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

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.

SPECIFIC GRAVITY-Normal: 1.012 to 1.028. Average: 1.020.

When specific gravity is above 1.028 it shows consentra-tion. (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 alkalies

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.

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 dict.

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.

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. 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 enous (anominous) 100d, such as leaf means and whites of eggs. When persistently present in excess it denotes intestinal disorders that often produce autointoxication, in-troducing into the blood the fatigue poisons, lowering physical efficiency, and leading to more serious conditions. A frequent cause is chronic constipation.

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.

MUCIN-Normal: A Trace Only. (See 24.) 12. PHOSPHATES-Normal: Present in Small 13. Amounts.

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

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

CASTS-Normal: None. 16.

Casts are found in Bright's disease and congestion of the kidneys. When present it is important that their signifi-cance 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 simple exposure to using or cold, injury due to norseback riding, or from some former acute inflammation in the urinary tract. When persistently present they suggest a condition that, without proper treatment, will slowly pro-gress until serious disease of the prostate gland, bladder or kidneys results. Attention to this condition will often save distress in later life

CRYSTALS-Normal: None. 20. CRISIALS—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: 22.

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 25. 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.

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.

Helpful Suggestions

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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

 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 lenger life to those who drink plenty of water.

When persistently below 1.012-See Key No. 3.

- 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 (8) 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 £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. 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.

SPERMATOZOA— 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.



REPORT OF URINALYSIS

FROM THE

National Bureau of Analysis

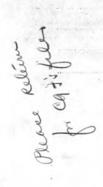
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FRANK G. SOULE, PRESIDENT
A. RALPH JOHNSTONE, M. D. MEDICAL DIRECTOR

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Acid 8. A	2. (5. A morphus Ur 11. Bil	Color Albumin atesNon	Ab	sent	6. Sugar	Ab	Normal
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Acid 8. A Normal	5. A morphus Ur 11. Bil	ates. Non	Ab rmal	sent	6. Sugar	Ab	Normal
Normal	11. Bil	e Pigmer	rmal		9. Indican		Normal
Normal Normal	11. Bil	e Pigmer	ntsA				
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ts No	arie i		ne Norm				Absent
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	MICROS	COPICA	L EXA	MINATION	1		
ne	17 Dl		None		19 1	N	one
	17. Blood	1			10. Leu		
None			20.	Crystals			
None				None	22 D		None
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108	Th	is spec	imen gi	ves norm	al result	8.	
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	Te	sts for	Phosph	ates now	show nor	nal amov	int present
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	None None	MICROS None 17. Blood None 22. 25. Epitheli None The SALLTY 1008	MICROSCOPICA None 17. Blood None 22. Cylind 25. Epithelial Cells None This spec	MICROSCOPICAL EXAMONE 17. Blood	MICROSCOPICAL EXAMINATION None 17. Blood	MICROSCOPICAL EXAMINATION None 17. Blood 18. Leu None 20. Crystals 23. Ba 25. Epithelial Cells SUMMOUS SPINDLE RENAL SPINDLE RENAL This specimen gives normal result Tests for Phosphates now show normal result Tests for Phosphates now show normal result	MICROSCOPICAL EXAMINATION None 17. Blood

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS, Inc.

Vice President.

Mr. Carl G. Fisher Date May 27, 1920. Report No. 30421
CHEMICAL EXAMINATION
1. Transparency
4. ReactionApld
7. Urea
10. SulphatesNormal
13. Phosphates
Other Ingredients Normal
MICROSCOPICAL EXAMINATION
16. Casts
19. Pus Cells
21. Spermatozoa
24. MucusNarmal
Other Products
REMARKS:

COMPA WITH REP	The state of the s
	CONDITION
	EGADITION PRACTICALLY UNCHANGED
	CONDITION LESS FAYGRABLE

This specimen shows continued normal conditions.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS, Inc.

Vice-President.

Mr. Carl. G. Fisher	
CHEMICAL EXAMINATION	
1. Transparency	
4. Reaction	
7. Urea	
10. Sulphates	
13. Phosphates	
Other Ingredients	
MICROSCOPICAL EXAMINATION	
16. Casts	
19. Pus Cells	
21. Spermatozoa	8
24. Mucus	
Other Products. Tone	
REMARKS:	
COMPARISON WITH LAST REPORT	
COMMINS This specimen gives continued normal results.	
CONSTITUTE PRACTICALLY UNCHANGED	
CONSTINCT	

This report certified as correct by

LESS FAYORABLE

NATIONAL BUREAU OF ANALYSIS Inc.

Vice-President.

Mr. Carl G. Fisher Date May 31st, 1921 Report No. 30421
CHEMICAL EXAMINATION
1. Transparency
4. Reaction
7. Urea
10. Sulphates
13. Phosphates
Other Ingredients
MICROSCOPICAL EXAMINATION
16. Casts
19. Pus Cells
21. SpermatozoaNone
24. Mucus
Other Products
REMARKS:

COMPA WITH REP	
	CONDITION
	CONDITION PRACTICALLY UNCHANGED
	CONDITION LESS FAVORABLE

This specimen gives near-normal results.

Calcium Oxalate crystals frequently appear after eating fruits or vegetables rich in oxalic acid and may have no further significance.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

La a Ameli

Date Sept. 29,1928 Report No.

