

THE BODY FLUIDS

BASIC PHYSIOLOGY & PRACTICAL THERAPEUTICS

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The Body Fluids

To our teachers and to our many colleagues, and especially to

JOHN P. PETERS and ALEXANDER W. WINKLER

PREFACE

During the past three decades many advances in medical science have profoundly changed the nature of medical practice. Of these advances one of the most far-reaching has been the application of laboratory methods to the diagnosis and treatment of sick people. This has come about through the development of chemical methods for the analysis of biological materials, and through an increased interest in the application of concepts of basic physiology and biochemistry to the study of the diseased organism. The results of this development have been mutually beneficial to the basic sciences and clinical medicine and have greatly increased our knowledge of disease processes and our ability to deal with them. But it has also resulted in the fact that the physician is faced with an enormous and steadily increasing amount of physiological information and with complex chemical tools for diagnosis and treatment. He also finds some diversity of opinion among the experts in regard to the use of these chemical tools. It is not surprising, therefore, that physicians old and young admit to a certain amount of confusion in their attempts to master these tools for use in their profession, and express a need for help in separating the more important from the less important and proved fact from mere opinion.

This monograph is an attempt to meet this need in respect to one field of clinical medicine, namely, disturbances of body fluid dynamics. No book by one author or group of authors can cover this subject either completely or finally, for new knowledge is constantly being acquired and fresh insight gained. Furthermore, the range of clinical disturbances included in this subject is so wide that the clinical experience of no two groups of authors is likely to be identical. Nevertheless, because of the need stated above, it seems worthwhile to attempt to summarize present knowledge in the field and in the light of this knowledge to analyze the experience of one group of workers.

The plan of the monograph is to present first a discussion of fundamental concepts of physiology and biochemistry in this field, utilize these principles in presentation of common denominators in clinical problems, discuss specific disease entities, and end with practicalities in assessing and correcting disorders of body fluids. In this way it is hoped that the book will be of value both to the student of physiology and to the clinician seeking practical help in the treatment of his patients; to the former it may serve, at least, as an annotated bibliography.

We are grateful to our many colleagues, past and present, at the University of Pennsylvania and the University of Pittsburgh, whose critical

judgment was helpful in the preparation of this volume. In particular we wish to acknowledge the assistance of Doctors E. S. Barker, L. W. Bluemle, Jr., J. R. Brobeck, T. M. Chalmers, J. K. Clark, E. B. Fergus, L. Greenman, A. G. Hills, K. Hofmann, E. J. Huth, M. Iunes, F. M. Mateer, F. H. McCutcheon, I. A. Mirsky, C. Moses, Jr., J. H. Peters, J. E. Rhoads, B. Shapiro, R. B. Singer, R. D. Squires, W. C. Stadie and F. A. Weigand.

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To our respective families we owe much for their forbearance and ever-present moral support.

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Philadelphia and
Pittsburgh, Penna.
April, 1955

J. R. E.
T. S. D.

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Historical Preface

In the field of body fluid physiology, as in all other realms of knowledge, the achievements of the present rest firmly on the foundations of the past. Although the authors of this volume have made no attempt to review the subject in a historical manner, they wish to acknowledge their indebtedness to the pioneers of the past and to their contemporary colleagues who have obtained the data, developed the concepts, and made available the knowledge with which this book has been written.

The history of this field of endeavor may be divided conveniently into three periods of development: the century preceding World War I, the period between World Wars I and II (1918-1941), and the present period which began a little more than a decade ago during the last war. In the first of these periods, parenteral fluid therapy was pioneered by O'Shaughnessy and Latta (1832), biochemical analyses of the body fluids were begun by Schmidt and Bidder (1850), and physiologic concepts were developed and data obtained. The latter included the classic concept of *le milieu intérieur* as first promulgated by Claude Bernard in 1859, and the reciprocity of sodium and potassium transfers as observed by Bunge in 1873. The development of adequate analytical methods by such biochemists as Folin, Van Slyke, and Benedict prepared the way for the second period.

