

**National
Bureau of
Analysis**

Key to a Normal Urine

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This key explains the items reported on the opposite page. For each item the normal condition—that is, the condition of health—is first stated, and then the significance of abnormal conditions is explained. Always compare your report with this Key to keep informed of your true condition and thus secure the full benefits of this Life-Lengthening Service.

CHEMICAL EXAMINATION

1. TRANSPARENCY—Normal: Clear.

While normal urine is clear when first passed, a clear urine is not necessarily normal. It may contain albumin or sugar (See 5 and 6), which can be determined only by chemical examination.

2. COLOR—Normal: Amber or Yellow.

Usually the deeper the color the more highly concentrated the urine, i. e., overcharged with substances that are irritating to the kidneys.

3. SPECIFIC GRAVITY—Normal: 1.012 to 1.028. Average: 1.020.

When specific gravity is above 1.028 it shows concentration. (See 2.) When persistently below 1.012—unless from the drinking of much fluid—it suggests that the kidneys are not working properly; or faulty nutrition. Sugar (see 5 and 6), which can be determined only by

4. REACTION—Normal: Acid.

High acidity usually accompanies concentration. It does not necessarily indicate uric acid in the blood. Alkaline reaction occurs in cystitis (inflammation of the bladder) or may result from the use of mineral waters or other alkalis.

5. ALBUMIN—Normal: Absent.

Its presence is usually significant of some form of Bright's disease, although it may appear temporarily when the kidneys are mildly congested. When present its full significance should be determined by a competent physician.

6. SUGAR—Normal: Absent.

All diabetics show sugar, but all who show sugar are not diabetics. It may be transitory or intermittent, sometimes appearing in small amount from disorders of digestion. Even then it indicates a condition that calls for careful regulation of diet.

7. UREA—Normal: 1.5 to 2.5% on Mixed Diet.

The percentage of urea indicates the amount of nitrogenous waste excreted by the kidneys, usually increased on a meat diet and decreased on a vegetable diet.

8. AMORPHOUS URATES—Normal: Some.

White urates in excess usually occur in concentrated urine. Pink urates suggest functional disturbance of the liver.

9. INDICAN—Normal: A Trace Only.

An excess of indican in the intestines results in the formation of a chemical called Indol; in the urine it appears as Indican. It is usually caused by too much nitrogenous (albuminous) food, such as lean meats and whites of eggs. When persistently present in excess it denotes intestinal disorders that often produce auto-intoxication, introducing into the blood the fatiguing poisons, lowering physical efficiency, and leading to more serious conditions. A frequent cause is chronic constipation.

10. SULPHATES—(Aromatic)—Normal: Present in Small Amounts.

An excess of Sulphates is usually the result of constipation.

11. BILE PIGMENTS—Normal: Absent.

Their presence is usually due to obstruction to the outflow of bile caused by inflammation in the stomach and small intestines or to gall stones or to tumors pressing upon the bile ducts.

12. MUCIN—Normal: A Trace Only. (See 24.)

13. PHOSPHATES—Normal: Present in Small Amounts.

When phosphates are present in excess they suggest too much worry or nervous strain due to business or other cares; or nutritive disturbances.

14. ACETONE—Normal: Minute Amount.

In diabetes an excess suggests advanced stage.

15. DIACETIC ACID—Normal: Absent.

In diabetes its presence suggests advanced stage.

MICROSCOPICAL EXAMINATION

16. CASTS—Normal: None.

Castes are found in Bright's disease and congestion of the kidneys. When present it is important that their significance be determined.

17. BLOOD—Normal: None.

Its presence suggests inflammation in the urinary tract or stone in kidneys or bladder; or tumor. It may appear in normal female specimens.

18. LEUCOCYTES—Normal: None.

Their presence indicates an attempt on the part of Nature to avert some process of inflammation. A few may be present in practically normal specimens; more commonly so in female specimens.

