

**A PRIMER FOR DIABETIC
PATIENTS. A BRIEF OUTLINE OF
THE PRINCIPLES OF DIABETIC
TREATMENT, SAMPLE MENUS
RECIPES AND FOOD TABLES**

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A Primer for Diabetic Patients. A Brief Outline of the Principles of Diabetic Treatment, Sample Menus Recipes and Food Tables by Russell M. Wilder & Mary A. Foley & Daisy Ellithorpe

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RUSSELL M. WILDER & MARY A. FOLEY & DAISY ELLITHORPE

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PLATE I



THE BENEDICT TEST FOR SUGAR IN THE URINE.

Each tube contains 5 c.c. of Benedict's reagent and 8 drops of urine. The tubes have been heated for five minutes in a boiling water-bath and allowed to cool (see page 18).

A Primer
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The Mayo Clinic

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PREFACE

THE need for a brief outline of the principles underlying the dietary treatment of diabetes was felt by us in the daily instruction of patients in the matter of their diets and hygiene. Dr. Elliott P. Joslin's "Diabetic Manual" has been a great help, but we desired something more like a primer to place in the hands of the patients. For this reason an outline was prepared and mimeographed; copies of this were used for several months, when the demand for them made it necessary to publish the outline in the present form.

We entirely agree with Dr. Joslin that the education of the patient is essential to successful treatment. It may be true that an occasional nervous person is hurt by such procedure, but those who are benefited vastly outnumber those who have been harmed. We can name only 2 of more than 100 patients treated on the diabetic service of the Mayo Clinic during the past year who might have benefited more had they been left in ignorance of the nature of their condition.

MAYO CLINIC,
ROCHESTER, MINN.

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