		CHEMICAL EX			
1. Transparency	Clear	2. Color	Amb er	3. Specific C	ravity 1.024
4. Reaction	Acid	_ 5. Albumin	A bsent	6. Sugar	Absent
7. Urea 1.59	8. Amor	phous Urates	Normal 9	Indican	Normal
10. Sulphates	Normal	11. Bile Pigments	Absent	12. Mucin	Normal
13. Phosphates Nor	ma 1	14. Acetone	Normal	5 Diacetic Acid	Absent
	**				
Other Ingredients	Normal		165 885	***************************************	0.00
Other Ingredients		IICROSCOPICAL	EXAMINATIO	N	0 80
Other Ingredients	M				s Few
16. Casts Pre	Mesent 12	7. Blood		18. Leucocyte	s Few
	Mesent 12	7. Blood	No ne	18. Leucocyte	None

REMARKS:

ARISON LAST ORT
CONDITION
CONDITION PRACTI- CALLY UN- CHANGED
CONDITION LESS FAVORABLE

M r. Carl G. Fisher

All chemical tests of your specimen gave normal results.

The microscopical examination revealed a few Hyaline Casts and a slight excess of Mucus.

These findings probably do not mean actual disease of the kidneys in your case but it would be well to continue to have care in diet as this will aid elimination and lighten the work of the kidneys.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

Medical Director.

30421

Mr. Carl G.	Fisher	De	teDec. 31,	1928 Report No	30421
		CHEMICAL E	XAMINATION		
1. Transparency	Clear	2. Color	Amber	3. Specific Gray	rity_1.014
4. Reaction	Acid	5. Albumin	Absent	6. Sugar	Absent
7. Urea 0.8%	8. Amor	phous Urates	Norma 1	9. Indican	Norma 1
10. Sulphates	Normal	11. Bile Pigmer	ats Absent	12. Mucin	Normal
13. Phosphates	Normal	14. Aceto	ne Normal	_15 Diacetic Acid	Absent
Other Ingredients	N	ormal			- *
		art marr	Ne mean	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
	M	ICROSCOPICA	L EXAMINAT	ION	
16. Casts No				18. Leucocytes	
19. Pus Cells No	ne	3 10 3 6	20. Crystals	N	on e
21. Spermatozoa	None	22. Cylindi	roids None	23. Bacteria	None
24. Mucus No	rmal 25.	Epithelial Cells	SQUAMOUS SPINDLE RENAL	Few	Squamous
Other Products	None				
		REM	ARKS:		

WITH	ARISON LAST ORT
	CONDITION
	CONDITION PRACTL CALLY UN- CHANGED
	CONDITION LESS FAVORABLE

The examination of your specimen showed low Urea with all other conditions normal.

However, this is merely due to the character of your diet. It does not mean a diseased condition.

This report certified as correct by NATIONAL BUREAU OF ANALYSIS

N. P. Odil G. Fisher D.	ate ,	Report N	0
CHEMICAL I	Colorle		Gravity 1.0
Reaction Acid 5. Albumin	Absent	6. Sugar	Absent
7. Urea0.1% 8. Amorphous Urates	No mal	9. Indican	Normal
0. Sulphates Normal II. Bile Pigmer	nts Absent	12. Mucin	Normal
3. Phosphates Normal 14. Aceto	neNormal	_15 Diacetic Acid _	Absent
Other Ingredients Normal	4		
MICROSCOPICA	L EXAMINAT		
6. Casts None 17. Blood	None	18. Leucocyte	FeW
9. Pus Cells None	20. Crystals	LE HOLINGE	None
21. Spermatozoa None 22. Cylind	roids None	23. Bacteri	None
4. Mucus Normal 25. Epithelial Cells			
Other Products None	(RENAL)		
	IARKS:		
KEW THE STATE OF T	millo,		
COMPARISON WITH LAST			
REPORT			

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

CONDITION

PRACTI-CALLY UN-

CHANGED

CONDITION LESS FAVORABLE

NATIONAL BUREAU OF ANALYSIS

Medical Director.

304 21

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 Acid 5. Albumin Absent 6. Sugar Present 4. Reaction 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 None 18. Leucocytes Paw 16. Casts None 17. Blood 19. Pus Cells None 20. Crystals None 21. Spermatozoa None 22. Cylindroids None 23. Bacteria None 24. Mucus Normal 25. Epithelial Cells (SQUAMOUS) Few Squamous RENAL Other Products None REMARKS:

WITH	ARISON I LAST PORT
	CONDITION
3	CONDITION PRACTI- CALLY UN- CHANGED
	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

Mr. 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 Nor.	mal 11. Bile Pigme	nts Absent 1	2. Mucin	Normal
13. Phosphates Nor	mal 14. Aceto	one Normal 15	Diacetic Acid	Absent
Other Ingredients	Normal			

MICROSCOPICAL EXAMINATION

16. Casts None 17. Bloo	d None 18, Leucocytes Few
19. Pus Cells None	20. Crystals None
	2. Cylindroids
24. Mucus Normal 25. Epithe	elial Cells { SQUAMOUS Few Squamous Few Squamous
O. D. L. N. W.	