19. PUS CELLS—Normal: None.

Evidence of inflammatory change in the urethra or bladder or pelvis of the kidney. This condition may arise from simple exposure to damp or cold, injury due to horseback riding, or from some former acute inflammation in the urinary tract. When persistently present they suggest a condition that, without proper treatment, will slowly progress until serious disease of the prostate gland, bladder or kidneys results. Attention to this condition will often save distress in later life.

20. CRYSTALS—Normal: None.

Uric acid crystals are frequently the result of overindulgence in animal food. They do not necessarily mean excess of uric acid. Calcium oxalate crystals suggest fault in diet or nutritive disturbance. Cystin crystals are suggestive of the presence of stone in kidneys or bladder. Triple phosphate crystals appear in urines undergoing ammoniacal change, usually from long standing.

21. SPERMATOZOA—Normal: None.

If found they are due to the presence of seminal fluid.

22. CYLINDROIDS — (False Casts) — Normal: None.

Their presence suggests some irritation that has extended to the kidneys, but does not mean structural disease of the kidneys. They are mucus casts. (See No. 24.)

23. BACTERIA—Normal: None.

Found in some inflammatory conditions. Frequently present in normal urine due to extraneous causes.

24. MUCUS—Normal: A Trace Only.

When in excess it suggests some irritation.

25. EPITHELIAL CELLS — Normal: A Few Squamous-epithelial Cells.

Squamous cells are from the surface; Spindle cells are from deeper layers; Renal cells are from the kidneys and may mean inflammation of the kidney structure.

NOTES

The late forenoon or late afternoon specimen is most desirable for the laboratory tests.

Normal 24 hour excretion for adult, male, about 1500 C. C. or 50 fluidounces; female, about 1350 C. C. or 45 fluidounces.

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Helpful Suggestions

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For Use of the Subscribers of the National Bureau of Analysis, Inc.

The Bureau has no treatment to offer its subscribers. Their reports tell them when and for what they should consult their own physicians. To the near-normal, however, the following suggestions will prove helpful guides to the normal balance of health.

These recommendations are based upon the conclusions of the National Bureau of Analysis from years of experience in comparing and tabulating its reports to subscribers throughout the country.

CHEMICAL EXAMINATION

3. SPECIFIC GRAVITY—Your reports should show a Specific Gravity as near 1.020 as possible. When above 1.028 there is concentration that may be lowered by drinking more water and reducing the amount of food—especially meats.

Insurance tables show an average of five years longer life to those who drink plenty of water.

When persistently below 1.012—See Key No. 3.

4. REACTION—Acid Reaction is normal. When reported "sharply acid" you are probably drinking too little water and eating too much meat.

5. ALBUMIN—Don't conclude at the first appearance of a small amount of Albumin that you have Bright's disease. It is often temporary—not structural—especially when the Specific Gravity (3) is high and no Casts (16) are found. But it is a warning of Nature that calls for less work for the kidneys. Give Nature a chance to correct the condition by confining yourself for a time to a vegetable and liquid diet, eating very sparingly (if at all) of lean meats and whites of eggs.

6. SUGAR—One subscriber showed a trace, only, of Sugar, and, because the report of the Bureau was questioned, dropped the service. Eighteen months later, when he ordered the service again, the Sugar had increased to over 5%. Even a trace of Sugar, frequently due to transitory causes, should be watched. Eliminate all sugar and starchy foods, such as candies, desserts, sugar, white bread and potatoes, etc., and it will possibly disappear. Even when it persists in larger amounts the condition may be controlled by following the above suggestion.

7. UREA—Urea is the most important waste product of urine. When above the normal range (1.5% to 2.5%) the urine is concentrated. This condition means too much nitrogenous food is being eaten (See Key, No. 7) or not enough water is being consumed to dilute the urine properly.

When persistently below normal it indicates not enough nitrogenous food, or fault in nutritive processes; or that the kidneys are not working properly.

