a substitute for beef by Klemperer, while Pel thinks that we should distinguish between the kinds of fish, and sees no reason for the exclusion of easily digested species from the dietary of the nephritic. Ortnier forbids every part of the calf except the sweetbreads and the brain, while Kolisch thinks these the very organs that should be excluded on account of their large nuclein con-