REMARKS:

COMPARISON WITH LAST REPORT			
ET .	CONDITION		
	CONDITION PRACTI- CALLY UN- CHANGED		
	CONDITION LESS FAVORABLE		

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

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

Mr. Carl G.	Fisher	Date April	30,19	229 Report No.	30421
	CHE	MICAL EXAMINA	TION		
I. Transparency	Clear 2. Co	lor Str	ew	3. Specific Gra	vity 1.009
4. Reaction	Acids. All	oumin Abse	en t	_6. Sugar	Absent
7. Urea 0.1	8. Amorphous Ur	nates Norms	9. 1	Indican	Normal .
10. Sulphates	Normal 11. Bile	Pigments Abs	an.t12	. Mucin	Normal_
13. Phosphates	Normal 14.	Acetone Norm	nal_15	Diacetic Acid	Absent *
Other Ingredients	Normal				
16 Casta		SCOPICAL EXAM	INATIO		Very Few
	None				
	None 22.				
24. Mucus No	ormal 25. Epithelia	d Cells SQUAMOUS	}	Few Squamous	3
Other Products	None				
		REMARKS:			
	400 000				

COMPARISON
WITH LAST
REPORT

CONDITION
IMPROVED

CONDITION
PARCITCALLY UN.
CHANGED

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

M r. Carl G. Fisher	Date J	ine 10,1929	Report No. 30	421
	CHEMICAL EXA	MINATION		
1. Transparency Clear	2. Color	Straw	3. Specific Gravity	1.016
4. Reaction Acid	5. Albumin Al	bsent 6.	Sugar Absent	
7. Urea 0.7% 8. Ar	morphous Urates Nort	nal 9. Indi	canNormal	
10. Sulphates Normal	11. Bile Pigments Al	sent 12. M	lucin Norma	1
13. Phosphates Norm	al 14. Acetone No	ormal 15 Dia	cetic Acid _Abs	ent -
Other Ingredients	Normal			
	MICROSCOPICAL E			
16. Casts Present	17. Blood None	18	3. Leucocytes	Few
19. Pus Cells				
21. Spermatozoa	None. 22. Cylindroids	None	23. Bacteria	None
24. Mucus Normal	25. Epithelial Cells SPIN REN.	AMOUS Few Squ	amous	
Other Products None	the stable rich	- William William		
	REMAR		outeness.	
COMPARISON	The State of the S			

CONDITION Chemical Showed low Ur PRACTI-CALLY UN-CHANGED Slight LONGITION FEAST Under the CHANGED 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

Mr. Carl G. Fi	sher	Date July 8,	1929 Report N	. 30421
	СНЕМ	IICAL EXAMINA	TION	
1. Transparency	Clear 2. Colo	r Am	ber 3. Specific C	Gravity 1.022
4. Reaction	Acid- 5. Albu	min Abs	ent 6. Sugar	Absen
7. Urea 1.7%	8. Amorphous Urat	es Normal	9. Indican	Normal
10. Sulphates NOI	mal 11. Bile P	igments Absent	12. Mucin	Normal
13. Phosphates Non	mal 14. /	Acetone Normal	15 Diacetic Acid	Absent
Other Ingredients	Normal		*	
	MICROSO	COPICAL EXAMI	NATION	
16. Casts One Hye	line 17. Blood	None	18. Leucocyte	Few
19. Pus Cells	None	20. Crysta	ls Non e	************************
21. Spermatozoa	None 22. C	ylindroids No	ne 23. Bacteri	a None
24. Mucus Normal	25. Epithelial	Cells { SQUAMOUS }	Few Squamous	
Other Products				
		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

Mr. Carl G. Fis	her	Date Au	gust 3, 1	929 Report No	30421			
	СН	EMICAL EXA	MINATION					
1. Transparency	Clear 2. C	olor	Amber	3. Specific G	ravity_1.015			
4. Reaction	Acid 5. A	lbumin	Absent	6. Sugar	Absent			
7. Urea 0.1%	8. Amorphous U	Jrates	Normal 9.	Indican	Normal			
10. Sulphates Norm	al 11. Bile	Pigments	Absent 1	2. Mucin	Normal			
13. Phosphates Norm	13. Phosphates Normal 14. Acetone Normal 15 Diacetic Acid Absent							
Other Ingredients Nor	mal							
	21/2	ZOWINE						
		OSCOPICAL E		ON				
16. Casts None	17. Blood		None	18. Leucocytes	Few			
19. Pus Cells N	one	20.	Crystals	None				
21. Spermatozoa	None 22.	Cylindroids	None	23. Bacteria	None			
24. Mucus Normal	25. Epithel	ial Cells SQUA	DLE }	Few Squamou	8			
Other Products								
		REMARI	KS:					

COMPARISON WITH LAST REPORT			
	CONDITION		
	CONDITION PRACTI- CALLY UN- CHANGED		
	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

Mr. Carl G. Fisher Date Sept. 4,1929 Report No. 3	0421					
CHEMICAL EXAMINATION						
I. Transparency Clear 2. Color Light Amber 3. Specific Gravi	tyl.015					
4. Reaction Aoid 5. Albumia Absent 6. Sugar	Absent					
7. Urea 0.3% 8. Amorphous Urates Normal 9. Indican	Normal					
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin	Normal					
3. 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. CylindroidaNone 23. Bacteria						
24. Mucus Normal 25. Epithelial Cells SQUAMOUS SPINDLE RENAL Few SQUAMOUS						
Other Products None						
REMARKS:						

COMPARISON WITH LAST REPORT		
	CONDITION	
	CONDITION PRACTI- CALLY UN- CHANGED	
	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.