9. INDICAN—An excess of Indican means that the albuminous foods are undergoing putrefactive changes in the intestinal canal either from some fault in digestion and assimilation or from too long retention of food waste from constipation.

This allows the formation of Indican and other waste products that must be absorbed and eliminated by the kidneys and are irritating to these organs. The records of the Bureau show that many chronic diseases are often preceded by persistent excess of Indican in the urine, thus strengthening the belief that they are of intestinal origin.

Eliminate the excess of Indican by eating less of lean meats and whites of eggs and with careful attention to daily bowel movements you will do much to maintain a normal balance of health and find your physical efficiency materially increased.

MICROSCOPICAL EXAMINATION

16. CASTS—Hyaline Casts may appear temporarily in the urine when the kidneys are congested for any reason and may disappear as the cause of congestion is removed. When persistently present, however, they indicate structural changes in the kidneys. Epithelial Casts or Granular Casts are evidence of more extended impairment of the kidneys.

19. PUS CELLS—Pus cells are never present in normal urine. (See Key, No. 19.) When the cause that produces them gives pain or distress the condition may be alleviated by drinking freely of alkaline mineral water.

20. CRYSTALS—Uric Acid Crystals may disappear with the drinking of much water and eating of less meat. Certain characteristic forms of these Crystals may be found in cases of rheumatism and gout. Calcium Oxalate Crystals may appear temporarily after much eating of fruits and vegetables, rich in oxalic acid.

Excessive crystalline formation of any kind, however, means fault in diet or digestion and nutrition and if not corrected may lead to troubles of serious character.

21. SPERMATOOZOA—When present in conjunction with a trace of Albumin (other tests giving normal results) the trace found is probably transient—due to the albuminous character of the spermatic fluid.

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REPORT OF URINALYSIS

FROM THE

National Bureau of Analysis

INCORPORATED (1910) UNDER THE LAWS OF ILLINOIS

FRANK G. SOULE, PRESIDENT

A. RALPH JOHNSTONE, M. D. MEDICAL DIRECTOR

" A SERVICE THAT LENGTHENS HUMAN LIFE "

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*Please refer
to file
for analysis*

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date May 10th 1920 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.022
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 2.4 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes None
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells (SQUAMOUS SPINDLE RENAL) } Squamous
Other Products None

REMARKS:

COMPARISON
WITH LAST
REPORT



CONDITION
IMPROVED

CONDITION
PRACTICALLY
UNCHANGED

CONDITION
LESS
FAVORABLE

This specimen gives normal results.

Tests for Phosphates now show normal amount present.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS, Inc.

C. R. Soule
Vice President.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

M. r. Carl E. Fisher..... Date... Dec. 2, 1920..... Report No. 30421...

CHEMICAL EXAMINATION

1. Transparency..... Clear..... 2. Color..... Amber..... 3. Specific Gravity..... 1.022
 4. Reaction..... Acid..... 5. Albumin..... Absent..... 6. Sugar..... Absent
 7. Urea..... 2.2.3..... 8. Amorphous Urates..... Normal..... 9. Indican..... Normal
 10. Sulphates..... Normal..... 11. Bile Pigments..... Absent..... 12. Mucin..... Normal
 13. Phosphates..... Normal..... 14. Acetone..... Normal..... 15. Diacetic Acid..... Absent
 Other Ingredients..... Normal

MICROSCOPICAL EXAMINATION

16. Casts..... None..... 17. Blood..... None..... 18. Leucocytes..... None.....
 19. Pus Cells..... None..... 20. Crystals..... None.....
 21. Spermatozoa..... None..... 22. Cylindroids..... None..... 23. Bacteria..... None
 24. Mucus..... Normal..... 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL }..... Squamous
 Other Products..... None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|-------------------------------------|---------------------------------|
| <input type="checkbox"/> | CONDITION IMPROVED |
| <input checked="" type="checkbox"/> | CONDITION PRACTICALLY UNCHANGED |
| <input type="checkbox"/> | CONDITION LESS FAVORABLE |

This specimen gives continued normal results.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS, Inc.

