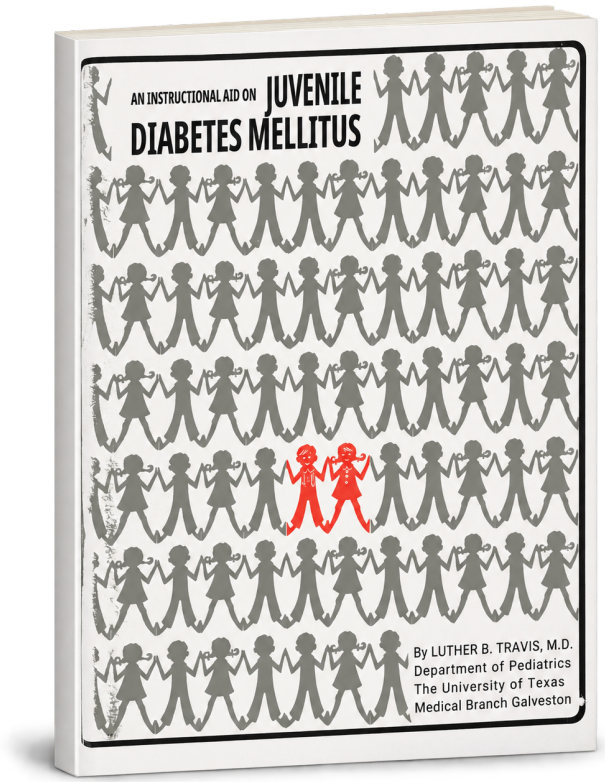
MediSelf Press

FREE COMPANION / EDITION 1

Diabetes, Then & Now

A companion to the 1969 book
by **Luther B. Travis, MD**



REMEMBER. APPRECIATE. CONTINUE.

A look at the tools people used, the choices available today, and the education that connects generations.

This companion honors a lifetime of teaching and care. It begins with a sourced comparison and reflections from MediSelf Press, and will grow with selected reader experiences and social media commentary shared with permission.

November 2026
Written and curated by MediSelf Press

The 1969 book is a historical record. Its treatment instructions reflect their era. For care today, use current guidance from your diabetes care team.

The tools of daily care

“Then” refers to this book, not everyone’s experience in 1969. Today’s options vary with access, care needs and personal preferences.

Seeing glucose

IN THE 1969 BOOK

The book teaches urine sugar testing with tablets and strips, and explains why a urine result can reflect an earlier glucose level.

Original pages 24, 25, 26, 27.

TODAY

Blood glucose meters give a reading at that moment. Continuous glucose monitors estimate glucose in fluid beneath the skin throughout the day and night, revealing trends; many provide alerts. [1, 2]

Delivering insulin

IN THE 1969 BOOK

Vials, syringes and different insulin action curves are central to the explanation, including Regular, NPH and Lente.

Original pages 38, 39, 40, 41, 42, 43, 44.

TODAY

Options include syringes, pens and pumps. Automated insulin delivery can connect a glucose sensor, pump and software to adjust insulin delivery for some people. [3, 4]

Understanding results

IN THE 1969 BOOK

The book discusses control through urine sugar categories, from negative and trace to 4+.

Original page 29.

TODAY

Care teams can review glucose readings, A1C and, for CGM users, time in range - the percentage of time within a target glucose range. Goals are individualized. [1]

More room for life

“Then” refers to this book, not everyone’s experience in 1969. Today’s options vary with access, care needs and personal preferences.

Food and daily routines

IN THE 1969 BOOK

A meal-and-insulin illustration shows an example day with one NPH injection and an average diet.

Original page 41.

TODAY

Meal and activity plans can be tailored with the care team to a person's medicines, schedule, abilities and preferences. Carbohydrate counting and the plate method are among the available approaches. [5]

Learning and support

IN THE 1969 BOOK

Pictures and plain explanations help readers learn self-care, with questions and guidance directed to their physician.

Original page 2.

TODAY

Diabetes self-management education and support offers personalized help with food, activity, medicines, monitoring, problem-solving, risk reduction and healthy coping. [6]

Living well

IN THE 1969 BOOK

The book's opening promise is a long and fulfilling life, while acknowledging that much of daily care rests with the person living with diabetes.

Original page 2.

TODAY

Automated delivery may improve quality of life, but devices still require attention. Education and support can help, while cost, coverage and access continue to shape the choices available. [4, 6, 3]

A life of teaching. A continuing conversation.

Luther B. Travis, MD devoted his career to children with diabetes and kidney disease. He joined the University of Texas Medical Branch faculty in 1962 and served as medical director of the Texas Lions Camps for Children with Diabetes from 1970 to 1994. His illustrated teaching guide reached readers through more than a dozen editions and translations into 12 languages. [8]

Future profits from this book will benefit Texas Lions Camp in Kerrville, Texas.

EDITORIAL REFLECTIONS FROM MEDISELF PRESS

A different kind of expertise

A urine color chart and an insulin action curve ask a reader to notice, remember and interpret. Looking closely at these pages is one way to appreciate the skill and persistence of people who managed diabetes with the tools of an earlier era.

Progress should make room for life

More information is valuable when it helps make room for school, work, sleep, family and the pleasures of an ordinary day. A useful measure of progress is how much attention a person can give back to life beyond diabetes.

Preserve the record, continue the conversation

This reproduction honors Dr. Travis's commitment to helping people understand their own care. Reading it alongside current knowledge invites gratitude for what has improved and honest discussion of what still needs to change.

Add your perspective

What has become easier? What still takes work? Send your own memory or a link to a public post to publisher@mediselfpress.com. We will agree on wording, permission and credit before publishing a contribution.

Reader selections are forthcoming. The reflections above are new editorial writing, not reader quotations.

Sources & updates

Current-care sources were checked in November 2026. Their original review or publication dates are retained below. Numbered references correspond to the comparisons and legacy note.

1. Managing Diabetes
NIDDK, National Institutes of Health · Last reviewed October 2023

2. Continuous Glucose Monitoring
NIDDK, National Institutes of Health · Last reviewed June 2023

3. Insulin, Medicines, & Other Diabetes Treatments
NIDDK, National Institutes of Health · Last reviewed March 2022

4. Artificial Pancreas
NIDDK, National Institutes of Health · Last reviewed October 2021

5. Healthy Living with Diabetes
NIDDK, National Institutes of Health · Last reviewed October 2023

6. About Diabetes Self-Management Education and Support
Centers for Disease Control and Prevention · May 15, 2024

7. Texas Lions Camp - official website
Texas Lions Camp · No stable page publication date displayed

8. Luther Brisendine Travis MD
American Society of Pediatric Nephrology · April 24, 2025

Historical source

Travis, Luther B. An Instructional Aid on Juvenile Diabetes Mellitus. 1969. Comparison drawn from the approved reproduction through original page 44, specifically pages 2 and 24-44. The companion does not reproduce those interior pages.

About this edition

Version 1.0 · November 2026. New editorial content © 2026 MediSelf Press. This free companion is separate from the historical reproduction. Later editions will add selected reader and social media commentary with permission and will identify their revision date.

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