Ar. Carl G. Fisher Date Oct. 8,1929 Report No30421					
	CHEM	IICAL EXAMINATI	ION		
1. Transparency	Clear 2. Cold	Amber	3. Specific Gra	vity 1.022	
4. Reaction	Acid 5. Albu	min Absent	6. Sugar	Absent	
7. Urea 1.5%	8. Amorphous Ura	tes Normal	9. Indican	Normal	
10. Sulphates No.	rmal 11. Bile P	igments Absent	12. Mucin	Normal	
		Acetone Normal	15 Diacetic Acid	Absent	
Other Ingredients NO	rmal	William Control	***************************************		
	MICROSO	COPICAL EXAMIN	ATION		
16. Casts None		None	18. Leucocytes	Few	
19. Pus Cells	None	20. Crystals	None		
21. Spermatozoa	None 22. C	vlindroida Non	e 23. Bacteria	None	
24. Mucus Norma	25. Epithelial				
Other Products		REMARKS:	*		
COMPARISON WITH LAST REPORT		-			
CONDITION	Che	mical and mic	roscopical exami	nations	
CONDITION PRACTI-CALLY UN-CHANGED	of your sp	ecimen gave n	ormal results.		
CONDITION LESS FAVORABLE					

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

Mr. Carl G. F	Date Dec . 2, 1929 Report No. 30421				
		СНЕМІСА	AL EXAMINA	TION	
1. Transparency	Clear	2. Color	Straw	3. Specific Gre	avityl .006
4. Reaction	Acid	5. Albumin	Absent	6, Sugar	Absent
7. Urea 0.2%	8. Amorp	hous Urates	Normal	9. Indican	Normal
10. Sulphates No	rmal 1	I. Bile Pigme	nts Absent	12. Mucin	Normal
13. Phosphates	Normal	14. Aceto	one Normal	15 Diacetic Acid	Absent
Other Ingredients	Normal				
			ICAL EXAMI		
				18. Leucocytes	
19. Pus Cells	******	None	20. Crystal	8	None
21. Spermatozoa N	one	22. Cylind	roids Non e	23. Bacteria	None
24. Mucus	Norma 25. I	pithelial Cells	SQUAMOUS SPINDLE RENAL	FewSquamous	
Other Products	Non	e/1		150 3	
		R	EMARKS:		
10 10		12.201		NAME OF STREET	

Our examination of your specimen showed

it normal except for low Specific Gravity and

Urea Content.

CONDITION PRACTICALITY INCREMENTS.

CHANGED

This usually results from a light diet.

COMPARISON

CONDITION LESS FAVORABLE

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

Ve Johnstoke Medical Director

Mr. Carl G.	Fisher,		ate Jan. 2,1	.930 Report No	30421
		СНЕМІС	AL EXAMINAT	ION	
I. Transparency	Clear	2. Color	Straw	3. Specific Grav	ity 1.010
4. Reaction	Acid	5. Albumin	Absent	6. Sugar	Absent
7. Urea 0.5%	8. Ar	norphous Urates_	Normal	9. Indican	Normal
10. Sulphates	Normal	11. Bile Pigme	ents Absent	12. Mucin	Normal
13. Phosphates	Normal	14. Acet	one Normal	15 Diacetic Acid	Absent
Other Ingredients	Normal			*	
		MICROSCO	PICAL EXAMIN	IATION	
16. Casts	None	17. Blood	None	18. Leucocytes	Few
19. Pus Cells	None	******	20. Crystals	None	
21. Spermatozoa	None	22. Cylind	lroids None	23. Bacteria	None
24. Mucus Nort	nal	25. Epithelial Cell	SQUAMOUS SPINDLE RENAL	Few Squamous	
Other Products					

WITH	ARISON I LAST PORT
	CONDITION
	CONDITION PRACTI- CALLY UN- CHANGED
	CONDITION LESS FAVORABLE

The examination of your present specimen showed it normal except for low Specific Gravity and Urea Content. If this is due to a light diet it is of little importance.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

Mr. Carl G. Fishe	r.	Date Feb. 4	, 1930 Report No	. 30421
	CHEMICA	AL EXAMINAT	ION	
1. Transparency Clea	r 2. Color_	Amber	3. Specific Gra	vity 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 Pigm	ents Absent		
13. Phosphates Normal		one Normal	15 Diacetic Acid	Absent
Other Ingredients Nor	mal		÷	
		ICAL EXAMIN		
16. Casts None	17. Blood	None	18. Leucocytes	Few
19. Pus Cells None	***************************************	20. Crystals	No.	one
21. Spermatozoa None	22. Cyline	droids None	23. Bacteria.	None
24. Mucus Normal	25. Epithelial Cell	s SQUAMOUS SPINDLE RENAL	Few Squemou	18
Other Products None				,
	RI	EMARKS:		
COMPARISON WITH LAST REPORT	*			

We examined your specimen and

are pleased to report it normal.

This report certified as correct by

CONDITION

CONDITION
PRACTICALLY UNCHANGED

CONDITION
LESS
FAVORABLE

NATIONAL BUREAU OF ANALYSIS

Mr. Cerl G. Fisher	Date March 6,1930 Report No. 30421	-
CHE	MICAL EXAMINATION	
1. Transparency Clear 2. Colo	straw 3. Specific Gravity 1.010	2_
4. Reaction Acid 5. Albu	min Absent 6. Sugar Absen	ıtı
7. Urea 0.2% 8. Amorphous Urat	es Normal 9. Indican Norma	11
10. Sulphates Normal 11. Bile P	gments Absent 12. Mucin Norma	1
13. Phosphates Normal 14.	Acetone Normal 15 Diacetic Acid Abser	nt.
Other Ingredients Normal		-
	COPICAL EXAMINATION	
16. Casts None 17. Blood	None 18. Leucocytes Few	
19. Pus Cells Non-	20. Crystals None	-
21. Spermatozoa None 22. C	rlindroids None 23. Bacteria None	
	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 Specific Gravity and Urea Content. This is a temporary condition and undoubtedly will correct itself.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS.