W. B. Smith

Vice-President.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

M.R. Carl G. Fisher Date Feb. 6, 1929 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Colorless 3. Specific Gravity 1.005
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 0.1% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|--|---------------------------------|
|  | CONDITION IMPROVED |
|  | CONDITION PRACTICALLY UNCHANGED |
|  | CONDITION LESS FAVORABLE |

The chemical examination of your specimen showed low Specific Gravity and Urea due to a light diet. The microscopical examination was normal.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

W. R. G. Houston
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date March 13, 1929 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Pale Straw 3. Specific Gravity 1.007
4. Reaction Acid 5. Albumin Absent 6. Sugar Present
7. Urea 0.2% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

COMPARISON WITH LAST REPORT

CONDITION IMPROVED

CONDITION PRACTICALLY UNCHANGED

CONDITION LESS FAVORABLE



Our examination of your specimen showed Sugar quantity 1 2/7 grains to the ounce equal to .27% and low Specific Gravity and Urea.

It is probable that the Sugar is due to temporary error in diet and fault in digestion but because of its presence you should avoid the sweets and heavier starchy foods such as white bread and potatoes.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

W. R. Johnson
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

M. R. Carl G. Fisher Date April 3, 1929 Report No. 30421

CHEMICAL EXAMINATION


1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.024
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.5% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

Tests for Sugar in your specimen gave negative results and it was normal in every other respect.

| | |
|---|---------------------------------|
| COMPARISON WITH LAST REPORT | |
|  | CONDITION IMPROVED |
| | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

H. E. Kristove
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions

M. r. Carl G. Fisher Date April 30, 1929 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.009
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 0.1% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Very Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| | |
|-------------------------------------|---------------------------------|
| COMPARISON WITH LAST REPORT | |
| <input type="checkbox"/> | CONDITION IMPROVED |
| <input checked="" type="checkbox"/> | CONDITION PRACTICALLY UNCHANGED |
| <input type="checkbox"/> | CONDITION LESS FAVORABLE |

Our examination of your specimen gave normal results with the exception of low Specific Gravity and Urea Content.

Low Specific Gravity and Urea Content are usually the result of a diet in which meats and eggs do not play an important part and from such a cause cannot be regarded a fault. This condition may be due, however, to the drinking freely of water shortly before voiding the specimen.

When sending specimen for future examination abstain from water for an hour or two before voiding the urine.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

W. R. Johnstone
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions

M. r. Carl G. Fisher Date June 10, 1929 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.016
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 0.7% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts Present 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|--|---------------------------------|
| | CONDITION IMPROVED |
| | CONDITION PRACTICALLY UNCHANGED |
| Slightly  | CONDITION LESS FAVORABLE |

Chemical examination of your specimen showed low Urea Content.

Under the microscope we found one Hyaline Cast.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

A. R. Houston
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions

M. R. Carl G. Fisher Date July 8, 1929 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.022
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.7% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts One Hyaline 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE } Few Squamous
RENAL
Other Products None

REMARKS:

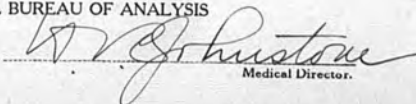
| | |
|--|---------------------------------|
| COMPARISON WITH LAST REPORT | |
| | CONDITION IMPROVED |
|  | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

Chemical examination of your specimen gave normal results.

Under the microscope we found one Hyaline Cast.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS


Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions

Mr. Carl G. Fisher Date August 3, 1929 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.015
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 0.1% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| | |
|---|---------------------------------|
| COMPARISON WITH LAST REPORT | |
|  | CONDITION IMPROVED |
| | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

Our examination of your specimen gave normal results except for low Urea content. This is not important in the absence of other abnormal findings.

