

gout, with pains, deformities around joints, headaches, indigestion, arterio sclerosis, and possibly kidney disease.

(2) The exogenous uric acid is the uric acid which is excreted or collected in the blood from the proteid taken in, and the amount of damage done in the gouty sense to an individual, otherwise normally by excessive eating of proteids, &c., will vary according to their susceptibility. Such an individual, however, can eat or drink a lot more than those who have a preponderance of endogenous uric acid before showing a true gouty tendency.

All proteid foods, such as beef, beef steak, liver, kidney, pork, salmon, and the like, contain what is known as purin bodies. The nucleus of the animal muscle cell in course of digestion breaks up into purin bodies, and other materials not necessary to mention here. These purin bodies undoubtedly are the poisons which eventually form uric acid.

Now, if a correct diagnosis of Gout is to be made, and in order to make certain we are dealing with Gout, not Rheumatism, the urine should be examined for uric acid. Normally, every individual excretes a certain small quantity of uric acid (about 7 grains per day).

You will have gathered from what we have said that the tendency to Gout in a patient depends upon their ability to excrete and get rid of uric acid, or purin bodies when taken into the body in any excess. Also on the fact that some patients become pathologically able to store uric acid from their own system—(*i.e.*, Endogenous uric acid). In these patients it is really one of the forms of "Auto-Intoxication"—a subject which is creating a great deal of attention and interest during the present time.

Why some patients form and store more Endogenous uric acid than others it is difficult to say, but the cause is believed to be due primarily to an increase in the number of Bacilli Coli Communi in the intestines. I just mention this, but it is not very definite as yet.

In the diet of gouty patients lies the true and correct way of treatment, but if a diet free from purin bodies is given, it is very important to be able to add an amount of proteid at times for fear of the patients becoming weakened if all should be excluded from their food for a prolonged time.

By measuring the amount of uric acid in the urine under a purin free diet, and testing again after the inclusion of a given quantity of proteid, we can see if the patient excretes this amount freely; if so, we can test and reach the "Amount of Tolerance" in the patient.

It is in the Spas that a gouty patient will benefit, such as:—Bath, Buxton, Homburg, or Hissingen, although it is possible the same régime of ordinary water drinking at home would benefit as much, if it were taken with the same regularity.

Gouty subjects are often very fat, and they suffer in consequence almost as much from obesity as from the Gout trouble.

It is very important to try and reduce this

obesity, but the two cures should not be instituted at the same time, as many patients have been known to collapse from such dual treatment. The heart may become weak, and dilatation follow if a fat patient is too rigidly treated without:—(1) Meat or Proteid. (2) By Baths and Massage. (3) By large amounts of Alkaline waters. (In Harrogate as much as 4 parts of strong Sulphur are taken a day.) (4) By unceasing exercise.

It is better to treat the obesity first. Reduce the fat slowly, and allow the patient a mixed diet with some proteid, even should he get an attack of Gout during the reduction cure. Regular exercise, little fluids, no butter or potatoes or root vegetables, combined with vapour baths and good strong general massage will effect a reduction in most obese patients, with strict abstinence from alcohol, especially beer, stout, etc.

When the patient is reduced to our, or rather his satisfaction, if the heart is strong and sound, he can then be put on a strict anti-gout diet, not before.

Now when we come to consider an anti-gout diet, we find it is not an easy matter by any means. Anti-gout diet means food free from Purin Bodies:—Milk, Cheese, Eggs, Bread and Vegetables give practically a purin free diet, but it is impossible to get a patient to continue such a limited diet for any length of time, so we may add fish, almost any kind of fish, but not Salmon.

Of all foods Eggs appear to be the safest; they are nourishing, safe and practically free from purin bodies. As regards the use of alcohol in Gout cases, I think it is safe to say that the less alcohol a patient with the Gouty Diathesis takes the better.

There is a popular idea that Whiskey, especially if diluted with lithia water or the like is safe, but it has been proved that even Whiskey or indeed alcohol in any form retards the elimination of uric acid from the body.

As regards Drugs, the following are among the best:—Colchicum, Piperazine, Salicylates, Urotropine, and Solurol (or Thymic Acid). The latter is probably the best of all, but should not be given continuously, as it will lose its effect, but can be given for 9-10 days at a time with considerable benefit.

There are a few forms of Gout which I have, for fear of wearying you, purposely omitted, such as Gout which is produced by chronic Lead Poisoning, and that form of Gout known as Poor Man's Gout. The latter is either hereditary or brought about by excessive Beer or Cider drinking.

I live in hopes that in the near future we shall be able to do more for a disease which at present is open to so much quackery, and in which there are so many so-called "cures."

You, yourselves, will not be called on to massage acute typical cases, but you can do great work for the Obese and for cases of chronic Gout, where the deformities are not permanent, and where the general circulation and Muscle Tissue is enfeebled.

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