

**National
Bureau of
Analysis
II**

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

M. r. Carl G. Fisher Date July 5, 1932 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 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 PRACTI- CALLY UN- CHANGED
	CONDITION LESS FAVORABLE

Our examination of your specimen shows slightly low Urea Content probably due to eating sparingly of meats and other rich foods. This is not important and does not call for attention.

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 Sept. 6, 1932 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 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

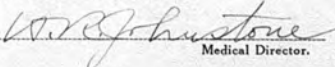
REMARKS:

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

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

We are pleased to see the favorable showing in your reports and we hope it will continue.

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.

M. R. Carl G. Fisher Date Dec. 15, 1932 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 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 Few Squamous
(SQUAMOUS SPINDLE RENAL)
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 kidney impairment in this specimen and it was normal in every other respect.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOULS,
Founder

M. H. HAMILTON,
President

M. E. LEAST,
Manager

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

January
Thirty-
First,
1933.

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

Dear Mr. Fisher:

Your specimens since June 1932 were all normal except that the present one showed a few Granular and Hyaline Casts and somewhat low Urea Content.

The low Urea Content is probably due to eating sparingly of meats and other rich foods and to drinking plenty of water.

I have looked over all of your previous reports and find that you have not shown Granular Casts in any other specimen that we have examined for you and you showed Hyaline Casts only a few times and then in small numbers usually one or two. I believe that the Granular Casts found in your present specimen were due to some passing irritation or congestion and not to disease of any kind but I would like to check the finding of Granular Casts in this specimen and for that purpose will send you a container and ask for a new specimen for examination. We will examine this and send the report to you but this will be without charge and without interrupting your regular service. In the meantime I would think very little of the presence of these Casts.

Yours very truly,



Medical Director.

ARJ:HH
30421



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

M.R. Carl G. Fisher Date Jan. 31, 1933 Report No. 30421




CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.014
4. Reaction Acid 5. Albumin Absent 6. Sugar Absent
7. Urea 0.9% 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 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
	CONDITION LESS FAVORABLE

The chemical examination of your specimen showed low Urea Content.

Under the microscope we found a few hyaline and Granular Casts.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.

February 3rd 1933.

Dr. A. R. Johnstone,
National Bureau of Analysis,
105 West Adams Street,
Chicago, Ill.

Dear Dr. Johnstone:

Thanks for yours of the 31st.

I have had the 'flu for a couple
of weeks, which may have caused some of the trouble
you refer to.

Hope the next returns are better.

Yours very truly,

CARL G. FISHER

CGF-HM

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOULE,
Founder

M. H. HAMILTON,
President

M. B. LEAHY,
Manager

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

February
Eighteenth,
1933.

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

Dear Mr. Fisher:

Your special specimen shows slightly high Acidity, a trace of Sugar, some Uric Acid Crystals and two Hyaline Casts. This specimen does not show Granular Casts.

I think that the flu attack from which you suffered is responsible both for the Granular Casts found in your previous specimen and for the Sugar found in the present specimen.

Seeing this trace of Sugar I looked back over all of your previous reports and found that in March 1929 you showed 1 2/7 grains of Sugar to the ounce but you have not shown Sugar in any other specimen that we have examined for you back as far as May 1920 and I am quite sure that the Sugar found in the present specimen is due to some passing disturbance and not to disease of any kind. For a day or two it would be wise for you to eat rather sparingly of sugars and not too much of such of the heavier starchy foods as bread, potatoes, peas, beans, corn, rice, spaghetti and macaroni and the Sugar will disappear very promptly.

Yours very truly,



Medical Director.

ARJ:HH



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

M.F. Carl G. Fisher Date Feb. 18, 1933 Report No. Spl. #567




CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.022
4. Reaction Sharply Acid 5. Albumin Absent 6. Sugar Trace
7. Urea 1.5% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphate 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 Uric Acid
21. Spermatozoa None 22. Cylindroids None 23. Bacteria None
24. Mucus Normal 25. Epithelial Cells $\left\{ \begin{array}{l} \text{SQUAMOUS} \\ \text{SPINDLE} \\ \text{RENAL} \end{array} \right\}$ 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 sharp Acidity registering 58 degrees (normal 30 to 50 degrees) and a trace of Sugar.

Under the microscope we found two Hyaline Casts and Uric Acid Crystals.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. R. Dausman
Medical Director.

Phone State 8825

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOYK, *Founder*

M. H. HAMILTON, *President*

M. B. LEAHY, *Manager*

A. B. JONESTON, M. D., *Medical Director*

March
Second,
1933.

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

Dear Mr. Fisher:

Your present specimen shows normal conditions both on chemical and microscopic examination. In this specimen you did not show Sugar or high Specific Gravity or any other fault.

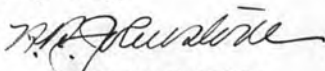
I hope you have recovered entirely from the attack of flu.

In again looking over all of your previous reports I find that you did not show evidence of actual disease in any of the specimens that we have examined for you and I believe that the trace of Sugar and the Granular Casts that you showed in recent specimens were directly due to the flu attack from which you suffered.

I hope that you are feeling as well as you ever did and I also hope that we will someday be relieved of the Volstead gloom.

This is the twelfth and last report on your present subscription but a renewal payment will not be due until March 20th. We will send a container on that day for your first examination on a new year and hope we may have the pleasure of a continuance of your patronage.

Yours very truly,



Medical Director.

ARJ:MD
30421



March 6th 1933.

Dr. A. R. Johnstone,
National Bureau of Analysis,
105 West Adams Street,
Chicago, Ill.

