

such cases the further management of the case consists in readjustment of the diet, from time to time, so as to offer the patient as much variety as possible. Thus at intervals a slight increase of carbohydrates may be tried—as an ounce of bread—in order to test the toleration point for this class of foods, but in so doing constant watch must be kept over the output of urea and the presence or absence of sugar in the urine.

In the most serious form of the disease the above lines of management will often be found inadequate to totally eliminate the sugar from the urine, and moreover the patient still slowly loses weight. In such cases the diet must be practically restricted to flesh, fat and alcohol, with perhaps some green salad, as lettuce or cucumber. The daily ration should be made to conform approximately to the following features: 500 to 650 grams of butcher's meat, a pint of broth, 3 to 6 eggs, 130 to 140 grams of fat, and 40 to 60 grams of alcohol. This will furnish fully 2500 units, or calories, or slightly more. The large proportion of fats to be consumed presents, perhaps, the most difficult part of the dietary problem to be solved. This, however, becomes less difficult in most cases, if alcohol be served with the larger meals of fat. Then, too, if every opportunity be improved of working into the ration some form of fat that is found agreeable to the patient, the required amount is often very easily reached. With the view of facilitating this object I furnish my patients of this class the following list of highly fatty foods from which they can select the most agreeable forms for use:

Butter, fats and oils, cream, marrow-bones, bacon, fat part of ham, beef, mutton, pork; beef tongue, fat goose, mackerel, salmon, white fish, eels, sturgeon, sardines in oil, yolk of eggs, German sausage (Cervelatwurst), Cheddar cheese; also cream cheeses, as Stilton, Neuchâtel, Stracchino, Gorgonzola, Brie. Green salads, as lettuce and cucumber, with French dressing.

The greatest skill in the management of these cases consists chiefly in the adjustment of the diet to the individual case; in other words, in so varying the proportions of proteid and fat as to suit the variable individual tolerance for each in each special case. We must in all cases aim to supply in fat and meat combined a food value equivalent to rather more than 2,000 units. The average case will probably tolerate about 600 grams of meat and about 135 grams of fat, which covers the value in units