

April 28, 1905.

CUS4/17/101.111

My dear Osler:-

Replying to your letter of April 26th, I have to say that our paper on Metabolism will, without any question, be ready by the first of June, as promised. It is well under way, and if by any chance we can send it to you before the first of June we will do so, but it is not very probable that it will be ready before then, as I am very busy and my time fully occupied.

Regarding the possibilities of clinical work in connection with my recent studies on Nutrition, I have several suggestions that I might make, based primarily upon observations which we have been making from time to time, with reference to the beneficial influence of low proteid intake on kidney diseases. If you have read my book, you will have noted that the indications are very strongly that the ordinary standards for proteid food, and the ordinary customs of people in the eating of proteid food are full 50 per cent higher than the actual physiologicla needs of the body require. I believe that a large number of diseases, especially those which are connected with excess of uric acid, are due - in large measure at least - to this excessive consumption of proteid. Some of these I am about to study, but observations made during the past two years, from time to time, lead me to believe that in Nephritis and other kidney diseases there is a great benefit to be gained in lowering the nitrogen intake. I have in mind one bad case of so-called Bright's disease, where the nitrogen intake was gradually reduced from 15 grams to 5-6 grams per day. The result in this case has been astonishing, and while of course the patient will never recover, yet the gain is something very striking. You will observe, if you study the date in my book, that with this lowered proteid intake there is, as a rule, far less consumption of liquid, and the daily output of fluid through the kidneys is reduced to 500-600 c.cm. This volume is quite sufficient under the conditions, because the decrease in nitrogenous waste is such that there is no need for large volumes to carry off urates, etc. I shall be very glad to see carried out some very careful observations along these lines, in connection with a variety of kidney disorders. With tuberculosis I have planned myself an elaborate series of observations and experiments, but with kidney diseases I shall do nothing at present, and shall be very glad if some properly equipped person, with good facilities, would undertake such work.

With kind regards, believe me,

Very sincerely yours,
RUSSELL H. CHITTENDEN