Dear Doctor Johnstone:

Enclosed find check for \$20.00, renewal for this year.

Thanks for yours of March 2nd. We are getting in some very good German beer now. If you happen to be down this way I will furnish you enough beer to give you a few blood casts, etc.

Yours very truly,

CARL G. FISHER

GCF-HM
Enclosure.

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

M. r. Carl G. Fisher Date March 2, 1933 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.022
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 showed normal findings both chemically and microscopically.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. R. Houston
Medical Director.

Phone State 8825

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOULE
Founder

M. H. HAMILTON
President

M. E. LEAHY
Manager

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

April
Tenth,
1933.

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

Dear Mr. Fisher:

Your present specimen shows 2 1/10 grains
of Sugar to the ounce with low Specific Gravity and
Urea Content.

The low Specific Gravity and Urea Con-
tent are probably due to eating sparingly of all
rich foods and to drinking plenty of water but you
should continue to eat very little of sugars and
the heavier starchy foods such as bread, potatoes,
peas, beans, corn, rice, spaghetti and macaroni and
see if the Sugar does not disappear entirely.

Yours very truly,



Medical Director.

ARJ:HH
30421



Phone State 8825

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOULE,
Founder

M. H. HAMILTON,
President

M. B. LEAHY,
Manager

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

April
Tenth,
1933.

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

Dear Mr. Fisher:

Your present specimen shows 2 1/10 grains
of Sugar to the ounce with low Specific Gravity and
Urea Content.

The low Specific Gravity and Urea Con-
tent are probably due to eating sparingly of all
rich foods and to drinking plenty of water but you
should continue to eat very little of sugars and
the heavier starchy foods such as bread, potatoes,
peas, beans, corn, rice, spaghetti and macaroni and
see if the Sugar does not disappear entirely.

Yours very truly,



Medical Director.

ARJ:HH
30421



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

M. F. Carl G. Fisher Date April 10, 1933 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.010
4. Reaction Acid 5. Albumin Absent 6. Sugar Present
7. Urea 0.4% 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. Caste 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 Content with Sugar, 2 1/10 grains to the ounce equal to 0.44%.
The microscopical examination was 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.

M. r. Carl G. Fisher Date May 6, 1933 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.028
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. Phosphate 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 Sugar 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

W. P. H. H. H.
Medical Director.

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

M. R. Carl G. Fisher Date May 9, 1933 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 1.8% 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	
<input type="checkbox"/>	CONDITION IMPROVED
<input checked="" type="checkbox"/>	CONDITION PRACTICALLY UNCHANGED
<input type="checkbox"/>	CONDITION LESS FAVORABLE

Our examination of your specimen shows normal findings both chemically and microscopically. You do not show evidence of trouble of any kind.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. B. Keenan
Medical Director.

Phone State 8821

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOULE,
Founder

M. H. HAMILTON,
President

M. B. LEAHY,
Manager

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

June
Twenty-
Eighth,
1933.

Mr. Carl G. Fisher,
Montauk, L.I., N. Y.

Dear Mr. Fisher:

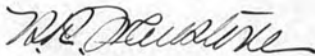
Your present specimen shows 1 1/7 grains
of Sugar to the ounce. The Specific Gravity and
Urea Content were below the normal.

The low Specific Gravity and Urea Content
may have been due to eating sparingly of meats and
all rich foods and to drinking plenty of water.

This is the first time you have shown
Sugar since April. Your two specimens examined in
May were normal.

The Sugar found in the present specimen
might be due to some error in diet or fault in
digestion but you should again eat quite sparingly
of sugars and the heavier starchy foods.

Yours very truly,



Medical Director

ARJ:HH
30421



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

M. r. Carl G. Fisher Date June 28, 1933 Report No. 30421




CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.008
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

The chemical examination of your specimen showed Sugar, 1 1/7 grains to the ounce equal to 0.24% with low Specific Gravity and Urea Content. The microscopical examination was normal.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. R. D. ...
Medical Director.

Phone State 8825

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOULE,
Founder

M. H. HAMILTON,
President

M. E. LEAHY,
Manager

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

August
Eighteenth,
1933.

Mr. Carl G. Fisher,
New York, New York.

Dear Mr. Fisher:

Your present specimen shows 2 2/7 grains of Sugar to the ounce but it is normal in every other way. With Sugar appearing again and with some increase in amount I think you ought to be very careful about your diet eliminating sugars and eating very sparingly of the heavier starchy foods. In this connection the light wines and beer are not so good. It would be better to drink gin or whiskey than wine or beer as far as sugar is concerned.

Yours very truly,



Medical Director.

ARJ:MD
30421



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

M. r. Carl G. Fisher Date Aug. 18, 1933 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.022
4. Reaction Acid 5. Albumin Absent 6. Sugar Present
7. Urea 2.1% 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	
<input type="checkbox"/>	CONDITION IMPROVED
<input type="checkbox"/>	CONDITION PRACTICALLY UNCHANGED
	CONDITION LESS FAVORABLE

The chemical examination of your specimen showed Sugar, 2 2/7 grains to the ounce equal to 0.48%.

The microscopical examination was normal.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. G. Johnston
Medical Director.

Phone State 8825

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOULE,
Founder

M. H. HAMILTON,
President

M. E. LEAHY,
Manager

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

August
Twenty-
Third,
1933.

Mr. Carl G. Fisher,
Long Island, N. Y.

Dear Mr. Fisher:

Your present specimen shows a trace of Sugar and two Hyaline Casts. This is better than your last specimen because of the decreased amount of Sugar. The quantity of Sugar in this specimen was too small to estimate.