Your reports for the year have been very favorable.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

A. R. Johnson
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions

M. R. Carl G. Fisher Date Sept. 4, 1929 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Light Amber 3. Specific Gravity 1.015
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 0.5% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None


REMARKS:

| | |
|--|---------------------------------|
| COMPARISON WITH LAST REPORT | |
| | CONDITION IMPROVED |
|  | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

The examination of your specimen gave normal results except for continued low Urea which usually results from a light diet and drinking freely of water.

There is no evidence of a diseased condition.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date Dec. 2, 1929 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.006
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 0.2% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| | |
|-------------------------------------|---------------------------------|
| COMPARISON WITH LAST REPORT | |
| <input type="checkbox"/> | CONDITION IMPROVED |
| <input checked="" type="checkbox"/> | CONDITION PRACTICALLY UNCHANGED |
| <input type="checkbox"/> | CONDITION LESS FAVORABLE |

Our examination of your specimen showed it normal except for low Specific Gravity and Urea Content.

This usually results from a light diet.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. A. Johnston
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions

Mr. Carl G. Fisher, Date Feb. 4, 1930 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.017
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.7% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE } Few Squamous
RENAL
Other Products None

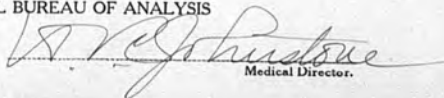
REMARKS:

| | |
|--|---------------------------------|
| COMPARISON WITH LAST REPORT | |
| | CONDITION IMPROVED |
|  | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

We examined your specimen and are pleased to report it normal.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS


Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date March 31, 1930 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.021
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.7% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| | |
|-------------------------------------|---------------------------------|
| COMPARISON WITH LAST REPORT | |
| <input type="checkbox"/> | CONDITION IMPROVED |
| <input checked="" type="checkbox"/> | CONDITION PRACTICALLY UNCHANGED |
| <input type="checkbox"/> | CONDITION LESS FAVORABLE |

Chemical and microscopical examinations of your specimen gave normal results in every respect.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. V. Schuster
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

M.R. Carl G. Fisher Date May 1, 1930 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.012
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.5% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE } Few Squamous
RENAL
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|-------------------------------------|---------------------------------|
| <input type="checkbox"/> | CONDITION IMPROVED |
| <input checked="" type="checkbox"/> | CONDITION PRACTICALLY UNCHANGED |
| <input type="checkbox"/> | CONDITION LESS FAVORABLE |

We examined your specimen and are pleased to report it normal.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. V. G. Thurston
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

M. r. Carl G. Fisher Date June 13, 1930 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.019
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.5% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|--|---------------------------------|
| | CONDITION IMPROVED |
|  | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

Our examination of your specimen gave normal results both chemically and microscopically.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

A. C. Johnston
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date June 28, 1930 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.020
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.5% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal


MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells

| |
|------------------------------|
| SQUAMOUS SPINDLE RENAL |
|------------------------------|

Few Squamous
Other Products None

REMARKS:

| | |
|---|--|
| COMPARISON WITH LAST REPORT | |
| | CONDITION IMPROVED |
|  | CONDITION PRACTI- CALLY UN- CHANGED |
| | CONDITION LESS FAVORABLE |

Our examination of your specimen gave
normal results.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

SR. Huston
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

MR. Carl G. Fisher Date Aug. 6, 1930 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.017
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.5% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|-------------------------------------|---------------------------------|
| <input type="checkbox"/> | CONDITION IMPROVED |
| <input checked="" type="checkbox"/> | CONDITION PRACTICALLY UNCHANGED |
| <input type="checkbox"/> | CONDITION LESS FAVORABLE |

Our examination of your specimen gave normal results in every respect.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

A. R. Johnstone
Medical Director.

Phone State 9825

NATIONAL BUREAU OF ANALYSIS
Bankers Building
Chicago - Illinois

F. G. SOULE,
Founder

H. J. SOULE,
President

M. B. LEARY,
Manager

A. R. JOHNSTON, M. D.,
Medical Director

October
First,
1930.

Mr. Carl G. Fisher,
Montauk, L. I. New York.

