

nourishment. The throat, the oesophagus, the stomach, may be irritated in the same manner and may result in inflammation.

The gland of the neck is a common seat of inflammation. Swollen glands are usually the result of clogged tissues irritated by sudden changes of temperature.

The urinary organs too are effected in this way. They are great capillary centres. The kidneys, bladder, etc., are subject to inflammation. The irritant in this case is the urine, or other materials in the form of clothing and sudden changes of temperature. Uterian troubles are often brought about by congestion resulting in inflammation.

Any portion of the body which is the centre of small blood vessels may be congested and inflamed as the result of digested food in the vessels.

Another way in which disease occurs is by putrefaction and the liberation of toxins or poisons in the blood. Whenever there is a disturbance of the balance of nature, she at once begins to correct or adjust these abnormal conditions. The over supply of digested food in the system constitutes the over balance and must be got rid of. At this stage bacteria, which are always present in the blood, air, food and water, are ready to act as scavengers and devour this effete material. Most bacteria are friends and not enemies. They are the natural scavengers of the body. The over-digested food in the blood is a favorable medium for these scavengers and they multiply at an enormous rate and devour the surplus food in the vessels. The rapid decomposition of this food by the bacteria causes putrefaction and the liberation of toxins or poisonous gases. These toxins produce symptoms of various

kinds. They poison and irritate the cells and the rapid oxidation brought about by the disintegration of the waste material causes high temperature, producing headaches, stomach-aches, feelings of distress, etc. The bacteria are of different kinds and have different habits, habits of feeding and reproduction. Some confine themselves to the intestines, some to the throat, some to the blood, some to the liver. They act as health officers for all parts of the body, the same as the birds, insects, etc., do for the outer world. The particular kind of bacteria at work upon these waste materials will often determine the symptoms or kind of disease. For example, the diphtheria organism confines its operations to the throat; the colon bacillus to the intestines; the tuberculosis bacillus to almost any part of the body, but more especially to the lungs and glands of the body. The severity of the attack will depend upon the amount of this superfluous digested food to be consumed. Therefore we see the necessity for ingesting only sufficient to satisfy the hunger of the cells. Nature is elastic. If there are only small quantities of this spare food, the natural scavengers of the blood will digest and take care of it without any unnatural effects upon the body. It may always be remembered that most microbes are scavengers attacking only impurities in the system. Predisposition to infection is due to the presence of an abnormal supply of favorable impurities or decaying matter in the system. Bacteria rarely attack healthy tissues; if they did we would all be in the grave long ago. It is only the unnatural conditions which we make that accounts for the unnatural conditions of the body known as disease.