Hyaline Casts are the least important of all Casts found and they occur as the result of the most trivial irritation. They do not mean disease and do not call for attention.

Yours very truly,



Medical Director.

ARJ:HH
30421



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

M. T. Carl G. Fisher Date Aug. 23, 1933 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.025
4. Reaction Acid 5. Albumin Absent 6. Sugar Trace
7. Urea 2.1% 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 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
	CONDITION LESS FAVORABLE

The chemical examination of your specimen showed a trace of Sugar.

Under the microscope we found two Hyaline Casts.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOULA,
FounderM. H. HAMILTON,
PresidentM. B. LEAHY,
ManagerA. R. JOHNSTON, M.D.
Medical Director

October
Sixteenth,
1933.

Mr. Carl G. Fisher,
Long Island, N. Y.

Dear Mr. Fisher:

We received through the mail two specimens from you. The first one of these specimens in a bottle dated August showed a trace of Sugar with low Urea Content and the second one showed 3 2/7 grains of Sugar to the ounce with slightly low Urea Content.

The quantity of Sugar that we have found in your specimens has always been small often a trace too small to estimate but you have shown Sugar in every specimen commencing with June of this year and I think that by rather careful regulation of diet in which you eat very sparingly of sugar in any form and avoid too much of the heavier starchy foods such as bread, potatoes, peas, beans, corn, rice, spaghetti and macaroni you would be able to keep the Sugar out more than you are doing now. Also, it would be wise to eat sparingly of fats because fats cannot digest in the absence of carbohydrate foods such as sugars and starches and the less fats you eat the better you will handle the starches and sugars. You ought to eat quite sparingly of even such fats as are contained in whole milk, cream and butter.

Yours very truly,



Medical Director.

ARJ:HH
30421



Specimen received in bottle dated 9/19/33.

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

Mr. Carl G. Fisher Date Oct. 16, 1933 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.016
4. Reaction Acid 5. Albumin Absent 6. Sugar Present
7. Urea 0.9% 8. Amorphous Urates Normal 9. Indican Normal
10. Sulphates Normal 11. Bile Pigments Absent 12. Mucin Normal
13. Phosphate 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 Sugar, $3 \frac{2}{7}$ grains to the ounce equal to 0.69%, and low Urea Content.

The microscopical examination was normal.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

Medical Director.

October 27, 1933

National Bureau of Analysis
1814 Bankers Building
Chicago, Ill.

Gentlemen:

This is to inform you that I am leaving
for Miami Beach, Florida on Tuesday, October 31st.

Yours very truly,

Carl G. Fisher.

CGF:L

Phone Sixe 8825

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOULS,
Founder

M. H. HAMILTON,
President

M. E. LEAHY,
Manager

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

December
Fourth,
1933.

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

Dear Mr. Fisher:

Your present specimen shows 8 9/10 grains of Sugar to the ounce with somewhat low Urea Content. This is a larger amount of Sugar than you showed in any other specimen that we examined for you. For that reason I think you ought to watch your diet rather closely for a time perhaps eliminating sugar entirely and eating quite sparingly of the heavier starchy foods until the quantity of Sugar is reduced.

Yours very truly,



Medical Director.

ARJ:HH
30421



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

M. R. Carl G. Fisher Date Dec. 4, 1933 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.024
 4. Reaction Acid 5. Albumin Absent 6. Sugar Present
 7. Urea 0.9% 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	
<input type="checkbox"/>	CONDITION IMPROVED
<input type="checkbox"/>	CONDITION PRACTICALLY UNCHANGED
<input checked="" type="checkbox"/>	CONDITION LESS FAVORABLE

The chemical examination of your specimen showed Sugar, 8 9/10 grains to the ounce equal to 1.87% with low Urea Content.

The microscopical examination was normal.

This report certified as correct by
 NATIONAL BUREAU OF ANALYSIS

M. J. ...
 Medical Director.

Phone State 8825

NATIONAL BUREAU OF ANALYSIS
Bankers Building
105 W. Adams Street - Chicago

F. G. SOULE,
Founder

M. H. HAMILTON,
President

M. E. LEAHY,
Manager

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

January
Seventeenth,
1934.

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

Dear Mr. Fisher:

Your present specimen showed 5 1/7 grains of Sugar to the ounce but it was normal in every other way. This is better than your specimen for December in which you showed 8 9/10 grains of Sugar to the ounce.

Yours very truly,



Medical Director.

ARJ:MD
30421



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

M. R. Carl G. Fisher Date Jan. 17, 1934 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.028
4. Reaction Acid 5. Albumin Absent 6. Sugar Present
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

The chemical examination of your specimen showed Sugar, 5 1/7 grains to the ounce equal to 1.08%.

The microscopical examination was normal.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.

January 26, 1934.

National Bureau of Analysis,
1814-19 Bankers Building,
105 West Adams Street,
Chicago, Illinois.

Attention A. R. Johnstone, M. D.

Dear Doctor Johnstone:-

Several days ago I mailed the container to you, as usual, but it was returned to me with the notation on it "Empty when received in Nashville, Tenn.;" the glass bottle in some way having gotten out of the pasteboard container.

Will you, therefore, send me another container, and oblige,

Yours very truly,

CGF:AVM

CARL G. FISHER.



Phone STAtE 8825

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President
M. B. LEAHY
Manager
A. R. JOHNSTONE, M. D.
Medical Director

March
Seventeenth,
1934.

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

Dear Mr. Fisher:

Your present specimen showed a trace of Sugar, excess of Urates and excess of Indican. The quantity of Sugar in this specimen was too small to estimate.

