

There have been those who have deprecated the strict diet in the treatment of diabetes on account of the relation that has been referred to between acetonuria and the exclusion of carbohydrate from the food. The effect of the acids of the acetone group in leading up to coma should, it has been suggested, demand first consideration and prohibit the cutting off of carbohydrate food. If such a maxim were acted upon, diabetics would stand, as indeed they did in former times, before dieting was applied as it is now, in a very bad position. It is within my own recollection to have known that the outlook in diabetes was vastly different from what it is now. Experience shows that the way to get rid of the acetone bodies is to bring the sugar down, and if this is not done, all that can be looked for is that they will go on increasing. The sugar in the system, by its direct toxic influence, may be regarded as a main factor in causing the acidosis in the first place to set in, and then to grow. In a case where sugar and the acetone bodies have existed, and, by cutting off carbohydrate, have become removed, as long as sugar-free urine is maintained, there is no return of the acetone bodies. Let sugar reappear by relaxation of diet, and a return of the acetone bodies may be expected to likewise occur. I could cite many cases where such has happened, and have further observed a renewed disappearance on a return to the proper food.

The effect of what I have stated is to suggest that, in ordinary cases, the cutting off of carbohydrate should at once be put into force for the purpose of dealing with the acetone bodies. At the same time, however, I do not mean to say that cases may not now and then present themselves in which it would be unwise to adopt such a course. In extreme cases, where the patient is on the brink of the supervention of coma, a little increase in the acidosis existing may suffice to turn the scale and bring about a fatal issue. The sudden withdrawal of carbohydrate has been seen to lead to such increase, and thereby a demand is created for the exercise of judgment in connexion with the course to be adopted.

The frailness of the condition as a whole, in the circumstances under consideration, has also to be taken into account. We know how easily through the general state the acetone bodies may be increased. A severe attack of migraine, for instance, may send them up, and influenza, pneumonia, etc., may do so sufficiently to suddenly bring about the supervention of coma. There is too much instability of system to withstand the influence of sudden change, and thus an added condition presents itself to that emanating from the direct action of the cutting off of carbohydrate on the dissociation process, which tends to promote the augmentation of the acetone bodies passing to the blood.