

## JOSLIN ON THE TREATMENT OF DIABETES MELLITUS.

The Treatment of Diabetes Mellitis, with Observations upon the Disease Based upon One Thousand Cases. By Elliott P. Joslin, M.D., Assistant Professor of Medicine, Harvard Medical School; Consulting Physician, Boston City Hospital; Collaborator to the Nutrition Laboratory of the Carnegie Institution of Washington, in Boston. Octavo, 440 pages, illustrated. Cloth, \$4.50 net. Philadelphia and New York: Lea & Febiger, Publishers, 1916.

The new treatment of Diabetes—the Allen treatment—by means of fasting, and the importance of physical exercise for diabetic patients, are fully discussed in this work. Fasting is in itself a distinct advance, but the practical simplification of treatment which it entails is an almost greater advantage.

Oddly enough, with the completion of this book came the completion of the author's first thousand cases treated in private practice. The book contains the results of his experience with these cases and is written for the general practitioner. Incidentally, it contains nothing which diabetic patients may not read with profit, and it will be found a useful book to place in their hands.

Complications of diabetes are described along with their treatment, thus saving repetition and showing the doctor how to handle each complication when it develops. The hopeful tone which the author's experience has enabled him to assume regarding such complications as tuberculosis, arteriosclerosis and gangrene will be found most encouraging. The section on surgery will enable the surgeon to operate on diabetic patients without sending them into coma.

Under Aids in the Practical Management of Diabetes Cases the author gives a list of things every patient should know, complete directions for nurses, history charts and dietary and urinary records now successfully used in many institutions, and the actual diets employed in typical groups of cases. The section on Foods and Their Composition is so arranged as to make it unnecessary for physicians owning this book to possess any other book on food values, either for treatment of diabetic or other patients. Standard recipes and diets for severe cases of diabetes are given, notably an appropriate diet for severe diabetic patients who are poor.

The book starts out by laying down a definition of diabetes mellitus as follows: "Diabetes mellitus is a disease in which the normal utilization of carbohydrate is impaired, in consequence of which glucose is excreted in the urine." The author "considers any patient to have diabetes mellitus and treats him as such, until the contrary is proven, who has sugar in the urine demonstrable by any of the common tests. This view will have the effect of enlarging the number of regarded victims of the disease; but the author again holds that "this method of pro-