

rice or bread. The mouth must be thoroughly cleansed after each feeding to prevent the bad taste and consequent disinclination for milk which may interfere with the success of the diet. If the patient tires of plain milk, it may be flavoured in some way or given with bread or in the form of a puree. If a patient cannot assimilate milk, a diet may be tried for a time of fresh vegetables, fruits and salads. In returning to general diet, the nitrogenous food should not bear a greater proportion than one to four to the non-nitrogenous. Sometimes only white meats and fish are allowed for animal food—dark meat contains more proteids, weight for weight, than white, but is often allowed if taken in proportionately small quantities.

Patients must be cautioned against over eating. No alcoholic beverages are allowed. Other articles forbidden are soups, meat extracts, cheese, spices, condiments, radishes, asparagus, celery and mushrooms. Eggs must be used in moderation, if at all.

III. *Diabetes*.—Diabetes is a disease whose cause and character are almost unknown. It is not a disease of the kidneys, but of the whole system. The sugar-destroying power of the body is gone, and all sugar taken into the system—also all starches, which are transformed into sugars during the digestive process—fail to be assimilated and must be thrown off by the kidneys, giving these a vast amount of extra work to do. There is a constant presence of sugar in the urine and accompanying symptoms are hunger, thirst, nervousness, and emaciation. A patient may drink from ten to fifteen quarts of water a day, when left to his own guidance, but drinking does not quench the thirst. The saliva is thick and frothy, the mouth dry. The urine is increased to two or three times the normal amount.

This is pre-eminently a disease to be treated by dieting, as by proper feeding the patient's life may be prolonged. Medicines have little or no effect. Half the cases of diabetes are fatal in less than three years. Some are apparently cured, but the patient must always watch his diet. The points aimed at in treatment are to maintain the patient's strength, to increase the sugar-destroying power of the body, and to avoid complications. The carbohydrates are restricted or omitted from the diet, and the amount of nourishment thus lost is supplied by other food principles. This is a difficult task, as most people obtain from one-half to three-fourths of their energy from the carbohydrates. Proteids and fats must be increased, especially the latter, as they probably do not produce sugar and proteids do, a little. The amount of carbohydrates allowed depends

on the severity of the case. There are three classes of patients: First, those who cease to have sugar in the urine when they are not taking carbohydrates, but show a return of it when these are added to the diet; second, those who can stand a small amount of carbohydrates without producing more sugar; third, those who show traces of sugar even when on the strictest diet. The last are the severest cases. Patients are usually put for ten days, at first, upon a test diet from which all carbohydrates are excluded, taking meat, fish, eggs, green vegetables, and butter. The daily output of sugar during this time is estimated, if it ceases, known quantities of bread are added to the diet, and the urine is watched closely to see what amount can be tolerated. Every case must be treated individually; there is no diabetic diet which will apply to all. The weight in all cases must be watched; a constant loss of weight is bad. Two days must be allowed for getting the effect of any change in diet. Fat persons can stand a restricted diet better than thin ones can. Diabetics always miss bread and crave it; the tissues need it, but can not assimilate it. This is usually the article chosen if a small amount of carbohydrates are allowed. The doctor will order a certain daily allowance, perhaps from four to six ounces, and this is better given in divided portions, as that method gives greater satisfaction. Potatoes contain less starch than bread and are sometimes given instead. Fat is a very important element of the diet, and must be pushed, one quarter of a pound a day being a not unusual amount. It is easier to get this down with the carbohydrates, if any are allowed; toasted bread can be heavily buttered, potatoes can be made into a puree with butter and cream. If none are allowed, the butter can be given with eggs, scrambled or fried, or on fresh vegetables, or as a sauce on fish. Salad can be given frequently with a good deal of oil. The use of an alcoholic drink with a meal helps these fats to digest.

Thompson gives the following list of foods allowed:—

*Proteids*.—The whole animal kingdom. For a very strict diet, avoid oysters, clams, liver and sausage. Fat meat and fishes are to be preferred to lean.

*Fats*.—Butter, bacon, pork, eel, mackerel, sardines, salad oil, eggs, cheese, and thick cream.

*Carbohydrates*.—Green vegetables contain a little and may be given—asparagus, celery, rhubarb, tomatoes, vegetable marrow, cucumbers and mushrooms.

*Albuminoids*.—Gelatine may be used, but jellies must be made without sugar.

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