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THE DIGNITY OF A CALLING IS ITS UTILITY.

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## The Science of Living

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(Continued from May Issue.)

The tissue congested with blood vessels acted upon by irritants will cause inflammation, and this accounts for many of our common diseases. For instance, if the smaller blood vessels in the nasal chambers be congested in the way already stated and, while in this state, is subjected to irritants, such as dust, smoke, pollen, changes in temperature, draughts, sudden changes in humidity, exposure of the body to dampness, disagreeable gases or odors, they will become inflamed and what is known as a cold in the head follows. It is clear that it is impossible to avoid these natural conditions and one would never need to but for the abnormal condition of the vessels in the nose. It has been proven beyond all doubt that one cannot contract a cold except when there is a great surplus of over-digested food in the body. When exploring in the North a few years ago our party was subjected to the worst kind of exposure. At night we slept in Sphagnum moss saturated with water and yet none of the party experienced any symptoms of cold in the head or in any other part of the body. The explanation is simple: we were living on only a few ounces of food per day, and in addition exercising all the muscles of our body. There was no waste material in the body to cause any trouble. Similarly men have been known times without number to be exposed for long periods to Arctic conditions both night and day with scarcely sufficient food to keep life in the body, but with the exception of frost-bites, no injury has been done

to the body. The explanation is that the hardships of the adventure had used up all the surplus digested food in the system.

Lung troubles of many kinds are also brought about by an over supply of digested food in the mass of vessels located there. Irritants in the form of inhaled smoke, impure air, changes in temperature and other irritants similar to those causing colds will produce inflammation of the lungs or pleurisy. Here again it is no use trying to avoid the irritants. The thing to avoid is the congestion by reducing the ration and taking abundance of exercise. We have often heard people say: "If I go to bed I know I will have to stay there"; the reason for this is due to the lack of exercise while lying in bed. This is an ideal condition for the disease. Practically all the food thus taken into the system is left to go to the already congested portions. Any other parts of the respiratory system may suffer in precisely the same way and we develop the diseases known as laryngitis and bronchitis.

Take again the inflammatory diseases of the digestive system. The intestines, when overcharged with effete material in the extensive masses of blood vessel found there, come into contact with the partly digested food which irritates and inflames the tissues. We then have what is known as inflammation of the bowels and, if the appendix portion of the bowels should be effected, it is known as appendicitis. Here again it is necessary to remove the cause by dieting or fasting in order to give the system a chance to consume the over supply of