The period between the wars was perhaps ushered in by L. J. Henderson's contributions, in the field of physiological chemistry, to the understanding of the body's defence of neutrality, and by the application of that knowledge by Van Slyke, Peters, and others to clinical problems. This was the period of the birth and development of the field of clinical investigation in which such workers as Peters, Van Slyke, Gamble, Hartmann, Aub, Albright, Loeb, Butler, Newburgh, Darrow, McCance and many others brought the tools and concepts of the laboratory to the bedside of the patient. At the same time, in the disciplines of the so-called *basic sciences* of biochemistry and physiology, great advances were made in the understanding of the dynamics and regulation of the body fluids by such workers as Starling, Govaerts, Macallum, Adolf, Krogh, Richards, Landis, Hastings, Smith, Visscher, Conway, Gilman and others.

With the advent of World War II and the development of atomic energy, the study of water and electrolytes began a new era. This era has been characterized by a tremendous expansion of research activity. In 1934, 10 and 38 papers on subjects in this field appeared in the *Journal of Clinical Investigation* and the *American Journal of Physiology*, respectively;

in 1954 the corresponding numbers were 50 and 82 papers. This expansion has been due, at least in part, to the development of the flame photometer for the rapid determination of sodium and potassium and to the availability of radioactive isotopes for use as tracer constituents in the body fluids. The names of our contemporary fellow-workers in this field are too numerous to mention individually but will be found in the bibliographies throughout the book.

Prophecy has no place in a historical note but it would appear that we are on the threshold of a tremendous advance in knowledge of the fundamental processes of body fluid dynamics and in the application of that knowledge to the diagnosis and treatment of sick people. It is the hope of the authors that the present volume may assist this advance in knowledge and may contribute to the care of patients which will result from the application of that knowledge.

CONTENTS

PART I. BASIC PHYSIOLOGY

Chapter 1. Body Fluid Dynamics

I. A Unified Concept.....	3
II. Fluid Phases in the Body.....	5
A. In the Total Organism.....	5
B. In Various Tissues and Organs.....	7
III. Internal Transfers of Fluid.....	8
A. Types of Movement of Fluid Components.....	8
1. Diffusion along Concentration Gradients.....	8
2. Osmosis.....	9
3. "Active" Transport.....	9
4. Mass-movement of fluid due to Hydrostatic Pressure.....	11
5. Flux and Turnover.....	11
B. Integration of These Basic Types of Fluid Transfer in the Three-Phase System of Plasma: Interstitial Fluid: Intracellular Fluid..	11
1. Plasma: Interstitial Fluid.....	11
2. Interstitial Fluid: Intracellular Fluid.....	13
3. An "Open System".....	13
4. The Differential Distribution of Ions between Cells and Extracellular Fluid.....	14
C. The Cardiovascular System and Internal Transfers of Fluid.....	16
IV. Exchanges between the Body Fluids and the External Environment....	18
A. Organs of Exchange.....	18
1. The Gastrointestinal Tract.....	18
2. The Lungs.....	19
3. The Skin.....	19
4. The Kidneys.....	20
B. Volume Regulation and Homeostasis.....	23
1. Regulation of Volume of the Body Fluids.....	23
2. Thermodynamic and Regulatory Concepts.....	24

Chapter 2. Paleochemistry, Evolution, and Comparative Physiology of the Body Fluids

I. Introduction.....	35
II. Paleochemistry.....	36
A. Fitness of the Environment and the Origin of Life.....	36
B. The Chemical Evolution of the Ocean.....	37
C. Sea Water and the Internal Environment.....	41
III. Evolution of the Kidney and the Body Fluids.....	42
A. Regulatory Mechanisms and the Environment.....	42
B. Adaptation to Fresh Water (Early Paleozoic).....	42
C. Re-adaptation to Marine Environment.....	44
1. Elasmobranchs (Late Paleozoic).....	44

2. Teleost Fishes (Late Paleozoic or Mesozoic).....	45
D. Adaptation to Air and Dry Land.....	45
1. Amphibians (Late Devonian).....	45
2. Reptiles and Birds (Mesozoic).....	46
3. Terrestrial Mammals.....	46
E. Present-day Adaptations.....	47
1. Invertebrates.....	47
2. Marine Mammals and Birds.....	50
3. Desert Animals.....	52
IV. Man and His Body Fluids Under Environmental Extremes.....	54
A. Cold: The Circumpolar Regions and the Winter Sea.....	55
1. Ecology.....	55
2. Experimental.....	55
B. Heat: The Desert, the Jungle, and the Tropical Sea.....	56
1. Ecology.....	56
2. Experimental.....	56
C. Thirsting States: Water Deprivation, Sea Water Ingestion.....	57
D. High Altitude, Deep Sea Diving.....	62

