

Our Prize Competition.

We have pleasure in awarding the 5s. prize this week to Miss Elizabeth Martin, Sister, the Hospital for Incurables, near Bury, Lancashire, for her article printed below, on:

WHAT IS THE MOST IMPORTANT FEATURE IN THE TREATMENT OF DIABETIC PATIENTS.

Diabetes.—Although not a disease of the kidneys, the urine is altered in character in this complaint by the presence in it of sugar. The amount of sugar passing into the general circulation in health would be very great if it were not for a special function of the liver to prevent a considerable quantity from so doing, therefore when this function of the liver is at fault the sugar is discharged into the blood circulating in the body, and finds an outlet through the kidneys.

As the amount of urine is so largely increased in the diabetic (from 1 to 6 quarts being common in the 24 hours), and as sugar is very largely in evidence in the urine, diet is therefore the most important feature in the treatment of diabetic patients. Sugar in any form must be avoided, and all starchy foods. Almost all kinds of animal food, fish, and fowl are allowed, but must be very carefully cooked. If soups are given they must not be thickened by farinaceous matter, and jellies, etc., must not be sweetened. Milk may be given in small quantities, but as it contains sugar of milk large quantities may prove harmful and help greatly in keeping up the activity of the disease. Eggs may be allowed; also cheese and butter.

The diabetic is given gluten bread usually, or almond or bran bread. Brown bread may also be given if thoroughly well toasted. Starchy foods are to be avoided. Greens, lettuce, spinach, and endive are allowed. The patient may take tea and coffee, using a small quantity of saccharine—but only if he is unable to take either unsweetened. Claret, burgundy, and dry sherry are considered harmless in the disease. Great thirst may be assuaged by acid drinks, etc., and large quantities of fluid must be allowed when the thirst is excessive.

The patient must be kept from worry and anxiety and overwork, and the attention of the patient should be distracted from the disease. Accidents and acute diseases are excessively fatal in the diabetic. Free and regular action of the bowels is very essential, and warm baths also are very beneficial in helping the action of the skin. If the diet has been restricted for a short time the symptoms are controlled either partially or entirely, the amount of urine is diminished, and also the quantity of

sugar, and the patient regains flesh and strength: Owing to the great emaciation occurring in this disease it is necessary the diabetic should be well fed, and much ingenuity is required to provide a tempting "Bill of Fare" daily.

We also commend highly the papers by Miss F. Sheppard, Miss E. Cooper, Miss M. Evans, Miss G. Thompson, and Miss I. Terry.

Miss Elizabeth Cooper notes that "The nurse should be bright and cheerful, as the patient often gets melancholy and thinks life not worth living. Worry, anxiety, and overwork should be avoided as far as possible, and the attention of the patient must be distracted from the disease. Exercise and fresh air should be obtained regularly, but hard travelling discouraged."

Miss F. Sheppard points out that "any vegetable which, by exposure to light, has become green, has lost its sugar, and may be freely used. Greens and spinach are allowed *ad libitum*; also watercress and green lettuce. All fruits contain sugar and must be avoided."

QUESTION FOR THIS WEEK.

What are the usual symptoms of Pregnancy?

Rules for competing for this Competition may be found on page xii.

How to Induce Sleep Without Drugs.

Sleep may be artificially produced without the aid of drugs by the use of hypnotic suggestion. The word hypnosis itself is derived from *invos*—sleep—from the common idea that all persons who are in a hypnotic state are asleep; but although it is very usual for sleep to accompany hypnotism the terms are by no means synonymous, as a subject may be in full possession of all his waking faculties and yet be in a condition of increased suggestibility directly due to hypnotic influence. Hypnotism, then, implies a mental condition in which the mind of the subject (or patient) is increasingly open to suggestions made by the operator either verbally or in some other way.

To the victim of insomnia, to the restless, thirsty sufferer from an operation, to all whose nervous systems are shaken and out of tune, hypnotism can bring relief, and often permanent cure.

Looking down the long vista of Time we see hypnotism practised by the Egyptian priests, by the fakirs of India, and, probably, by the Apostles and priests of the Christian faith;

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