

**THE STARVATION TREATMENT OF
DIABETES: WITH A SERIES OF
GRADUATED DIETS AS USED AT
THE MASSACHUSETTS GENERAL
HOSPITAL**

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The Starvation Treatment of Diabetes: With a Series of Graduated Diets as Used at the
Massachusetts General Hospital by Lewis Webb Hill & Rena S. Eckman & Richard C. Cabot

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THE
STARVATION TREATMENT
OF DIABETES

WITH A SERIES OF GRADUATED DIETS
USED AT THE
MASSACHUSETTS GENERAL HOSPITAL

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WITH AN INTRODUCTION
BY
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Second Edition

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AMERICAN

INTRODUCTION.

ALTHOUGH Dr. Allen's modifications of the classical treatment of saccharine diabetes have been in use only for about two years in the hands of their author, and for a much shorter time in those of other physicians, it seems to me already clearly proven that Dr. Allen has notably advanced our ability to combat the disease.

One of the difficulties which is likely to prevent the wide adoption of his treatment is the detailed knowledge of food composition and calorie value which it requires. Dr. Hill's and Miss Eckman's little book should afford substantial aid to all who have not had opportunity of working out in detail the progressive series of diets which should be used after the starvation period. These diets, worked out by Miss Eckman, head of the diet kitchen at the Massachusetts General Hospital, have seemed to me to work admirably with the patients who have taken them, both in hospital and private practice. The use of thrice boiled vegetables, as recommended by Dr. Allen, seems to be a substantial step in advance, giving, as it does, a considerable bulk of food without any considerable carbohydrate portion, and with the semblance of some of the forbidden vegetables.

It is, of course, too early to say how far reaching and how permanent the effects of such a diet will be in the severe and in the milder cases of diabetes. All we can say is that thus far it appears to work admirably well. To all who wish to give their patients the benefit of this treatment I can heartily recommend this book.

RICHARD C. CABOT.

PREFACE TO FIRST EDITION.

THE purpose of this little book is to furnish to the general practitioner in compact form the details of the latest and most successful treatment of diabetes mellitus.

The "starvation treatment" of diabetes, as advanced by Dr. Frederick M. Allen of the Rockefeller Institute Hospital, is undoubtedly a most valuable treatment. At the Massachusetts General Hospital it has been used for several months with great success, and it is thought worth while to publish some of the diets, and details of treatment that have been used there, as a very careful control of the proteid and carbohydrate intake is of the utmost importance if the treatment is to be successful. In carrying out the Allen treatment the physician must think in grams of carbohydrate and proteid—it is not enough simply to cut down the supply of starchy foods; *he must know approximately how much carbohydrate and proteid his patient is getting each day.* It is not easy for a busy practitioner to figure out these dietary values, and for this reason the calculated series of diets given here may be of service. The various tests for sugar, acetone, etc., can, of course, be found in any good text-book of chemistry, but it is thought worth while to include them here for the sake of completeness and ready reference. The food table covers most of the ordinary foods.

We wish to thank Dr. Roger I. Lee and Dr. William H. Smith, visiting physicians, for many helpful suggestions.

PREFACE TO SECOND EDITION.

THE Authors beg to thank the Profession for the cordial reception given the first edition of this book. The present edition has been revised and enlarged, with the addition of considerable new material which we hope will be of use.

JANUARY, 1916.

DETAILS OF TREATMENT