Mr. Carl G. Fi	sher	Date March 31	1930 Report No.	30421
	CHEM	ICAL EXAMINATI	ON	
1. Transparency	Clear 2. Color.	Amber	3. Specific Gr	avityl 021
4. Reaction	Acid 5. Album	in Absent	6. Sugar	Absent
7. Urea 1.7%	8. Amorphous Urate	Normal	.9. Indican	Normal
10. Sulphates Norma	11. Bile Pig	ments Absent	12. Mucin	Normal
13. Phosphates N	formal 14. Ad	etone Normal	15 Diacetic Acid	- Absent
Other Ingredients	Normal			
	and the state of t			
	MICROSC	OPICAL EXAMIN	ATION	
16. Casts None	17. Blood	None	18. Leucocytes	Few
19. Pus Cells	None	20. Crystals	T 11 12 P 11 2 2 2 2 2 2 2 2 2 2 2 2 2 2	None
	None 22. Cyl			None
24. Mucus Normal	25. Epithelial C	ells { SQUAMOUS SPINDLE RENAL }	ew Squamous	***************************************
Other Products				
Aire II	- Like two	REMARKS:		

COMPARISON
WITH LAST
REPORT

CONDITION
IMPROVED

CONDITION
PRACTICALLY UNCHANGED

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 Strucker.

Mr. Carl G. Fi	sher	Date May 1,1930 Report No. 30421			
	CHI	EMICAL EXAMINAT	ION		
1. Transparency	Clear 2. Col	or Straw	3. Specific Gra	vity 1.012	
4. Reaction	Acid 5. Alb	umin Absent	6. Sugar	Absent	
7. Urea 1.5%	8. Amorphous Ur	ates Normal	9. Indican	Normal	
10. Sulphates No	rmal 11. Bile	Pigments Absent	12. Mucin	Normal	
13. Phosphates	Normal 14.	Acetone Normal	_15 Diacetic Acid	Absent	
Other Ingredients	Normal	A STATE OF THE STA			
	MICRO	SCOPICAL EXAMIN	NATION		
16. Casts None	17. Blood	None	18. Leucocytes	Few	
19. Pus Cells	None	20. Crystals	MARKET MARKET	None	
21. Spermatozoa	None 22.	Cylindroids None	23, Bacteria	None	
24. Mucus Normal	25. Epithelia	Cells { SQUAMOUS SPINDLE RENAL }	ew Squamous	or personal residence (some	
Other Products	None				
		REMARKS:			

COMPARISON
WITH LAST
REPORT

CONDITION
IMPROVED

CONDITION
PRACTL
CALLY 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

Mr. Carl G. Fisher	Date	June 13	,1930 Report No.	30421
	CHEMICAL	EXAMINAT	TON	
1. Transparency Clear	_ 2. Color	Amber	3. Specific Grav	vity1.019
4. Reaction Acid	5. Albumin	Absent	6. Sugar	Absent
7. Urea 1.5% 8. Amor	phous Urates	Normal	9. Indican	Normal
10. Sulphates Normal 1	1. Bile Pigments.	Absent	12. Mucin	Normal
13. Phosphates Normal	14. Acetone	Normal	15. Diacetic Acid	Absent.
Other Ingredients Normal				
	MICROSCOPICA			
16. Casts None 1	7. Blood	None	18. Leucocytes	Few
19. Pus Cells	None	20. Crystals		None
21. Spermatozoa None	22. Cylindroi	ds None	23. Bacteria	None
24. Mucus Normal 25 E	Epithelial Cells SP	UAMOUS INDLE	Few Squamous	
Other Products No	ne			
	REM	ARKS:		

COMPARISON
WITH LAST
REPORT

CONDITION
IMPROVED

CONDITION
PRACTICALLY UN.
CHANGED

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

Mr. Carl G. Fisher	Date	June 28,1	930 Report No.	30421
	CHEMICAL	EXAMINATIO	N.	
I. Transparency Clea	r 2. Color	Amber	3. Specific Grav	vity 1.020
4. Reaction Ac1d	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 Norm	al 14. Acetone	Normal	5. Diacetic Acid	Absent
Other Ingredients N	ormal		4	
	MICROSCOPIC	AL EXAMINAT	ION	
16. Casts None	17. Blood	None	18. Leucocytes	Few
19. Pus Cells	None	20. Crystals		None
21. Spermatozoa No ne	22. Cylindro	oids None	23. Bacteria	None
24. Mucus Normal				
Other Products	None			
	REM	ARKS:		

WITH	ARISON LAST ORT
	CONDITION
	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

Mr. Carl G.	Fisher	Da	te Aug. 6,	1930 Report No. 3042	1
		CHEMICA	L EXAMINA	TION	
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. Ar	norphous Urates	Normal	9. Indican	Normal
10. Sulphates	Normal	11. Bile Pigmen	ats Absent	12. Mucin	Normal
13. Phosphates	Normal	14. Aceto	ne Normal	15. Diacetic Acid	Absent
Other Ingredients			Normal		
		MICROSCOPI		NATION	
16. Casts	None	17. Blood	None	18. Leucocytes	Few
19. Pus Cells	None		20. Crystal	s	None
21. Spermatozoa	None	22. Cylind	roids None	23. Bacteria	None
24. Mucus No	ormal 2	5 Epithelial Cells	SQUAMOUS SPINDLE RENAL	Few Squamous	
Other Products			None		
		RE	MARKS:	The proplement	

COMPARISON
WITH LAST
REPORT

CONDITION
IMPROVED

CONDITION
PRACTICALLY UNCHANGED

CONDITION
LESS
FAVORABLE

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

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

Phone State 8825

NATIONAL BUREAU OF ANALYSIS Bankers Building Chicago - Illinois

F. G. Soule.

H. J. Souls,

M. B. LEARY.

A. R. JOHNSTONE, M. D.

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,

Medical Director.