Dear Mr. Fisher:

Your present specimen gave normal results except for low Specific Gravity and Urea Content but this is merely due to the character of your diet. All of your reports for the year have been exceptionally good. They show a marked improvement over those for the preceding year and I hope you will be able to maintain the favorable showing.

This report completes the service on your present subscription but we will send a container at the regular time for your first examination on the new year and hope we may have the pleasure of a continuance of your patronage. An invoice will be sent with the report at that time.

Yours very truly,

ARJ
Received

A. R. Johnston
Medical Director.

ARJ:MD
30421



.....
A CONVENIENT HEALTH-PROTECTING SERVICE FOR BUSY PEOPLE

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date Oct. 1, 1930 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.010
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 0.5% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| | |
|--|---------------------------------|
| COMPARISON WITH LAST REPORT | |
|  | CONDITION IMPROVED |
| | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

Chemical examination of your specimen showed low Specific Gravity and Urea Content. The microscopical examination was normal.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

A. R. Johnson
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

M. R. Carl G. Fisher Date Dec. 24, 1930 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.015
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.5% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|-------------------------------------|---------------------------------|
| <input type="checkbox"/> | CONDITION IMPROVED |
| <input checked="" type="checkbox"/> | CONDITION PRACTICALLY UNCHANGED |
| <input type="checkbox"/> | CONDITION LESS FAVORABLE |

Our examination of your specimen gave normal results both chemically and microscopically.

We found no evidence of kidney impairment or trouble of any kind in this examination.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

H. R. Johnstone
Medical Director.

Phone State 8825

NATIONAL BUREAU OF ANALYSIS
Bankers Building
Chicago - Illinois

F. G. SOULE,
Founder

H. J. SOULE,
President

M. B. LEAHY,
Manager

A. E. JOHNSTONE, M. D.
Medical Director

Jan 31
January
Sixth,
1931.

Mr. Carl G. Fisher,
Miami Beach, Fla.

Dear Mr. Fisher:

In November you showed low Specific Gravity and Urea Content due to eating sparingly and drinking plenty of water. In December you were normal. Your present report shows low Urea Content probably due to eating sparingly of meat and we found two Hyaline Casts. Findings of this kind are not important. The Hyaline Casts are due to some passing irritation and do not call for attention.

Yours very truly,

A. E. Johnstone
Medical Director.

ARJ:HH
30421



All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date Feb. 17, 1931 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.026
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.6% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| | |
|---|---------------------------------|
| COMPARISON WITH LAST REPORT | |
|  | CONDITION IMPROVED |
| | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

Our examination of your specimen showed entirely normal findings.
There were no Casts in this specimen and it was normal in every other respect.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

A. P. Johnston
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date March 28, 1931 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.026
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 1.9% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25 Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|---|---------------------------------|
| | CONDITION IMPROVED |
|  | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

Our examination of your specimen gave normal results.

Your recent reports have been entirely normal and we hope they will continue so.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W.C. Huston
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date June 3, 1931 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.030
4. Reaction Sharply Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 2% 8. Amorphous Urates Normal 9. Indican Slight Excess
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| | |
|-----------------------------|---------------------------------|
| COMPARISON WITH LAST REPORT | |
| | CONDITION IMPROVED |
| | CONDITION PRACTICALLY UNCHANGED |
| Slightly | CONDITION LESS FAVORABLE |

Chemical examination of your specimen showed high Specific Gravity, sharp Acidity registering 64 degrees and a slight excess of Indican.

The microscopical examination was normal.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. R. Johnson
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date July 17, 1931 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.025
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 2% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|---|---------------------------------|
|  | CONDITION IMPROVED |
| | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

Our examination of your specimen gave normal results both chemically and microscopically.

We found no evidence of digestive disturbances in this specimen and it was normal in every other respect.

