

need not dwell upon the delusion so extensively prevalent that toast from bread is allowable when bread itself is not, or that the starchy matter of the potato stands in a different position from that from other sources.

Removal of sugar from the urine by reducing the carbohydrate taken does not mean cure of the disease. What is wanted for cure is restoration of the assimilative power; and in proportion as this is brought about, so can more and more carbohydrate be taken without leading to the passage of sugar. If, indeed, in a diabetic case the power should become fully restored, the patient would be placed in a position to be able to take the ordinary diet without its influencing his urine, and he might then be truly told that he had shaken off his complaint.

But control of the elimination of sugar by diet is of paramount importance in promoting improvement, and may be looked upon as an indispensable measure of treatment. It is not the mere fact of the waste of food occurring with the discharge of sugar that constitutes the great source of trouble in diabetes. It is the state of system which stands as a preliminary factor to the elimination that occurs. The blood forms the connective link between the urine and the food. The sugar present in the urine has previously passed to it through the blood, and in doing so has created in this fluid a deviation from the natural state which tells injuriously throughout the entire system. It is not natural for the blood of the general circulation to contain more than a certain small amount of sugar—an amount varying but little under healthy circumstances. With the presence of an increased quantity as a result of the faulty assimilation of the carbohydrate of the food it is thrown into an unnatural state, and its constitution altered in such a way as to interfere with its fitness for administering to the proper performance of the nutritive and various other processes of life. All the symptoms and the results of the complaint depend upon the unnatural presence of sugar in the contents of the circulatory system, and on this condition being altered, as it is shown to be by the disappearance of sugar from the urine, the symptoms and ill effects immediately subside. It may then be said, that so long as this state can be maintained the patient has nothing to fear from diabetes. Diabetic coma is the condition most to be dreaded as an issue of the disease. With the sugar in an uncontrolled state the condition is liable at any time to supervene and speedily carry off the patient. If any other complaint of an acute nature, as influenza, pneumonia, etc., should set in, great danger is incurred of a fatal termination through the supervention of diabetic coma. A diabetic in the great majority of instances does not die in a direct manner from the super-added complaint, but from the development of diabetic coma. Not so, however, when the elimination of sugar is thoroughly under control. Such a patient is to all intents and purposes, except in relation to food, in the same position as an ordinary person. In all my experience I have never come across the supervention of diabetic coma in a case where the urine has previously been in a sugar-free state.

To control the escape of sugar by adaptation of the diet is only a rational procedure, and cannot be otherwise than right. There is a diminished assimilative power existing, and to bring the