Chapter 3. Methods of Studying Body Fluid Distribution

I. Studies of Isolated Systems and Tissues.....	68
A. Blood or Tissue Analyses.....	68
B. Tissue Metabolism <i>in vitro</i>	72
II. Studies in the Intact Organism.....	74
A. The Dilution Technic, i.e., the Apparent Volume of Distribution..	74
B. Isotope Dilution and Turnover.....	81
C. Balance Technic.....	83
D. Regional Exchanges of Fluid.....	93
III. Correlated Chemical Dissection of the Body.....	94

PART II. BASIC PRINCIPLES AS COMMON DENOMINATORS IN CLINICAL SITUATIONS

Chapter 4. The Water and the Electrolytes of the Body in Health

I. Water.....	115
A. Total Body Water.....	115
B. Extracellular and Cellular Water: Concentrations and Volumes....	116
II. Electrolytes.....	117
A. Reasons for Analyzing Serum or Plasma Electrolytes Rather than Whole Blood.....	118
B. Milliequivalents, Millimols and Milligrams as Units of Solute Measurement.....	118
III. Electrolyte Concentrations in Health.....	119
IV. Constancy of the Fasting Values of Serum Electrolytes.....	125
V. The Osmotic Pressure of Body Fluids.....	132
VI. Serum Constituents as an Index to the General State of the Body Fluids..	133

Chapter 5. Mechanisms which Guard the Volume and Composition of the Body Fluids in Health

I. Factors Regulating Body Water Volume	139
A. Losses of Water Via Lungs, Skin and in Stools	139
B. Urinary Output of Water	140
C. Antidiuretic and Other Hormonal Substances as Regulators of Urine Volume	140
II. Factors Regulating Body Sodium	142
A. The Kidney, Adrenal Cortex, and Other Tissues in Absorption, Retention, and Excretion of Sodium	143
III. Factors Operative in the Maintenance of Body Potassium	146
A. Fate of Ingested Potassium	146
B. Transfers of Potassium between Cells and Extracellular Fluid	147
C. Role of the Kidney in the Excretion and Retention of Potassium	148
IV. Regulation of Body Stores and Concentrations of Chloride, Calcium, Phosphorus, Bicarbonate and Other Electrolytes	149
A. Chloride	149
B. Calcium and Phosphorus	150
C. Magnesium	151
D. Bicarbonate	151

Chapter 6. Common Denominators in Disease States Leading to Deficits of Body Constituents

I. Starvation with Water Available as Desired	157
II. Dehydration	158
A. Clinical and Physiologic Aspects	158
B. Transfers of Water from Cells to Mitigate Extracellular Dehydration	159
C. Effects of Starvation and Dehydration	161
III. Vomiting	163
IV. Diarrhea	166
V. Sweating	167
VI. Renal Function and Dysfunction	167
A. Water	167
B. Sodium and Chloride	168
C. Potassium	168
D. Phosphate and Other Electrolytes	169

Chapter 7. The Physiologic Effects of Water and Electrolyte Deficits and Their Treatment

I. Dehydration: Circulatory and CNS Changes	174
II. Salt Depletion	176
A. Experimental and Clinical Examples of Salt Depletion	176
B. Hemodynamic Effects of Salt Depletion	176
C. Dehydration and Salt Depletion: Experimental and Clinical	178
III. Potassium Deficiency: Its Origins and Manifestation	179
A. Low Serum Potassium Levels with Extracellular and Cellular Potassium Intact	180
B. Low Serum Potassium Levels as a Result of Movements of Extracellular Potassium into Cells	181

C. Deficits of Body Potassium as a Result of External Losses.....	182
D. Reliability of Lowered Concentrations of Serum Potassium as an Index of Potassium Depletion.....	183
E. Biochemical and Physiologic Changes in Potassium Depletion....	183
F. Exchanges of Sodium for Cell Potassium in Potassium Depletion..	185
IV. The Applications of Principles of Water and Electrolyte Replacement to Problems in Clinical Practice.....	186
V. Treatment of Dehydration.....	187
VI. Treatment of Sodium and Chloride Deficits.....	189
VII. Treatment of Potassium Deficits.....	192
VIII. Deficits of Other Body Constituents.....	193