We are pleased to see this improvement.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date July 31, 1931 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.020
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 2.5% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Many
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25 Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|-----------------------------|---------------------------------|
| | CONDITION IMPROVED |
| | CONDITION PRACTICALLY UNCHANGED |
| Slight | CONDITION LESS FAVORABLE |

Our examination of your specimen showed many Leucocytes.

These Cells suggest slight irritation in the lower urinary tract probably due to temporary causes. Unless associated with Pus Cells or other abnormal conditions they should cause you no anxiety.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

W. P. Johnston
Medical Director.

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date Aug. 31, 1931 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.017
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 0.7% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|---|---------------------------------|
|  | CONDITION IMPROVED |
| | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

Our examination of your specimen shows low Urea Content due to eating sparingly of meats but it is normal in every other way.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W.P. Huels
Medical Director.

Explanatory Key with Helpful Suggestions

For exclusive use of the subscribers to the National Bureau of Analysis

This Key explains the items on the opposite page. In each item the normal condition of health is first stated, and then the meaning of abnormal conditions is explained.

Always note carefully any items to which we point and thus secure the full benefits of this Life-Lengthening Service.

This Bureau has no treatment to offer its subscribers. To the near-normal, however, our Helpful Suggestions, based upon the conclusions of the Bureau from years of experience in comparing and tabulating its reports to subscribers throughout the country, will prove helpful guides to the normal balance of health.

CHEMICAL EXAMINATION

1. TRANSPARENCY—Normal: Clear.

White normal urine is clear when first voided, a clear urine is not necessarily normal. It may contain Albumin or Sugar or other abnormal ingredients which can be determined by chemical examination only.

2. COLOR—Normal: Amber or Yellow.

Urine containing too much waste material is said to be concentrated and is then more highly colored.

3. SPECIFIC GRAVITY—Normal: 1.012 to 1.028 Average: 1.020.

The Specific Gravity represents the weight of the urine as compared with an equal volume of distilled water. It varies according to the amount of solids the urine contains. When above 1.028 it is overcharged with substances that are irritating to the kidneys. When persistently below 1.012 unless from the drinking of much fluid—it means that the kidneys are not functioning properly.

Helpful Suggestions: A diet balanced as to variety and quantity of food should give a specific gravity between 1.012 and 1.028. If above 1.028 eat less, especially of meats and drink freely of water. If persistently low, unless associated with casts or other evidences of disease, eat more of protein foods.

4. REACTION—Normal: Mildly Acid.

High acidity usually accompanies concentration. It does not necessarily indicate uric acid in the blood. Alkaline reaction occurs in cystitis (inflammation of the bladder) or it may result from the use of mineral waters or other alkalis.

Helpful Suggestions: High acidity may be corrected by eating less of heavy foods especially meats and drinking more water.

5. ALBUMIN—Normal: Absent.

Its presence is usually significant of some form of inflammation of the kidneys (Bright's disease). It may appear temporarily from many forms of irritation and from inflammation in the lower urinary tract. When persistently present its significance should be determined by a competent physician.

Helpful Suggestions: Do not conclude at the first appearance of a small amount of Albumin that you have Bright's disease. It is usually temporary—due to some passing irritation or congestion and not necessarily evidence of kidney impairment. But it is a warning of Nature that calls for less work for the kidneys. Give Nature a chance to correct the condition by confining yourself for a time to a vegetable and liquid diet, eating very sparingly (if at all) of meats and eggs.

6. SUGAR—Normal: Absent.

Certain cells of the Pancreas manufacture an internal secretion known as insulin which is discharged into the blood and regulates the body's use of the sugar formed from the food. If this secretion is deficient the normal utilization of carbohydrates (sugar and starch) is impaired and sugar appears in the urine. All diabetics show Sugar (but all who show Sugar are not diabetics.) It occurs occasionally as a result of eating too much of sweets or from certain forms of indigestion.

Helpful Suggestions: The appearance of Sugar in the urine even in small amounts and at long intervals classifies the individual as potentially diabetic and should call for watchful care. Temporarily, at least, the sweets and starchy foods such as candies, desserts, white bread, potatoes, etc. should be eliminated from the diet. True diabetics should study food values in Carbohydrates.