The Urates and Indican are due to some disturbance of digestion with intestinal fermentation and to overcome them I think you ought to eat sparingly of all rich foods including meats for a time and you should be very careful to avoid constipation. You might find it beneficial to take a cake of yeast once a day or to drink buttermilk because these tend to lessen intestinal fermentation.

Yours very truly,

Medical Director

ARJ:HH
30421

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

M.R. Carl G. Fisher Date March 17, 1934 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Cloudy 2. Color Amber 3. Specific Gravity 1.025
4. Reaction Acid 5. Albumin Absent 6. Sugar Trace
7. Urea 2% 8. Amorphous Urates Excess 9. Indican 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
	CONDITION LESS FAVORABLE

Chemical examination of your specimen showed a trace of Sugar with excess of Indican and excess of Urates causing cloudiness.

Under the microscope we found normal conditions.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. P. Maust
Medical Director.

March 20, 1934.

National Bureau of Analysis,
105 West Adams Street,
Chicago, Illinois.

Attention A. R. Johnstone, M. D.

Dear Doctor Johnstone:-

Thanks for yours of the 17th.

I will get hold of some buttermilk
and yeast at once.

Yours very truly,

CGF:AVM

CARL G. FISHER.



Phone STAt 8825

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Manager
A. R. JOHNSTONE, M. D.
Medical Director

March
Twenty-
Second,
1934.

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

Dear Mr. Fisher:

Your present specimen showed 12 3/7 grains
of Sugar to the ounce with a few Hyaline Casts.

This is a decided increase in the amount
of Sugar as compared with any of your previous specimens.
This amount of Sugar should be reduced decidedly and
quickly. You should avoid sugar in every form and you
should eat quite sparingly of the heavier starchy foods
like bread, potatoes, peas, beans, corn, rice, spaghetti
and macaroni. I also think that you would do well to
eat sparingly of fats including the fats contained in
whole milk, cream, butter, bacon and fat meats. If
you find that the quantity of Sugar remains considerable
in spite of care in diet then the proper thing to do
is to take Insulin in small amounts once or twice a day.

The Hyaline Casts in this specimen are not
important. They are due to some trivial irritation and
do not call for attention.

This is the twelfth and last report on your
present subscription but a renewal payment will not
be due until April 20th. We will send a container on
that day for your first examination on a new year and
hope we may have the pleasure of a continuance of your
patronage.

Yours very truly,

Medical Director.

ARJ:MD
30421

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

M. R. Carl G. Fisher Date March 22, 1934 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.028
4. Reaction Acid 5. Albumin Absent 6. Sugar Present
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 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	
<input type="checkbox"/>	CONDITION IMPROVED
<input type="checkbox"/>	CONDITION PRACTICALLY UNCHANGED
<input checked="" type="checkbox"/>	CONDITION LESS FAVORABLE

The chemical examination of your specimen showed sugar, 12 3/7 grains to the ounce equal to 2.61%.

Under the microscope we found a few Hyaline Casts.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. B. Mawhinney
Medical Director.

March 26, 1934.

Dr. A. R. Johnstone,
National Bureau of Analysis,
105 West Adams Street,
Chicago, Illinois.

Dear Doctor Johnstone:-

I have yours of the 22nd.

Here lately I have been so hungry for sugars that I have jumped in on potatoes, bacon, rye bread, etc., rather heavily; also rice, spaghetti and macaroni - of course, all the things I should not eat. What in hell do you suppose I can eat?

Before I start in on the insulin, I will chew on cabbage for a week, and then send you a specimen.

Thanks a lot for your interest.

Enclosed find check for the coming year.

Yours,

CGF:AVM
Enclosure

CARL G. FISHER.

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

Mr. Carl G. Fisher Date May 5, 1934 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.027
4. Reaction Acid 5. Albumin Absent 6. Sugar Present
7. Urea 0.6% 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	
<input type="checkbox"/>	CONDITION IMPROVED
<input type="checkbox"/>	CONDITION PRACTICALLY UNCHANGED
<input checked="" type="checkbox"/>	CONDITION LESS FAVORABLE

Chemical examination of your specimen showed Sugar, 19 grains to the ounce equal to 3.98% with low Urea Content.

Under the microscope we found normal conditions.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.



NATIONAL BUREAU OF ANALYSIS

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M. B. LEAHY
Manager
A. R. JOHNSTONE, M. D.
Medical Director

Phone STAtc 8825

May
Fifth,
1934.

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

Dear Mr. Fisher:

Your present specimen shows a considerable amount of Sugar, 19 grains to the ounce. I still think that small doses of Insulin twice a day would be very beneficial. The Urea Content in this specimen was below the normal but that was due to eating sparingly of all rich foods and in itself is not important.

Yours very truly,

Medical Director.

ARJ:HH
#30421

May 8, 1934.

Dr. A. R. Johnstone,
National Bureau of Analysis,
108 West Adams Street,
Chicago, Illinois.

My dear Doctor Johnstone:-

I have yours of the 5th.

I have been feeling very much better recently, in spite of this sugar situation. I have cut out the rich foods and feel fairly well.

I would like to have you tell me just what result I will have if I leave off any Insulin for the next month, at least, and see what the reports will show then. Is there a continuing damage to my kidneys as a result of the sugar? Give me a little more information regarding the damages and why, in your opinion, I should start the Insulin now.

I think a good deal of your advice, but naturally I do not want to tackle a treatment if I can avoid it.

Just had a tooth pulled yesterday, which broke off at the root, and I think the dentist lost his forceps and a pair of rubber boots in the general operation.

