

In 1903 J. Walker Hall came to the same conclusion regarding these pathological changes in experiments upon animals with injections of hypoxanthin and guanin, finding in both the liver and kidneys, especially in the kidneys, signs of degeneration in the cells of the tubule. As a result of this, the conclusion followed that the constant presence of purin bodies in all nitrogenous food made it possible for an accumulation or heaping up in the system, and especially in those cases where already the kidney was diseased. Senator advised, along with others, such meats as were poor in extractive substances, such as veal, lamb, young pig and young birds—and most fish—for the food of those with renal disease—and often, too, such meat after the soup and extractives were taken away, and finally only the white meats.

Then in 1896 Van Noorden concluded this question could be settled only on the basis of a quantitative analysis of the food materials in question.

Then in 1899, as we have said, Offer and Rosenquist concluded on their examination that the content (Gehalt) of white meat and dark meat in nitrogenous containing extractive substances as well as in purin bodies showed so small a difference that one could no longer see any cause for considering them different, and, indeed, especially in kidney and gouty patients they stood of equal value, or equally contra-indicated.

The author, considering the foregoing teaching in this matter, set about to find whether or not some explanation could not be found in the mode of preparing the meat, inasmuch as it appeared from the statements made that all the conclusions contrary to the accepted theory and practice had been based on examinations made of *raw meat*. Adler describes his experiments in detail and gives the results in percentages.

He shows (1) that there is a quantitative difference in the purin bodies found in the meat of bullocks and cows when prepared for food which justifies a separation into the dark and white meats; (2) that boiling of white meat favours the withdrawal of these nitrogenous bodies and extractives more than roasting; (3) that this observation supports the practice which may have been empirical, or at all events regarded as such that white meats are better than dark meats in the food of certain patients.