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Monday, April 15

106 DAYS PAST

Tuesday

260 TO COME

Diet in Gout and Uricacidemia.

G. Bessau and J. Schmid have analyzed the common food-stuffs and find that the muscles of various animals contain approximately the same amount of purin nitrogen. High percentages were present in liver, kidney, thymus and lungs and in the smaller fishes, such as herring, sardine and anchovy. Eggs, milk, cheese, cereals and fruit are permissible, since they are either free from bodies forming uric acid or contain only minimal traces. Most vegetables are also allowed with the exception of spinach, mushrooms, peas, beans and lentils. This is not usually taken into consideration in ordering a diet.—*Therap. Monatshft.*

Weather

Temp.

Raining, this

Morning & rained, & snowed some, the largest flakes I ever saw as large as fifty cent pieces & I would run out & catch them on the dustless nap. Mr Mc Cauldwin was here all day Maudie took Grace & I went for her it poured rain John went for fence posts Mr Cox Billy 10 was over.