

MEDICINE

Young Diabetics Tested On Diet Without Insulin

► **SOME DIABETICS** living on a diet high in such unsaturated fats as corn oil and soybean oil can get along without insulin, a doctor has found in a preliminary study.

This has so far only been possible, however, with diabetics who have had the disease less than two years, Dr. Laurance W. Kinsell, director of the Institute for Metabolic Research, Highland-Alameda County Hospital, reported to the California Medical Association meeting at Los Angeles.

In a recent study, a group of young diabetics, between 14 and 20 years old, were first put on a starvation diet of tea, coffee or lemon juice for several days and then placed on a diet of 60% to 70% unsaturated fats.

A healthy person's diet generally contains 40% fat.

During the period of starvation, the blood sugar returned to normal in those patients who still had some insulin-producing cells in their pancreas. However, those who had had diabetes more than two years suffered acidosis and had to be put back on a normal diet.

The patients whose blood sugar returned to normal during the starvation period were then put on the high fat diet and, although insulin-dependent before, have been doing without insulin ever since. The reason, Dr. Kinsell believes, is that the high fat content in the diet takes the load off the insulin-producing pancreas and thus encourages the production of insulin.

He said that even with the high unsaturated fat content and 15% to 20% of carbohydrates, the patients were able to maintain a normal rate of insulin production. This study is still inconclusive, Dr. Kinsell said.

He said he is trying to improve diets high in unsaturated fats for diabetics because such diets paradoxically lower blood fat. Diabetics generally have higher blood fat content than non-diabetics and are therefore more prone to heart disease and arteriosclerosis.

• Science News Letter, 83:239 April 13, 1963

PSYCHOLOGY

Parental Influence Strong in Teen-Agers

► **TEEN-AGERS** are actually receptive to their parents' influence.

To a great extent, teen-agers make decisions on the basis of their impulses. Yet they are more likely to accept the influence of their parents than that of other sources, Dr. Daniel Solomon, University of Michigan psychologist, has found.

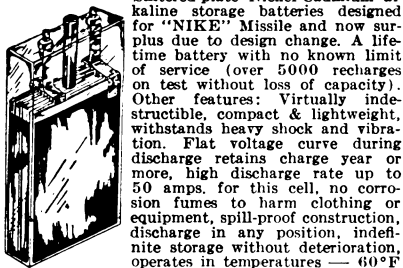
The decision-making process of 372 high school students was studied under real and make-believe circumstances.

Girls were more open to influence from all sources—parents, peers, impulses and values—than boys, Dr. Solomon reported in the journal *Human Relations*, 16:45, 1963, published by the Tavistock Institute of Human Relations jointly with the Research Center for Group Dynamics, University of Michigan.

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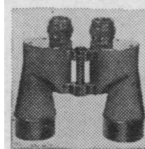
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