

same lines of diet for from ten days to two weeks, observations being made and recorded of the weight, the excretion of urea and sugar every second or, at most, third day, and no specific medication whatever should be employed. Should, however, the twenty-four hours mixed urine at any time be found sugar free, the allowance of bread may be slightly increased—say to four or five ounces daily. At the end of two weeks, if the urine be not free from sugar, the above diet list is substituted by the following more strict one :

All meats, including beef, mutton, ham, bacon, poultry and game of all kinds; roasted, broiled, smoked, potted or preserved in any way, except with sugar or prohibited vegetables. Sweetbreads, kidneys, heart, gizzards, tongue, brain and marrowbones. Fresh fish of all kinds, except oysters. Dried, cured or smoked fish, including cod-fish, haddock, herring, mackerel, salmon, crabs, lobsters, sardines, anchovies, shrimps, eels, caviar, frogs and turtles. Fats, oils (vegetable or animal), butter.

Fresh vegetables, including spinach, lettuce, cucumbers, green string beans, asparagus, cauliflower, red and white cabbage, Brussels sprouts, mushrooms, onions, cress, leeks. Preserved vegetables, including tinned asparagus, French beans, cucumbers pickled in brine or vinegar, mixed pickles, sauerkraut, chow-chow and olives.

Spices, including pepper, salt, curry, cloves, nutmeg, English mustard, parsley, dill, capers, caraway seed, laurel. Soups and broths, if clear and unmixed with bread crumbs, flour, barley, rice or cereals. Cheese, such as Neufchatel, Gorgonzola, Stilton, Brie, and so-called cream cheeses. Eggs, raw or cooked in any way without admixture of flour. Nuts, such as almonds, walnuts, Brazil nuts and filberts.

*Beverages.*—Pure drinking water, all table mineral waters, plain or carbonated, clear or mixed with lemon or lime juice, coffee and tea with or without cream. Rhine wine, claret, Burgundy.

It will be observed that in this list bread is omitted altogether and that carbohydrates are practically eliminated from the ration. The patient is now instructed to increase the consumption of butcher's meat to from 400 to 500 grams per day; to increase his daily fat ration to 100 grams; and to take from 20 to 40 grams of alcohol daily. The same systematic series of recorded observations should be continued every second or third day, *i.e.*, of the weight of the patient; the quantity of the urine; the output of urea and sugar.

The majority of diabetic patients will upon this course lose their glycosuria, and begin to gain in weight and strength. In