ARJ:MD 30421



Mr. Carl G. Fisher	Date Oct.1,193	Report No.	30421
	CHEMICAL EXAMINATION	ON	
I. Transparency Clear	2. Color Straw	3. Specific Gra	vity 1.01
4. Reaction Ac1d	5. Albumin Absent	6. Sugar	Absent
7. Urea 0.5% 8. Amorp	hous Urates Normal	9. Indican	Normal
10. Sulphates Normal 1	1. Bile Pigments Absent	12. Mucin	Normal
13. Phosphates Normal	14. Acetone Normal	15. Diacetic Acid	Absent
Other Ingredients Normal			
	MICROSCOPICAL EXAMINA	TION	
16. Casts None 17	. Blood No ne	18. Leucocytes	Few
19. Pus Cells None	20. Crystals		None
19. Pus Cells None	20. Crystals 22. Cylindroids None pithelial Cells { SQUAMOUS } F6	23. Bacteria	None None
16. Casts None 17 19. Pus Cells None 21. Spermatozoa None 24. Mucus Normal 25 E Other Products None	20. Crystals 22. Cylindroids None pithelial Cells { SQUAMOUS } F6	23. Bacteria	None
19. Pus Cells	20. Crystals 22. Cylindroids None pithelial Cells { SQUAMOUS } F6	23. Bacteria	None

COMPARISON
WITH LAST
REPORT

CONDITION
IMPROVED

CONDITION
PRACTICALLY UN.
CHANGED

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

AR. Johnstote Medical Director.

Mr. Carl G. Fisher,	Date Nov. 24, 1	930 Report No. 30421
	CHEMICAL EXAMINATION	
1. Transparency Clear	2. Color Strew	3. Specific Gravity 1.008
4. Reaction Acid	5. Albumin Absent	6. Sugar Absent
7. Urea 0.2% 8. Am	orphous Urates Normal 9.	Indican Normal
10. Sulphates Normal	11. Bile Pigments Absent	12. Mucin Normal
	14. Acetone Normal 1	
	MICROSCOPICAL EXAMINAT	ION
16. Casts None	17. Blood None	18. Leucocytes Few
19. Pus Cells None	20. Crystals	None
	22. Cylindroids None	
24. Mucus Normal 25	Epithelial Cells { SQUAMOUS SPINDLE RENAL }	Few Squemous
Other Products None		
	REMARKS:	

WITH REP	LAST
	CONDITION
	CONDITION PRACTI- CALLY UN- CHANGED
	CONDITION LESS FAVORABLE

Our examination of your specimen showed low Specific Gravity and Urea Content.

This condition usually results from a light diet and drinking freely of water and will correct itself.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

A.R. Johnstone Medical Director.

Mr. Carl G.	Fisher	Date	Dec. 24, 1	.930 Report No,	30421
1. Transparency	Clear	The second secon	EXAMINATIO	N 3. Specific Gra	vity 1.015
4. Reaction	Acid	_ 5. Albumin	Absent	6. Sugar	Absent
				. Indican	
				12. Mucin	
13. Phosphates	Normal	14. Acetone	Normal	15. Diacetic Acid	
***************************************		MICROSCOPICA	L EXAMINA	TION	
16. Casts	lone 1	7. Blood	None	18. Leucocytes_	Few
19. Pus Cells	None		20. Crystals		None
21. Spermatozoa	None	22. Cylindroi	ds None	23. Bacteria	None
24. Mucus No	rmal 25 1			Few Squamous	
Other Products	None				
		REM	ARKS:		
Total Service	7				

COMPARISON
WITH LAST
REPORT

CONDITION
IMPROVED

CONDITION
PRACTICALLY UN.
CHANGE

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

AR Thustwill Medical Director.

Phone State 8825

NATIONAL BUREAU OF ANALYSIS
Bankers Building
Chicago - Illinois

F. G. Soule,

H. J. Soula.

M. B. LEARY, Manager A. R. JOHNSTONE, M. 1

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,

Medical Director.

ARJ: HH 30421



11

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

Mr. Carl G. Fisher	Da	te Jan.6,193	Report No. 3042	21
	CHEMICA	L EXAMINATIO	ON	
I. Transparency Clear	2. Color	Amber	3. Specific Gravity_	1.013
4. Reaction Acid	5. Albumin	Absent	6. Sugar	Absent
7. Urea 0.6% 8. A				
10. Sulphates Normal	11. Bile Pigmer	ats Absent	12. Mucin	Norma
13. Phosphates Normal	14. Aceto	ne Normal	15. Diacetic Acid	Absen
Other Ingredients Normal				***************************************
	MICROSCOPI	CAL EXAMINA	TION	
16. Casts Present	17. Blood	None	18. Leucocytes	Few
19. Pus Cells	None	20. Crystals		None
21. Spermatozoa None	22. Cylind	roids None	23. Bacteria	None
24. Mucus Normal 2	5 Epithelial Cells	SQUAMOUS SPINDLE RENAL	Few Squamous	
Other ProductsNone				
	RE	MARKS:		

WIT	PARISON H LAST PORT
	CONDITION
	CONDITION PRACTI-
	CALLY UN- CHANGED
	CONDITION

Chemical examination of your specimen showed low Urea Content.

