

As a preliminary, it must be mentioned that what is comprised under the term "restricted" diet has a very varied meaning. In reality it should mean the exclusion of carbohydrate as far as can be practically done, and this implies that the substitute for bread-stuff employed should be virtually, and not merely nominally, free from starch. There are foods of this kind to be obtained from establishments in London, whose praiseworthy and successful efforts have been brought to bear to produce it. Unfortunately another side presents itself that nowhere escapes being encountered, and here the foods contain a varying amount of starch, which may even, in some cases, be found to reach that belonging to the bread-stuff food in common use. A moment's reflexion will suffice to show that no proper knowledge can be obtained with reference to the matter under consideration in the absence of a knowledge of the actual state of the food consumed by the patient.

Generally, at an early stage of the disease (children excepted), the effect of putting the patient on a restricted diet is not attended with the production of an appearance of the acetone bodies. At a later stage, in a case where dieting has not been in a proper manner carried out, and where sugar has been all along voided, the effect of cutting off carbohydrate food may be expected to lead to a certain amount of show of the acetone bodies. Afterwards, when, as a result of the dieting, the sugar is reduced and subsequently removed, the acetone bodies may, in the course of a little time, be counted upon to make their disappearance.

In a case of a somewhat advanced nature, where the acetone bodies have already become present, the change of diet leads to a certain amount of augmentation of them, but the augmentation that shows itself does not afterwards intrinsically tend to proceed further. In fact, the issue is dependent upon the stage of disease that has been reached. If too advanced to admit of rectification, the disease and its associated acidosis make headway together till it happens that the acidosis becomes greater than the power of the system to withstand, and death ensues. If not sufficiently advanced to inevitably lead to this issue, and the case should be of a suitable type to subsequently yield, the sugar, as time goes on, may be found to become more and more reduced and ultimately to disappear, and, with this, the acetone bodies may be expected to follow a similar, but more tardy, course. In this way, from what may have seemed at the beginning a very unpromising state, progress may be made through the instrumentality of the influence exerted by the food in bringing down the sugar, for this is at the root of the change induced, to the attainment of a condition in which a totally new aspect is given to the life tenure prospects.