

urine. The skin also should not be neglected. Hot or vapor baths at home followed by active friction, a Turkish or Russian bath at a well-managed establishment, if the general state of the patient permits, are useful adjuvants, especially if the skin be harsh, dry, and inactive. Ralfe thinks he has succeeded in preventing impending coma by the hot bath. In milder cases, with the skin still relatively active, the tonic effects of a daily cool or cold bath, provided that reaction be prompt, thorough, and maintained, is of service. Diabetics are sensitive to cold, and wool or silk underclothing of light or moderate weight is usually desirable. I think we generally err in this country in the colder season by wearing too heavy underclothing. We keep our houses at summer temperature, and voluntarily load ourselves with clothing which we would think justified revolution if a czar compelled its adoption. A diabetic should have several overcoats of varying thickness and warmth, and can scarcely be too well wrapped up while driving in an open carriage, the only form of conveyance really fit to drive in, except in stormy weather.

Worry and anxiety are to be avoided so far as possible. Such avoidance is—alas!—only too often easier to enjoin than to secure; but we must do our best. The man of large affairs and responsibility must be helped to systematize his work, to throw every possible detail on subordinates, and to shorten his working hours. How many of us inspect the down-town offices of our patients in active business, in order to remedy defects of light, ventilation, and heating of the apartments where more time is passed than anywhere save in the bedroom? In many cases the sum of small advantages forms a large aggregate, and sunshine and open fires are better classed among the greater than the small advantages. In a word, we are dealing with a class of people whose resistance and vitality are more or less diminished; in many of whom, we have reason to believe, the nervous system is especially at fault. The desirability of moderating nerve strain is therefore obvious.

Muscular exercise is useful directly, in that it burns sugar; indirectly, in that it aids blood and lymph circulation. It is, therefore, peculiarly adapted to diabetics, provided that thought and intelligence govern its use. In excess it is potent for harm. Outdoor exercise is far better than in any confined space, if the condition and circumstances of the patient permit. As to the form—walking, golf, tennis, horseback—it must depend upon the purse and taste. We are all so constituted that what we enjoy is, on the chances, better tolerated than what we dislike. Calisthenics and the various forms and degrees of massage, care-