Under the microscope we found two Hyaline Casts.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

Mr. Carl G. Fisher Date Feb. 17, 1931 Report No. 30421 CHEMICAL EXAMINATION 1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.026 Absent 4. Reaction Acid 5. Albumin Absent 6. Sugar 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 Few 18. Leucocytes None 19. Pus Cells None 20. Crystals None 21. Spermatozoa None 22. Cylindroids None 23. Bacteria 24. Mucus Normal 25. Epithelial Cells { SQUAMOUS } Few Squamous Other Products None

REMARKS:

WITH	ARISON LAST ORT
	CONDITION
	CONDITION
	CALLY UN-
	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

AR Johnstone

Mr. Carl G. Fisher	Date March 4,1931 Report	No.	30421
	CHEMICAL EVAMINATION		

1. Transparency	Clear	2. Color	Amber	3. Specific	Gravity 1.025
4. Reaction	Acid	5. Albumin	Absent	6. Sugar	Absent
7. Urea 1.5%	8. Amory	ohous Urates	Normal	9. Indican	Normal
10. Sulphates	Normal	1. 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. Ble	ood 1	None	18. Leucocytes	Few
19. Pus	Cells	None		0. Crystals	The same of the sa	None
21. Spen	matozoa	None	22. Cylindroids.	None	23. Bacteria	None
24. Muci	Normal	25. Epit	helial Cells (SPI RE	NDLE	Few Squamo	us
Other Pr	oducts	None	(NEI	VAL. /		

REMARKS:

WITH	ARISON LAST ORT
	CONDITION
	CONDITION PRACTI- CALLY UN- CHANGED
	CONDITION LESS FAVORABLE

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

There was no evidence of kidney impairment or trouble of any kind in this specimen.

This report certified as correct by NATIONAL BUREAU OF ANALYSIS

> A Phrotoce Medical Director.

Mr. Carl G. Fisher	_ Date March 28	3,1931 Report No.	30421
CHE	MICAL EXAMINATI	ON	
I. Transparency Clear 2. Co	lor Amber	3. Specific Gr	avity 1.026
4. Reaction Acid 5. All	oumin Absent	6. Sugar	Absent
7. Urea 1.9% 8. Amorphous Us	rates Normal	9. Indican	Normal
10. Sulphates Normal 11. Bile			
13. Phosphates Normal 14.	100		
Other Ingredients Normal			
	COPICAL EXAMINA		
16. Casts None 17. Blood	None		Few
19. Pus Cells None			
21. Spermatozoa None 22.			
24. Mucus Normal			
Other ProductsNone		Charles /	
	REMARKS:		
A STATE OF THE STA			
COMPARISON			

The second second

gave normal results.

WITH LAST REPORT

CONDITION

CONDITION

PRACTI-

CHANGED

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

Our examination of your specimen

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

Musical Director.

Mr. carl G. Fi	sher	Date	May 6,1	931 Report N	lo. 30421
1. Transparency	Clear	_ 2. Color	Amber	3. Specific	Gravity 1.032
4. ReactionSharply	Acid	5. Albumin	Absent	6. Sugar	Absent
7. Urea 1.6%	8. Amor	hous Urates	Normal	9. Indican	Normal
10. Sulphates Norm	al 1	1. Bile Pigment	. Absent	12. Mucin	Normal
13. Phosphates N				15. Diacetic Acid	Absent .
***************************************	N	MICROSCOPICA	L EXAMINA	ATION	
16. Casts None	1	7. Blood	None	18. Leucocy	tes Few
19. Pus Cells	None	64 114 111	_ 20. Crystal	s Calcium Oxal	Late
21. Spermatozoa	None	22. Cylindr	oids None	23. Bacte	ria None
24. Mucus				SQUAMOUS FEW S	Squamous
Other I roducts	none		ARKS:		

WITH REP	LAST
	CONDITION
	CONDITION PRACTI- CALLY UN- CHANGED
Sligh	LESS FAVORABLE

Our examination of your specimen showed high Specific Gravity, sharp Acidity registering 60 degrees (normal 30 to 50 degrees) and Calcium Oxalate Crystals.

These faults are due to temporary digestive disorders and they do not mean disease of any kind. However, it would be well to eat sparingly of meats, eggs and rich desserts for a while substituting the green vegetables and fresh fruits.

This report certified as correct by

NATIONAL BUREAU OF ANALYSIS

Musical Director.

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 Few SQUAMOUS
Other Products None
REMARKS:

COMPARISON
WITH LAST
REPORT

CONDITION
IMPROVED

CONDITION
PRACTICALLY UNCHANGED

S11ght 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

Mr. Carl G. Fisher	Date.	July 17,19	31 Report No.	30421
	CHEMICAL E	XAMINATION		
1. Transparency Clear	2. Color	Amber	3. Specific Grav	ity 1.025
4. Reaction Acid				
7. Urea 2% 8. A				
10. Sulphates Normal				
13. Phosphates Normal				
Other Ingredients Normal			*	
	MICROSCOPICAL	EXAMINATIO	N	
16. Casts None	17. Blood	None	18. Leucocytes	Few
19. Pus Cells None	187 10 1	20. Crystals	None	
21. Spermatozoa None	22. Cylindro	ids None	23. Bacteria	None
24. Mucus Normal	25 Ep	ithelial Cells SP	VAMOUS Few S	quamous
Other Products None		(RE	nnu /	
	REMA	RKS:		

COMPARISON WITH LAST REPORT			
	CONDITION		
	CONDITION		
	CALLY UN- CHANGED		
	CONDITION		
	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

