Pathogenesis and Treatment of Gout.

An interesting discussion on the pathogenesis and treatment of gout, as reported by the *British Medical Journal*, took place recently at the Berlin Society for Internal Medicine and Children's Diseases. It was introduced by Dr. Brugsch, whose researches on gouty metabolism in collaboration with Dr. Schittenhelm, are well known. In his opening remarks he assumed it to be established that gout was caused by a disturbance of the nuclein exchanges, but added that analysis of the blood showed that there was no retention of uric acid in gouty subjects, nor any difference in this respect between them and normal persons.

Dr. Hesse, of Kissingen, compared gout with diabetes, both being disorders of nutrition which require dietetic treatment and are uninfluenced by drugs. As he considered the necessary data for constructing a suitable dietary did not exist, he had made a fresh analysis of the chief articles of food by the method of Krueger and Schmidt, and found that veal contained 1.3 per cent. of nuclein, liver, kidney, and brain 0.4 per cent. to 0.2 per cent., butcher's meat and poultry 0.18 to 0.19, pigeon a little less, 0.15 per cent. There was no difference between white and red meats, but fresh water fish (0.20 per cent.) contain more nuclein than salt water fish (0.13 per cent.). Oysters belonged to the former group and caviare to the second. The principal vegetables contained a little, but milk and eggs were practically free. He thought it possible with these data to prepare a suitable diet table, but it proved to be monotonous, and he recommended the addition of a certain amount of nuclein-containing food in accordance with the proved tolerance of each individual, just as carbohydrates are added to a diabetic diet. The strictness of the diet must depend upon the gravity of the case, which should be estimated by taking into account all the general clinical considerations.

In a table of the purin free content of certain foodstuffs prepared by Miss Catherine I. Williams, of University College, Bristol, the purin content of meat and poultry is from 0.09 per cent. (mutton) to 0.2 per cent. (beef), salmon and halibut 0.1 per cent. to 0.11 per cent., cod and plaice 0.05 per cent. to 0.07 per cent., potatoes 0.002 per cent., and peas 0.039 per cent. She did not detect any nuclein in milk, butter, eggs, cheese, rice, flour, and bread. With the aid of her table, it is easy to prepare a purin-free diet table, which should exclude butcher's meat, poultry, fish, tea, coffee, cocoa, and alcohol.

The Relations of Nursing and Medicine.*

By Robert Sevestre, M.D.

Historical Relation.

From time immemorial the relationship between nursing and medicine has been a close and constant one, it may be said to be a partnership in which nursing has always been the senior partner. Professor Osler, in one of his writings mentions a tradition of Eve nursing her grandson, Enoch, and instructing his mother, Mahala, how to comfort and soothe him, a tradition we may well believe to be true.

This is neither the time nor the place for me to enter into an account of the time when women combined the two professions in one, or when they were to a large extent in the hands of men. In the histories of medicine and in that charming work, "A History of Nursing," much interesting information will be found, bearing on what may be called the historical relation of the two. I merely wish to draw your attention to this aspect of the subject, for traditions are not only of value in helping us to avoid mistakes, but also in forming ideals and inspiration for future efforts.

Scientific Relation.

One of the darkest periods in nursing was undoubtedly in the eighteenth century, and it is only in the last 50 years that much progress has been made, and that nursing has risen to be a profession. The progress has been truly astounding. It is one that very few people even among doctors and nurses, realise or understand, and what is more, this progress is bound to be maintained, for as long as the science of medicine advances that of nursing will advance also, and the time cannot be far off when highly skilled nursing will be considered, more generally than it is at present, to be in reality a branch of medicine. This brings me to the second part of my subject, namely, the relationship in scientific subjects. In the training for medicine, or for the matter of that, of any science, keen observation and minute exactness of detail are most essential, and are early inculcated into the student. Surely these are among the very qualities that are required in nursing. Further, those whose lives are passed among the sufferers of ill health require to have some knowledge of the laws that govern good health, and of the normal functions of the various parts of the human body; this is obtained in the study of anatomy, physiology,

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