Chapter 8. Common Denominators in Disease States Resulting in an Excess of Water or Electrolytes and Their Physiologic Significance

I. Excesses of Water in Subjects with Essentially Intact Regulatory Mechanisms.....	198
II. Water Excesses in Disease States.....	199
A. Water Intoxication with Electrolytes Intact.....	199
B. Water Excess in Combination with Electrolyte Depletion.....	199
C. Excess of Water and of Extracellular Electrolytes.....	200
III. Excesses of Sodium and Chloride in Subjects with Intact Regulatory Mechanisms.....	201
A. Physiologic "Excess" of Sodium and Chloride in Health.....	201
IV. Sodium and Chloride Excesses and Edema in Disease States.....	201
A. Salt Retention and Edema in Renal Disease, Congestive Failure, Cirrhosis, and Toxemia.....	202
B. Edema: the Broad View.....	203
V. Excesses of Potassium in Subjects with Intact Regulatory Mechanisms....	203
VI. Excesses of Potassium in Disease States.....	204
A. Increments in Cellular or Extracellular Potassium.....	204
B. Physiologic Concomitants of Potassium Excesses.....	204
VII. Body Fluid Disturbances Produced by Deficits or Excesses.....	206
A. Volume Disturbances.....	206
B. Concentration Disturbances.....	207
C. Relative Ion Disturbances.....	208
D. Regional Distribution Disturbances.....	209
E. Mixed Disturbances.....	211

Chapter 9. Therapy of Excesses of Water or of the Chief Electrolytes

I. Treatment of Water Excesses.....	214
II. Treatment of Sodium and Chloride Excesses.....	215
A. Withdrawal of Dietary Salt.....	215
B. Removal of Gastrointestinal Sodium by Irrigation, by Dialysis, or by Exchange Resins.....	216
1. Chemical Structure and Properties of Exchange Resins.....	216
2. Resin Effects in Animal and in Human Control Studies.....	218
3. The Clinical Effects of Exchange Resins.....	223
C. The Use of Diuretics in Increasing Urinary Sodium and Chloride..	223
1. Water.....	223

2. Urea.....	224
3. Sugars and Colloids.....	224
4. Potassium and Acidifying Salts.....	224
5. Xanthines.....	225
6. Mercurials.....	225
7. Carbonic Anhydrase Inhibitors.....	225
III. Therapy of Potassium Excesses.....	226
A. Correction by Expansion of Body Water.....	227
B. Correction by Removal of Extracellular Potassium.....	227
1. Transfer into Cells.....	227
2. Urinary Excretion.....	228
3. Gastrointestinal and Peritoneal Lavage.....	228
4. Exchange Resins.....	228
5. Vivodialysis.....	231
6. Known Antagonists of Potassium.....	232

Chapter 10. Anion-Cation Balance and pH: Physicochemical and Physiological Mechanisms

I. Introduction.....	239
II. Hydrogen Ion Concentration.....	240
A. Hydrogen Ions in the Body Fluids.....	240
B. Mechanisms for Maintenance of Hydrogen Ion Concentration.....	240
C. Glossary.....	241
III. Buffer Systems: Physicochemical Regulation of pH.....	242
A. The Carbonic Acid-Bicarbonate Buffer System.....	243
B. Protein and Phosphate Buffer Systems.....	245
C. Use of the Buffer Systems of Whole Blood to Assess the Total Anion- Cation Balance of the Body.....	246
D. Glossary.....	251
IV. Physiological Regulation of pH.....	252
A. Respiratory Exchanges.....	252
B. Renal Exchanges.....	252
1. The Excretion of Extra Anions.....	253
2. The Renal Excretion of Extra Cations.....	255
3. The Renal Regulation of Anion-Cation Equilibrium Involves Exchanges of Intracellular as well as of Extracellular Elec- trolytes.....	256

Chapter 11. Anion-Cation Balance and pH: Clinical Disturbances and Their Treatment