I am troubled considerably with loss of sleep, but the last few nights I think it has been mostly on account of my tooth.

Let me hear from you.

Yours very truly,

CGF:AVM

CARL G. FISHER.



Phone STAt 8825

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Founder

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Manager

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

May
Fifteenth,
1934.

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

Dear Mr. Fisher:

It would probably be safe enough for you to postpone the use of Insulin for some time longer but your last specimen showed 19 grains of Sugar to the ounce and you did show a considerable amount in the previous specimen which was perhaps due to some carelessness about your diet. You are still a reasonably young man and I think that your life and activity should be preserved for a good many years and I feel that if you were going to show Sugar in anything like large amounts in your specimens in spite of careful dieting Insulin is your only safe means of treatment.

The taking of Insulin for a time does not mean that you would have to take it all of your life. It often does enable you to get control of the disease and continue control of it after you have ceased to use Insulin.

If you prefer you would be in no danger from not using Insulin for some time to come but if Sugar continues to appear in anything like large amounts you would find Insulin the safest and surest and the most convenient method of treatment.

I am sorry that your dentist lost his forceps and shoes in removing your tooth but I am glad the tooth was removed if it was diseased because diseased teeth are often a source of danger.

I will be glad to discuss this subject or any other question that presents itself with you at any time.

Yours very truly,

Medical Director.

ARJ:HH
30421



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

Phone STAt 8825

June
Twenty-
Seventh,
1934.

Mr. Carl G. Fisher,
Montauk, L.I., N. Y.

Dear Mr. Fisher:

Your present specimen showed a large amount of Sugar, $34 \frac{9}{10}$ grains to the ounce; with quite high Specific Gravity and somewhat low Urea Content. Under these circumstances I think it would be foolish for you not to use Insulin because complications might easily occur.

Yours very truly,

Medical Director

ARJ:HH
30421

Wires July 22.

*Can you come on two days
what charge - Cgt*

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

Mr. Carl G. Fisher Date Aug 7, 1934 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.009
4. Reaction Acid 5. Albumin Absent 6. Sugar Trace
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 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
PRACTI-
CALLY UN-
CHANGED

CONDITION
LESS
FAVORABLE

The chemical examination of your specimen showed a trace of Sugar with low Specific Gravity and Urea Content.

Under the microscope we found one Hyaline Cast.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. P. Houston
Medical Director.

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

Mr. Carl G. Fisher Date AUG. 9, 1934 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.034
4. Reaction Acid 5. Albumin Absent 6. Sugar Present
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 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	
<input type="checkbox"/>	CONDITION IMPROVED
<input type="checkbox"/>	CONDITION PRACTICALLY UNCHANGED
<input checked="" type="checkbox"/>	CONDITION LESS FAVORABLE

The chemical examination of your specimen showed Sugar, 20 grains to the ounce equal to 4.20% with high Specific Gravity.

Under the microscope we found many Leucocytes.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.

1814-1819 Bankers Bldg.
S. W. Cor. Adams & Clark Sts.
Chicago, Illinois

6-7-34.

Note:

Asked that a container be sent to Mr. Fisher at Montauk, L.I., N. Y.



Mr. Carl G. Fisher,

Miami Beach,

Florida.

An Ounce of Prevention Is Worth a Pound of Cure

NO ONE would think of arguing that sound preventive measures are not worth while. But how many people give no thought to their health until it is gone?

At Least Once Every Three Months

You should have a Periodical Examination. Urinalysis reveals hidden tendencies that lead to serious trouble if not corrected. In their early stages most chronic diseases are easily corrected.

THE MAILING CONTAINER SENT YOU ON
May 18, 1934.
HAS NOT BEEN RETURNED

Will you kindly advise us on attached card if same was received
A prompt reply will be appreciated

NATIONAL BUREAU OF ANALYSIS
(DETACH HERE)

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

Mr. Carl G. Fisher Date AUG. 9, 1934 Report No. 30421




CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.034
4. Reaction Acid 5. Albumin Absent 6. Sugar Present
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 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

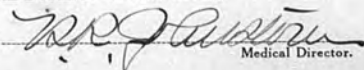
REMARKS:

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

The chemical examination of your specimen showed Sugar, 20 grains to the ounce equal to 4.20% with high Specific Gravity.

Under the microscope we found many Leucocytes.

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.

M. r. Carl G. Fisher Date Aug. 31, 1934 Report No. 30421


CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Straw 3. Specific Gravity 1.015
4. Reaction Acid 5. Albumin Faint Trace 6. Sugar Trace
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 UN-CHANGED
	CONDITION LESS FAVORABLE

The chemical examination of your specimen showed a faint trace of Albumin, a trace of Sugar and low Urea Content.

Under the microscope we found one Hyaline Cast.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.

Written at
Port Washington, L.I., N.Y.
October 6, 1934.

A. R. Johnstone, M. D.,
National Bureau of Analysis,
105 West Adams Street,
Chicago, Illinois.

My dear Dr. Johnstone:-

I have yours and want you to know how much
I appreciate your interest in me.

I haven't had liquor of any kind for the past
three weeks, and I have quit the whole mess.

I have a great deal of difficulty in getting
any sleep. Do you think it is necessary to continue
regularly with Insulin, when I have apparently whipped
the sugar racket?

I am off the meat and eggs. Now, with every-
thing so far that has been prohibited, the only thing
I can think of to eat is to get a mop stewed up with
a little salt and pepper.

Yours,

CGF:AVM

CARL G. FISHER.