7. UREA—Normal: 1.5% to 2.5% on Mixed Diet.

Urea is the most important waste product of urine. The percentage of Urea indicates the amount of nitrogenous waste excreted by the kidneys, usually increased on a meat diet and decreased on a vegetable diet. **Helpful Suggestions:** When above the normal range (1.5% to 2.5%) the urine is concentrated. This condition means too much nitrogenous food is being eaten or not enough water is being consumed to dilute the urine properly. When persistently below normal it suggests not enough nitrogenous food, or fault in nutritive processes; or that the kidneys are not working properly. See No. 9 (below) for "nitrogenous foods."

8. AMORPHOUS URATES—Normal: Some.

White Urates in excess usually occur in concentrated urine. (See No. 2.) Pink Urates suggest functional disturbance of the liver.

Helpful Suggestions: Eliminate excess of White Urates by drinking more freely of water, and eating less heartily.

9. INDICAN—Normal: A trace only.

Albuminous putrefaction in the intestines results in the formation of a chemical called Indol. In the urine it appears as Indican. It is usually caused by too much nitrogenous (albuminous) food, such as lean meats and whites of eggs. When persistently present in excess it denotes intestinal disorders that often produce auto-intoxication, introducing into the blood the fatigue poisons, lowering physical efficiency, and leading to more serious conditions. A frequent cause is constipation.

Helpful Suggestions: An excess of Indican means that the albuminous foods are undergoing putrefactive changes in the intestinal canal either from some fault in digestion and assimilation or from too long retention of food waste from constipation. Such conditions are irritating to the kidneys. Eliminate the excess of Indican by eating less of lean meats and whites of eggs and with careful attention to daily bowel movements you will do much to maintain a normal balance of health and find your physical efficiency materially increased.

10. SULPHATES (Aromatic) — Normal: Small Amounts.

An excess is usually the result of persistent constipation.

Helpful Suggestions: See suggestions under Indican.

11. BILE PIGMENTS—Normal: Absent.

They are usually due to obstruction to the outflow of Bile caused by inflammation in the stomach and small intestines or to gall stones or to tumors pressing upon the Bile ducts or to adhesions.

Helpful Suggestions: Their presence calls for attention from your physician.

12. MUCIN—Normal: A trace only.

Helpful Suggestions: An excess has significance similar to that of Cylindroids (See No. 22).

13. PHOSPHATES—Normal: Small amounts.

An excess on voiding suggests too much worry or nervous strain due to business or other cares, or nutritive disturbances.

Helpful Suggestions: An excess may be due to a predominating vegetable diet.

14. ACETONE—Normal: Minute amount.

In diabetes an excess suggests advanced stage.

15. DIACETIC ACID—Normal: Absent.

In diabetes its presence suggests advanced stage.

Helpful Suggestions: Excess in Acetone or Diacetic Acid calls for attention from your physician.

(Continued on Next Page)

All reports are carefully compared with former reports to detect any persistence of abnormal conditions.

Mr. Carl G. Fisher Date Dec. 16, 1931 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.015
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 0.8% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphates Normal 14. Acetone Normal 15. Diacetic Acid Absent
Other Ingredients Normal

MICROSCOPICAL EXAMINATION

16. Casts None 17. Blood None 18. Leucocytes Few
19. Pus Cells None 20. Crystals None
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25 Epithelial Cells { SQUAMOUS SPINDLE RENAL } Few Squamous
Other Products None

REMARKS:

| COMPARISON WITH LAST REPORT | |
|---|---------------------------------|
| | CONDITION IMPROVED |
|  | CONDITION PRACTICALLY UNCHANGED |
| | CONDITION LESS FAVORABLE |

Our examination of your specimen shows low Urea Content due to eating sparingly of meats and other rich foods and perhaps to some disagreeable drink.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.