

also, their taste is often disagreeable, and usually the diabetic bread or biscuits prepared by various firms are too expensive for continued use, except for wealthy patients.

Hence it is best, when a *very rigid* diet is not indicated, to allow a small amount of ordinary white bread daily. When a very rigid diet is indicated, either for diagnosis, for a test diet, or for treatment, then some bread substitute should be employed. It is important, however, to test with a solution of iodine specimens of the bread and biscuits employed, or specimens of the substances from which they are made. I have often found, by this simple test, that special articles of food recommended and sold as bread substitutes for diabetic patients, have been loaded with starch. In other cases, I have found that they contained a considerable amount of sugar.

I think it is always best that the bread substitute should be prepared in the patient's house, or in the hospital. Home-made preparations are usually less expensive and more reliable. The following are the most useful bread substitutes:

1. Gluten bread. It is necessary to examine a specimen of the gluten flour roughly with an iodine solution, since it is so often loaded with starch. Only those specimens should be recommended which contain very little starch.

2. Soya biscuits and bread. The taste is often objectionable, and frequently the biscuits contain much starch.

3. Almond cakes. Four ounces of almond flour are mixed with a little water and German yeast; the mixture is allowed to stand in a warm place for about twenty minutes (the action of the yeast destroys the small amount of sugar present in the almond flour). Then an egg, beaten up, and a little water (or a little cream and water) are added and the whole made into a paste. This is divided into cakes and baked for fifteen to thirty minutes.

4. Cocoa-nut cakes. These are prepared in the same way as almond cakes, desiccated cocoa-nut powder being used in place of almond flour.

Both almond and cocoa-nut cakes sometimes give rise to dyspepsia, owing to the large amount of fat they contain, but the dyspeptic symptoms may be prevented by taking a little alcohol (in some form) after eating the cakes.

5. Aleuronat. This is a vegetable albuminous substance, which contains only a very small percentage of carbo-hydrates. It has been strongly recommended by Prof. Ebstein for the preparation of diabetic bread substitutes. I have found that by mixing aleuronat and desiccated cocoa-nut powder, cakes can be easily prepared from this substance without the addition