

*lating the appetite?*

Walking in the open air, especially in the country and other physical exercises, the influence of cold in winter, seabaths in summer, are the best means of stimulating one's appetite.

12. *Can Alcohol help digestion?*

No. Alcohol cannot help digestion: on the contrary, it causes a chronic disease of the stomach, called dyspepsia.

13. *Why does not Alcohol help digestion?*

Because it destroys the properties of the juices or fluids destined to favor digestion by preparing the food to be mixed with the blood, and also because it stops the action of the stomach.

The stomach must furnish the gastric juice which dissolves the food; it moreover must contract and dilate continually to knead the alimentary mass and mix it with the gastric juice; under the influence of Alcohol these two functions are retarded and are even often stopped. Thus, Alcohol hinders digestion instead of favoring it.