P.S.-- I have a rearing in my ears about an hour after
meals, which is quite disagreeable but not at
all painful. Is this usual?

C.G.F.

Written at
Fort Washington, L.I., N.Y.
October 8, 1934.

A. R. Johnstone, M. D.,
National Bureau of Analysis,
105 West Adams Street,
Chicago, Illinois.

My dear Mr. Johnstone:-

Now that there is only a trace of sugar,
is it necessary for me to continue to take Insulin?

Can I blame Insulin for the effect that I
find it almost impossible to get to sleep?

I am using no liquor of any kind, and have
not for the past several weeks, and do not expect to
use any more, but I do not seem to be able to whip
this sleeplessness.

Yours,

CGF:AVM

CARL G. FISHER.



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M. E. LEAHY
Manager
A. R. JOHNSTONE, M. D.
Medical Director

Phone STAt 8825

October
Tenth,
1934.

Mr. Carl G. Fisher,
Montauk, L.I., N. Y.

Dear Mr. Fisher:

I am glad to know that you have stopped using liquor because I think it was becoming dangerous to you but I do not believe that you ought to cut down on food to such an extent as to approach anything near starvation. It would be entirely proper for you to eat some meat especially lean meat and I would prefer lamb to beef. Also, you could eat eggs to some extent, at least one a day, and you could have a reasonable amount of chicken. Also it is not best to cut the carbohydrates out completely. A slice of toasted bread with at least two meals a day ought to be quite safe.

Your last specimen did not show Sugar and I think it would be quite proper for you to cut down on Insulin so that you are taking not more than 5 units once a day and if the Sugar remains absent from your specimens you could drop it entirely for a while.

I believe that something should be done to enable you to sleep with some regularity. I assume that you have been under the care of a physician and I do not want to in any manner interfere with his treatment of you but I have found that very small doses of one of the sleep-producing drugs given in such a manner that there is never any hangover the next day is safe and beneficial. I often have my patients get tablets containing 1/2 of a grain of Phenobarbital and have them take one tablet at about 10 o'clock in the morning, one at 4 o'clock in the afternoon and again at 9 o'clock in the evening. This is a much better practice than to take a single



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M. B. LEAHY *Manager*
A. R. JOHNSTONE, M. D.
Medical Director

Phone STAt 0825

October
Tenth,
1934.

Mr. Carl G. Fisher, #2.

dose of any of the sleep-producing drugs at night because the patient usually finds that he is dozey and sluggish during the following day.

The noise in your ears after meals is not a constant symptom in cases of your kind but it does occur frequently and I believe that taking Pheno-barbital as I have outlined will relieve this condition to a large extent.

I am always glad to do anything that I can that will be of service to you.

Yours very truly,

Medical Director.

ARJ:HH
30421

October 22, 1934.

Dr. A. E. Johnstone,
National Bureau of Analysis,
105 West Adams Street,
Chicago, Ill.

My dear Doctor:

I know you will be pleased when I tell you I am improving very much on this insulin diet. Also, those little half-grain tablets of Phenobarbital are doing me some good.

I am not monkeying with the physicians at all. I have read considerable about Bright's Disease and together with your letters and advice I really believe I know a lot more about my own job than these doctors do. Of course, there must be some good doctors that are up-to-date on things, but so far I have not found any. I have tried three and am afraid of all of them.

At any rate, I am doing very well. Of course, I go on a drunk every once in a while. Don't get excited -- I mean potatoes, beef steaks, and other things I shouldn't eat. But, I continue to have a lot of pep and feel very good. I am more thirsty than a bloodhound on the trail all the time but I suppose that is a good symptom.

Wish you could come down here some time this winter. I would like to have you for a week as my guest and show you this place.

In the meantime, I am going to send you a nice box of oranges to prove to you that we have California beat a mile.

Yours sincerely,

CARL G. FISHER

CGF/whs

P.S. I find the oranges are not so good and am sending you some grapefruit and avocado pears instead. Regarding avocado pears -- the first time old James Whitcomb Riley ever tried one, he spit it out and said he'd just as soon eat an abscess. But afterward he became very fond of them and had one for breakfast every morning.



NATIONAL BUREAU OF ANALYSIS

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F. G. SOULE
Founder
M. H. HAMILTON
President
M. E. LEAHY
Manager
A. R. JOHNSTONE, M. D.
Medical Director

Phone STAtu 8825

November
Fifteenth,
1934.

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

Dear Mr. Fisher:

Your present specimen showed a small excess of Indican, low Urea Content and many Leucocytes.

The excess of Indican is due to intestinal fermentation and can usually be overcome by carefully avoiding constipation.

The Leucocytes are not important. They are due to some simple irritation and no attention need be paid to them.

Your specimens continue to be free from Sugar.

In your letter dated October 22nd you said that you read a good deal on Bright's disease but your condition is one of Diabetes and not Bright's disease and it would be wise to read more about the Diabetic condition.

I received the box of avocado pears and we enjoyed them very much. They were unusually large and fine and I want to thank you for them.

I think you are doing very well indeed and hope that you will not have much occasion to consult physicians.

I would enjoy a trip to Florida very greatly but as things are now I do not see how I can leave this office for just a pleasure trip. I am the only physician connected with this office and without me there would be trouble. Hope I may have the pleasure of meeting you some day.

Yours very truly,

A. R. Johnstone
Medical Director.

ARJ:MD
30421

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

Mr. Carl G. Fisher Date Nov. 15, 1934 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 0.9% 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 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
	CONDITION LESS FAVORABLE

The chemical examination of your specimen showed low Urea Content and a slight excess of Indican.