I. The Dynamic Aspect of Primary and Secondary Reactions.....	261
II. Primary Respiratory Disturbances.....	262
A. Experimental Respiratory Alkalosis and Acidosis.....	262
1. The Effect on the Blood Buffer Systems.....	262
2. The Effect on Intracellular Buffer Systems.....	262
3. The Effect on Renal Transfers of Ions.....	265
B. Clinical Respiratory Disturbances.....	265
1. Primary Respiratory Acidosis or Carbonic Acid Excess.....	267
2. Primary Respiratory Alkalosis or Carbonic Acid Deficit.....	268

III. Primary Metabolic Disturbances.....	270
A. Experimental Metabolic Alkalosis and Acidosis.....	270
B. Clinical Metabolic Disturbances.....	270
1. Primary Metabolic Acidosis or Buffer Anion and Base Deficit....	270
2. Primary Metabolic Alkalosis or Buffer Anion and Base Excess....	273
IV. Mixed Disturbances—Clinical.....	274
V. Summary of the Body's Defense against Abnormalities in Hydrogen Ion Concentration.....	278

PART III. DISEASE ENTITIES

Chapter 12. Renal Failure

I. Acute Renal Failure Due to Tubular Necrosis.....	291
A. Etiology and Pathology.....	292
B. Pathologic Physiology and Clinical Course.....	292
1. Oliguric Phase.....	293
2. Early Polyuric Phase.....	295
3. Late Polyuric Phase.....	296
C. Body Fluid Disturbances.....	296
1. Water and Total Extracellular Electrolyte (Sodium).....	296
2. Extracellular Metabolic Acidosis.....	299
3. Potassium Accumulation in Extracellular Fluid.....	299
4. Intracellular Ion Abnormalities.....	300
5. Changes in Body Composition.....	301
D. Therapy in the Oliguric Phase.....	304
1. Rigid Restriction of Total Fluid Intake.....	304
2. Prevention of Any Intake of Potassium and Protein.....	304
3. Diet High in Carbohydrate, Fat, and Calories.....	305
4. Sodium Alkali Solutions for Metabolic Acidosis.....	305
5. Calcium.....	306
6. Use of Digitalis.....	306
7. Vivo-dialysis.....	306
8. Other Procedures.....	307
E. Therapy in Polyuric Phase.....	307
II. Other Forms of Acute Renal Failure.....	307
A. Acute Glomerulo-, Pyelo- or Focal Nephritis.....	307
1. Clinical and Laboratory Manifestations in Acute Glomerulonephritis.....	308
B. Acute Renal Failure in Disseminated Lupus, Rheumatic Fever and Other Collagen Diseases.....	308
C. Pre-renal (Circulatory) Acute Renal Failure.....	309
D. Post-renal Obstruction as Cause of Acute Renal Failure.....	309
III. Nephrotic Syndrome and Renal Failure.....	309
IV. Chronic Renal Failure.....	310
A. Functional Characteristics.....	310
B. Electrolyte Abnormalities.....	311
C. Therapy.....	312
V. Syndromes of Specific Tubular Dysfunction.....	315
A. "Renal Rickets" Differentiated.....	318
B. Tubular Dysfunction Due to Extrinsic Factors.....	318
1. Acute Tubular Necrosis.....	318

2. Primary Hyperparathyroidism.....	318
3. Vitamin D Intoxication.....	319
4. Alkali Ingestion and Metabolic Alkalosis.....	319
5. Potassium Deficiency and Renal Tubular Damage.....	320
C. Intrinsic Defects of the Renal Tubules.....	320
1. Renal Tubular Acidosis.....	320
2. The Syndrome of Fanconi.....	323
3. Syndromes of Renal Potassium Wastage.....	323
4. Renal Diabetes Insipidus.....	324
5. Idiopathic Hypercalcuria.....	324
6. Vitamin D Resistant Rickets.....	324
7. Pseudohypoparathyroidism.....	325
8. Aminoaciduria.....	325
9. Summary.....	325
i. Unifactoral Conditions.....	325
ii. Multifactoral Conditions.....	326

