

DR. TYSON.
Until 11 A. M. daily,
Except Sundays.

JAMES TYSON, M. D.,
1506 SPRUCE ST.,
PHILADELPHIA.

Dr. T. MELLOR TYSON,
Until 9 A. M.,
and 3.30 to 4.30 P. M.

Dec. 13, 1895.

Dear Doctor Thomas:-

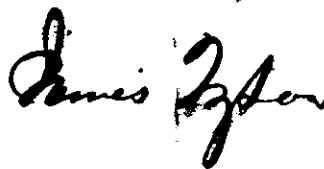
I have your letter and the specimen of urine from Mr. Tourgee. It has 5% of sugar which I think can be very much reduced by appropriate treatment. You did not tell me how old he is, but I imagine he must be a man of at least 50.

I enclose one of my diet tables for diabetic patients which will help him in the matter of diet, which is the most important treatment in diabetes. I think the life which he leads as described in the letter from the family, is a wholesome one in that it is as much as possible out of doors in the open air. The greatest difficulty in the diet is in the matter of bread, since all the gluten flour in the market contains more starch than is desirable. I would suggest that he use bread made of the purest gluten flour obtainable, which I believe is that of the Health Food Co., at present, and to limit his use of it to 4 ounces a day, dividing that quantity between the three meals, substituting if he chooses about the equivalent in griddle cakes, pancakes, etc. made of the same material. I would suggest further that he take 5 drops of Fowler's solution three times daily, this should be occasionally omitted and is best given of course under the direction of his physician. For his constipation there is nothing better than the fluid extract of cascara sagrada the dose of which can be so nicely regulated. I would start with 15 drops after dinner or 15 drops after supper, increasing or diminishing as the effect may determine. I do not see any contraindication to the use of cider, provided it is not sweet cider, but sweet

cider is of course harmful. Buttermilk may also be allowed. The best water for him to drink on side of this is one of the true alkaline mineral waters, such as, unfortunately, we have none in this country east of the Rockies, and the easiest to get is the imported Vichy, of which he should drink about 1 quart a day. There is also the Vals mineral water even more alkaline, perhaps a little more expensive.

Of course the only way to judge certainly of his improvement is by occasional analysis of his urine. Although of course his general improvement in spirits and strength and diminished thirst is also an index. If his family physician is unable to make the volumetric analysis I will make them for him say once in two weeks or a month and charge but \$5. each time.

Yours very truly,



To Dr. C. H. Thomas,

1807 Chestnut St., Phila.

FOOD AND DRINK

ADMISSIBLE IN

DIABETES MELLITUS.

Shell-fish.—Oysters, muscles, and clams, raw and cooked in any way, without the addition of flour.

Fish of all kinds, fresh or salted, including lobsters, crabs, sardines, and other fish in oil; fish roe, caviar.

Meats of every variety except livers, including beef, mutton, chipped dried beef, tripe, ham, tongue, bacon, and sausages; also poultry and game of all kinds, with which, however, sweetened jellies and sauces should not be used.

Soup.—All made *without* flour, rice, vermicelli, or other starchy substances, or without the vegetables named below as not allowed. Animal soups not thickened with flour, such as bouillon, beef-tea, and broths.

Vegetables.—Cabbage, cauliflower, brussels-sprouts, broccoli, green string-beans, the green ends of asparagus, spinach, dandelion, mushrooms, lettuce, endive, coldslaw, olives, cucumbers, fresh or pickled, radishes, sorrel, young onions, water-cresses, mustard and cress, turnip-tops, celery-tops, artichokes, gherkins, okra, parsley, or any other green vegetables.

Fruits.—Cranberries, plums, cherries, gooseberries, red currants, strawberries, acid apples, lemons, oranges, sparingly—all without sugar. Acid fruits may be stewed with the addition of bicarbonate of sodium instead of sugar. (See below.)

Moderately, *Bread and Cakes* made of gluten, bran, or almond flour, or inulin, with or without eggs and butter. Griddle-cakes, pancakes, biscuit, porridges, etc., made of these flours.

[OVER.]

Oat-meal porridge with cream. *Where especial stringency is required these should be altogether omitted.*

Eggs in any quantity, and prepared in all possible ways, without sugar or ordinary flours. Butter and cheese.

Nuts.—All except chestnuts, including almonds, walnuts, Brazil-nuts, hazel-nuts, filberts, pecan-nuts, butternuts, cocoanuts.

Condiments.—Salt, vinegar, and pepper in moderate quantities.

Jellies.—None except those unsweetened. They may be made of calf's-foot or gelatin, and flavored with wine.

Drinks.—Coffee, tea, and cocoa-nibs, with milk or cream, but without sugar; also milk, soda- (carbonated) water, and all mineral waters freely; lemonade without sugar, acid wines, including claret, Bordeaux, Rhine, and still Moselle wines, very dry sherry: unsweetened brandy, whiskey, and gin. No malt liquors, except those ales and beers which have been long bottled, and in which the sugar has largely been converted into carbonic acid and alcohol.

To be especially avoided.—Potatoes, white and sweet, rice, beets, carrots, turnips, parsnips, peas, and beans; all vegetables containing starch or sugar in any quantity; sweet wines, including sherry, Madeira, port, and champagne.

JAMES TYSON.