Under the microscope we found many Leucocytes.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS


Medical Director.

November 19, 1934.

Dr. A. R. Johnstone,
National Bureau of Analysis,
105 West Adams Street,
Chicago, Illinois.

My dear Doctor Johnstone:-

I have yours of the 15th.

I have been feeling fine - hungry as a horse all the time and having no trouble except from severe pains in my back, around my kidneys, in the morning. These pains disappear after I get some exercise and do not bother me any more until the following morning.

Perhaps I have been eating too much meat. I will try cutting off the meat, but almost anything that will satisfy hunger seems to be out of my class.

I have cut down on the Insulin to 10% in the evening - not using any in the morning, and I do not see any difference at all in my condition. I have also tried, for a few days at a time, to use both the morning and evening dosage of 10%, and I still continue to have the pains around the base of my kidneys early in the morning, so much so at times that I cannot stoop over to pick up my shoes without considerable pain.

I would like to have you advise me what book I can get on Diabetes.

I am going to send you a nice bunch of grapefruit just as soon as we can get them sweet enough to ship. Most of them now for shipping purposes are bitter and do not represent out real grapefruit.

I wish you could change your mind and come down here and look our place over.

Yours very truly,

CGF:AVM

CARL G. FISHER.



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Medical Director

Phone STAt 8825

April
Fourth,
1934.

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

Dear Mr. Fisher:

Your last specimen on March 22nd showed 12 $\frac{3}{7}$ grains of Sugar to the ounce and I suppose that this increase in Sugar was due to the fact that you have been eating too much of the carbohydrate foods and fats. I do not wonder that you get hungry for carbohydrates.

I am not going to make any other suggestions in relation to diet but I would urge that you use Insulin in small amounts such as 5 units taken half an hour or 20 minutes before two of the heaviest meals of the day. Taking Insulin in these small amounts would enable you to safely eat more of the carbohydrates than you could eat if you did not take Insulin.

If you have a thoughtful and reasonable physician he should teach you how to administer Insulin for yourself. The process is very simple and is practically painless. You could inject the Insulin into the front of your thigh. I have taught many patients to do this and they have been able to control the diabetic condition with a great deal of comfort. If you were in Chicago I would teach you to make sugar tests for yourself so that you could always gauge the dose of Insulin that you should have. This process of teaching the patient to make tests for himself and to gauge the Insulin dose and the frequency of it is recommended by the best specialists in the country and it is entirely proper.

If one starts taking Insulin it does not mean that he must take it during all of the rest of his life. Many times the patient is able to control the condition so that Insulin becomes unnecessary.

I believe this is the proper advice to give you.

Yours very truly,

ARJ:HH



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Medical Director

Phone STAt 6825

November
Twenty-
Sixth,
1934.

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

Dear Mr. Fisher:

There are two books on diabetes that were written for both doctors and patients. One of them is by Dr. Wm. D. Sansum of Santa Barbara, California on Diabetes Mellitus and the other one is called "A Diabetic Manual" written by Dr. Joslyn of Boston, Massachusetts. I would be inclined to advise your getting the Sansum work because it is less complicated than the work by Joslyn and does not require that food be actually weighed and measured.

The pain that you have in your back has nothing to do with diabetes and it has nothing to do with the kidneys. It is a form of muscular rheumatism and may be due to absorption of toxins from diseased teeth or infections in the tonsils or nasal sinuses or in any other part of the body and I would advise you to have your teeth X-rayed to make sure of their condition and to be examined for possible infections about the throat or any other part of the body. You will not get rid of this pain in the back permanently if you have any such infections. For relief of that pain the taking of an aspirin tablet two, three or four times a day would be quite proper but you should first try to find where the source of infection is.

Your last two specimens did not show Sugar at all and I would not be surprised if 5 units of Insulin taken once a day would be sufficient as you are now and I would not recommend that you cut down on your diet to a point where you would feel as if you were not getting sufficient nourishment.

I would like nothing better than a trip to Florida but my work here is too exacting and too



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Phone STAtE 8825

November
Twenty-
Sixth,
1934.

Mr. Carl G. Fisher, #2.

important to leave it even for a short time.

If you do send me more fruit I wish you would address it to my home, 7321 South Shore Drive, instead of to the office.

Yours very truly,



Medical Director.

ARJ:HH



November 27, 1934.

Dr. A. R. Johnstone,
National Bureau of Analysis,
105 West Adams Street,
Chicago, Illinois.

Dear Dr. Johnstone:-

Is there any reason why I should not stay off Insulin altogether for the next ten days - until you have had a chance to make an additional report?

My appetite while on Insulin was terrific. I was hungry night and day, although I finally cut the dosage down to 10% once a day.

For three days I have had no Insulin and my appetite has decreased, and I feel better, although I continue to have pains in the morning, around my back.

There is a Dr. Shaw here - though he is out of town for a week. I am going to see him as soon as he returns and see what he has to say. We certainly get some strange reactions from talking to different doctors about this backache.

I don't want to be a nuisance to you, but up to the present time I have more faith in what you tell me than anyone else I have ever come in contact with.

Yours very truly,

CGF:AVM

CARL G. FISHER.



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Medical Director

Phone STAt 6825

November
Twenty-
Eighth,
1934.

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

Dear Mr. Fisher:

Your present specimen showed 6 1/4 grains of Sugar to the ounce with slightly high Specific Gravity, two Hyaline Casts and many Leucocytes.

With this return of Sugar I think you may have to increase the amount of Insulin above the 5 units that I suggested but 10 units ought to be ample and that probably only once a day.

