

tion, when very active, in causing exhilaration and wakefulness. It is just possible that under such circumstances it may arrest the formation of those leucomaines, usually manufactured during waking hours, which are depressing and lead up to sleep, or so modify decomposition that other leucomaines of a stimulating character are produced. There can be no question that, in insanity, certain states of the highest nerve centres are accompanied by rapid disintegration of the tissues and emaciation, while in other states of these centres metabolism is reduced to a minimum, so that prolonged starvation may be sustained with comparatively little wasting.

But it is only an inordinate indulgence of the imagination that produces excitement and interferes with natural slumber; its reasonable and regulated use causing only a certain buoyancy of spirits with which a sense of soothing is associated. Imagination, indeed, legitimately used, combines to some extent the pleasureable effects of both morphine and caffeine, without any disagreeable after-consequences, such as headaches, despondency, or confusion of thought. On the one hand, it may heighten happiness, and on the other afford solace in suffering and sorrow. It may give zest to appetite and allay the pangs of hunger, brace to exertion, or lessen the sense of fatigue. It would not be wrong to speak of it, when rightly used, as a true physiological stimulant and analgesic, capable in some degree of taking the place of those crude agents drawn from herbs and trees, with which in all quarters of the globe mankind has sought to mitigate the dullness or assuage the pains of life. Moreover, its massive pleasures have a distinctly sedative effect in connection with those petty but exasperating animosities and jealousies that are the thorns of social intercourse, and fret and fray fine-textured brains. Lifting us above the turmoils and worries of the moment and opening up wide and distant prospects, they promote altruistic feeling, lull to rest our wounded sensibilities, and allay feverish excitement.—*Journal of the Amer. Med. Association.*