Chapter 13. Congestive Heart Failure: A New Steady State

I. The Role of the Heart in Fluid Retentions: Older and Newer Views.....	342
II. The Concept of Forward Failure.....	343
A. Cardiac Output.....	343
B. Role of the Kidney in Forward Failure.....	344
C. Starling's Laws and Concept of Forward Failure.....	344
III. Changes in Body Fluids in Congestive Heart Failure.....	345
A. Sodium and Water in Extracellular Fluid, Cells, and Plasma.....	345
B. Chloride, Bicarbonate, and pH Changes in Congestive Heart Failure.....	345
C. Serum and Cell Potassium in Congestive Heart Failure.....	347
IV. Hyponatremia without and with Sodium Depletion in Congestive Failure..	347
V. Treatment of Congestive Heart Failure.....	348

Chapter 14. Cirrhosis and Ascites

I. Electrolyte and Water Changes in Cirrhosis.....	361
A. Early Changes in Body Fluids.....	361
B. Electrolyte and Water Changes in Far-Advanced Cirrhosis.....	362
II. Factors Operative in the Ascites, Edema and Sodium Retention in Cirrhosis.....	362
A. Sodium Metabolism in Cirrhosis.....	364
B. Balances of Water in the Far-Advanced Cirrhotic.....	364
C. Metabolism of Potassium in Cirrhosis.....	365
D. Reversal of Diurnal Variation in Water and Electrolyte Excretion...	365
III. Treatment of Fluid Retention in Cirrhosis.....	366
IV. The Electrolytes in Hepatic Coma.....	367

Chapter 15. Diabetic Ketosis and Coma

I. Losses of Water in Diabetic Acidosis and Coma.....	375
II. Losses of Sodium in Diabetic Acidosis.....	375
III. Losses of Body Potassium.....	376
IV. The Blood and Serum Solutes and Electrolytes Prior to Therapy.....	376
V. Therapy of Diabetic Acidosis and Coma.....	377

A. Restoration of Carbohydrate Metabolism.....	377
B. Treatment of Circulatory Collapse.....	378
C. Correction of Water and Electrolyte Disturbances.....	379
1. Use of Sodium-Containing Solutions, Including Lactate.....	379
2. Role of Aqueous Solutions of Glucose and Other Monosaccharides.....	381
3. Use of Potassium Salts.....	384
VI. Changes in Blood and Serum Solutes During Treatment of Diabetic Acidosis.....	385
VII. Should Other Body Components Be Restored?.....	386

Chapter 16. Familial Periodic Paralysis

I. Origin of the Hypokalemia in Periodic Paralysis.....	394
A. Minimal Role of Urinary Losses.....	394
B. Role of Transfers into Cells.....	396
II. Relation of Serum Potassium Levels to Episodes of Paralysis.....	396
A. Redistribution or Ionization of Potassium in the Genesis of Paralysis.....	396
III. Factors Other than Potassium in Periodic Paralysis.....	397
A. Creatinuria.....	397
B. Hypophosphatemia.....	397
C. Possible Role of Other Electrolytes.....	398
IV. Therapy.....	398

Chapter 17. Water and Electrolyte Changes in Relation to the Anterior Pituitary, Thyroid, Gonads, and the Pancreatic Islets

I. The Anterior Pituitary.....	402
A. The Functions of the Eosinophil Cells.....	403
B. Water and Electrolyte Effects Possibly Attributable to the Eosinophil Cells.....	403
C. The Functions of the Basophilic Cells.....	404
D. Electrolyte Effects of Basophil Cells.....	404
E. Effects of Total Destruction of the Anterior Pituitary.....	404
II. Thyroid.....	405
A. Water and Electrolyte Changes with Thyroid Overactivity.....	405
B. Electrolyte and Water Changes with Hypothyroidism or Myxedema.....	406
III. The Gonads.....	406
IV. The Islets of Langerhans.....	407

Chapter 18. Hypo- and Hyperfunction of the Adrenal Cortex

I. General Physiology of the Adrenal Cortex.....	414
A. The Inorganic or Mineral Regulating Effects.....	414
B. The Organic or Oxysteroid Effects.....	415
C. The Androgenic and Anabolic Effects.....	417
II. States of Adrenocortical Hypofunction.....	418
A. Addison's Disease: Metabolic and Clinical Manifestations.....	419
B. Therapy of Addison's Disease in Nonacute and Acute Phases.....	421
III. Adrenocortical Hypofunction following Cortisone Therapy.....	421
IV. Combined Hypo- and Hyperfunction of the Adrenal Cortex.....	423