The two Hyaline Casts and many Leucocytes are not important and do not call for attention.

I was pleased to see in Mr. Brisbane's article in Monday's Chicago Herald and Examiner a reference to the active building operations going on at Miami Beach and the statement that you were the creator of that beach for which Florida would always remember you with gratitude. That was well worth while.

Yours very truly,

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 Nov. 28, 1934 Report No. 30421

CHEMICAL EXAMINATION

1. Transparency Clear 2. Color Amber 3. Specific Gravity 1.030
4. Reaction Acid 5. Albumin Absent 6. Sugar Present
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 Present 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	
<input type="checkbox"/>	CONDITION IMPROVED
<input type="checkbox"/>	CONDITION PRACTICALLY UNCHANGED
<input checked="" type="checkbox"/>	CONDITION LESS FAVORABLE

The chemical examination of your specimen showed Sugar, 6 1/4 grains to the ounce equal to 1.31% and high Specific Gravity.

Under the microscope we found two Hyaline Casts and many Leucocytes.

This report certified as correct by
NATIONAL BUREAU OF ANALYSIS

W. P. Stewart
Medical Director.

MR. FISHER:

As to grapefruit for Dr. Johnstone:

At the Wisteria Fruit Company (in the Elks' Bldg., Miami) gave me a price of \$1.75 for a half box of grapefruit, containing 18, - expressage \$1.00.

Or a full box, containing 36 grapefruit, for \$3.50 - expressage \$2.00.

This is the best price I could get at any of the Fruit places where they will guarantee shipment of first class fruit.

A.V.M.

WISTERIA FRUIT CO.

BONDED PACKERS AND SHIPPERS

FANCY FLORIDA FRUITS ▼ AVOCADOS ▼ MANGOS ▼ PECANS No. 21677

CRYSTALLIZED FRUITS & JELLIES

303 E. FLAGLER ST.

MIAMI, FLORIDA, Dec. 1st 1934

Sent by

Mr. Carl J. Fisher
846 Lincoln
Miami Beach
Fla.

Ship to

Dr. A. P. Johnstone
7321 S. Shore Drive
Chicago Ill.

Received \$ 5.50 on above order

WISTERIA FRUIT CO.

By

E. Whittell

1 doz grape fruit	4.00
Express	2.00
	6.00



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Phone STAt 6825

December
Third,
1934.

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

Dear Mr. Fisher:

You will have received an answer to your letter of November 27th before this letter reaches you. The last specimen showed 6 1/4 grains of Sugar to the ounce which means that you quickly showed the effect of taking no Insulin at all.

It is a fact that people usually have a better appetite when taking Insulin but I believe that a little care in diet and taking 5 units instead of 10 persistently would keep you sugar free and in a better general physical condition than you were when taking a large amount. I would rather have you take a small dose of Insulin every day or twice a day if necessary than to take a larger dose because the small dose will probably do all that you need.

I still do not believe that the backache is due to the condition of diabetes or to any disease of the kidneys but I will be glad to know the result of your interview with Dr. Shaw.

Yours very truly,

Medical Director.

ARJ:HH
30421

December 6, 1934.

Dr. A. R. Johnstone,
National Bureau of Analysis,
Chicago, Illinois.

Dear Dr. Johnstone:-

There is a Dr. H. W. Johnston here, who has a hobby of plants and fruits of all kinds, and has a small plantation of his own. He claims that avocados has a percentage of insulin. I am sending you another box of avocados. I would really like to know if there is any insulin in avocados, or whether this old Doctor is just one more booster.

This fruit is used in very large quantities here by convalescents and is recommended by physicians as a splendid diet food with a large percentage of nourishment and strength-giving qualities.

I am taking some salicylate of soda three times a day for the pain in my back. So far, it has not done much good. I will try it three more days, and if I do not get to feeling much better, I will quit using it.

I am back to 10 points of insulin again in the evening. However, I am going to change to 5 in the morning and 5 in the evening.

Yours very truly,

CGF:AVM

CARL G. FISHER.



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M. B. LEAHY *Manager*
A. R. JOHNSTONE, M. D. *Medical Director*

Phone STAt 8625

December
Eleventh,
1934.

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

Dear Mr. Fisher:

I want to thank you very much for the box of grapefruit that you sent me. This was a very nice present and we are enjoying the grapefruit immensely.

Speaking of avocado pears containing insulin I would advise against their use. It is well known that certain fruits and vegetable growths contain insulin and probably many of them do but the avocado pear contains only 2% of carbohydrates and 3% of proteins with 24% of fat and the 24% of fat makes this fruit altogether unsuited for one who shows a diabetic tendency because fat cannot be oxidized except in the presence of an excess of carbohydrates. There are a great many people who are more or less interested in various foodstuffs especially things that grow but their interest is usually financial rather than scientific and certainly a food containing as large a proportion of fat as the avocado pear would be the wrong thing for you.

I think it is much better for you to divide the insulin into two 5 unit doses rather than one dose of 10 units and I am quite sure that the time will soon come when one dose of 5 units will be sufficient.

If the sodium salicylate tablets disturb your digestion I would stop them and perhaps you would find just as much benefit from aspirin taken in some water as the salicylate tablets because aspirin is a salicylic acid derivative and has the same effect as sodium salicylate.

Yours very truly,

Medical Director.

ARJ:HH

December 27, 1934.

National Bureau of Analysis,
105 West Adams Street,
Chicago, Illinois.

Gentlemen:-

Please enter my name for your
twice a month service, and send me bill
for same.

Yours very truly,

CGF:AVM

CARL G. FISHER.