Mr. Carl G. Fisher	Date	July 31,1	1931 Report No. 30	421
	CHEMICAL EX	AMINATION		
I. Transparency Clear	2. Color	Amber	3. Specific Gravity.	1.020
4. Reaction Acid	5. Albumin	Absent	6. Sugar	Absent
7. Urea 2.5% 8. Ar	norphous Urates	Normal 9.	Indican	Normal
10. Sulphates Normal	_ 11. Bile Pigments	Absent	2. Mucin	Normal
13. Phosphates No.	mal 14. Acetone	Normal I	5. Diacetic Acid	Absent
Other Ingredients	lormal			1
	teme meline	S THE TEN		
	MICROSCOPICAL	EXAMINATIO	N	
16. Casts None	17. Blood	None	18. Leucocytes	Many
19. Pus Cells None	2	0. Crystals	13141214114 E	None
21. Spermatozoa None	22. Cylindroid	None	23. Bacteria	None
24. Mucus Normal				Squamous
Other Products	None			
	REMAR	KS:		
	1500m			

COMPARISON
WITH LAST
REPORT

CONDITION
IMPROVED

CONDITION
PRACTICALLY UN.
CHANGED

Slight Lightion
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

DA Johnstone

Mr. Carl G. F	isher	Dı	ite Aug.31,	,1931 Report	No. 30421
		CHEMICAL	EXAMINAT	TON	
1. Transparency	Clear	2. Color	Straw	3. Specifi	c Gravity 1.017
4. Reaction	Acid	5. Albumin	Absent	6. Sugar	Absent
7. Urea 0.7				9. Indican	Normal
10. Sulphates N	ormal 11	. Bile Pigme	ntsAbsent	12. Mucin	Normal
13. Phosphates Other Ingredients	Normal				
			AL EXAMIN	ATION	
Non	, , ,				Rew
16. Casts Non	SHIP STORY				
21. Spermatozoa					
24. Mucus No	rmal	25	Epithelial Cell	s { SQUAMOUS } Fer	
Other Products		REI			

COMPA WITH REPO	LAST
	CONDITION
	CONDITION PRACTI-
	CALLY UN- CHANGED
	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

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-Laugthening Service.

This Bureau has no treatment to offer its subscribers. To the near-normal, however, our Helpful Suggestions, based upon the conclusions of the flureau 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

TRANSPARENCY-Normal: Clear. While normal urine is clear when first voided, a clear It may contain Albuuripe is not necessarily normal. min or Sugar or other abnormal ingredients which can be determined by chemical examination only.

COLOR-Normal: Amber or Yellow. Urine containing too much waste material is said to be concentrated and is then more highly colored.

SPECIFIC GRAVITY-Normal: 1.012 to 1.028 Average: 1.020.

The Specific Gravity represents the weight of the urine us 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.

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 alkalies

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

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 from inflammation in the lower urinary tract. When persistently present its significance should be determined by a competent physician.

Do not conclude at the first ap-Helpful Suggestions: Do not conclude at the first ap-pearance of a small amount of Albumia that you have Bright's disease. It is often temporary—due to some passing irritation or congestion and not necessarily evi-dence of kidney impairment. But it is a warning of dence of signey 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.

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 im-paired 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 candles, desserts, white bread, polatoes, etc. should be eliminated from the diet. True diabelics should study food values in

Carbohydrates.

UREA-Normal: 1.5% to 2.5% on Mixed Urea is the most important waste product of urine.

The percentage of Urea Indicates the amount of nitro-genous 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 orine is concentrated. This condi-Helpful Suggestions: tion 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 nutrilive processes; or that the kidneys are not working properly. See No. 9 (below) for "nitrogenous foods."

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.

INDICAN-Normal: A trace only.

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

Helsful Suggestions: An excess of Indican means that

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.

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.

MUCIN-Normal: A trace only.

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

PHOSPHATES-Normal: Small amounts. An excess on voiding suggests too much worry or neryous strain due to business or other cares, or nutritive

disturbances. Helpful Suggestions: An excess may be due to a pre-dominating vegetable diet.

ACETONE-Normal: Minute amount. In diabetes an excess suggests advanced stage.

DIACETIC ACID-Normal: Absent. In diabetes its presence suggests advanced stage Helpful Suggestions: Excess in Acetone or Discette Acid calls for attention from your physician.

(Continued on Next Page)

Mr. Carl G.	Fisher		Date Dec. 1	5, 1931 Repo	ort No. 304	21
		CHEMICA	L EXAMINAT	ION		
1. Transparency	Clear	2. Color	Straw	3. Spe	ecific Gravity	1.015
4. Reaction	Acid	_ 5. Albumii	Absent	6. Sugar	Absen	t
7. Urea 0.89	6 8. Amo	rphous Urates	Normal	9. Indican	Norma	1
10. Sulphates 1	Normal	11. Bile Pign	nents Abser	nt 12. Mucin	Norma	1
13. Phosphates	Normal	14. Acc	tone Norm	al. 15. Diacetic	Acid Absen	t -
Other Ingredients	Norma	1		-		
		MICROSCOPI	CAL EXAMINA			
16. Casts None	2	17. Blood	None	18. Leu	icocytes	ew
19. Pus Cells	None	12. 11.	20. Crysta	ls None		
21. Spermatozoa	None	22. Cyl	ndroids	None 23. 1	Bacteria 1	lone
24. Mucus	Norm	al 2	5 Epithelial Cell	SPINDLE	Few Squamo	us
Other Products						************
		RI	EMARKS:			

WITH LAST
REPORT

CONDITION
IMPROVED

CONDITION
PRACTICALLY UNCHANGED

CONDITION LESS FAVORABLE

COMPARISON

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