head. In other words an exposure of one portion of the body has resulted in an attack of inflammation in a tract or locality entirely separate and distinct from the one exposed. This needs some explanation. We have seen how animal heat is generated in all portions of the body, but like all other processes which go on in the human organism, this process of heat-production is governed by the central nervous system and any disturbance of heat-production in one portion of the body leads to a disarrangement, as it were, of the whole system.

Let us liken this central nervous system which governs the whole matter of warming the body, to a chandelier, say, with five gas-jets. If they are all lighted and burning with a steady flame, this constitutes health. If we turn out a portion of them, two or three perhaps, we find that the others flare up with an increased intensity which we may liken to a diseased condition. Now, if one of the burners is somewhat weakened, it flames up above the chandelier in an abnormal jet; this we may liken to the inflammation which is caused by our taking cold. Or, let us take another illustration. The body is a house, the central nervous system is a furnace in the cellar which regulates the warming of all the rooms, the registers of which are supposed to be in proper order. Now, for some cause the registers in a portion of the house are closed, the heat from the furnace makes its way into others in a greatly increased volume ; and further, if in any one of the rooms the register is broken and the flow of heat is permitted abnormally, it escapes here in a far greater extent than in any other, heating this room in an unnatural way ; thus imitating in a way the inflammatory condition which results from exposure to cold.

Now if the central nervous organization which governs heat-production and nutrition is disturbed or upset in having this process of nutrition shut off, or arrested, in one portion of the body, the back of the neck or the feet, we can easily see how the central nervous force which governs it, be-

ing the same as before, must exercise the same amount of energy as before. That energy must be sent out through some one of its channels. If arrested in one part it goes out with increased intensity to another. Inflammation, practically, is simply an exaggerated condition of health. In other words, in inflammation the normal processes of health go on, but with greatly increased intensity. And so we see how the draft of air on the back of the head or a chilling of the feet, hampering or arresting the processes of nutrition and heat-production in the portion of the body thus exposed, and thereby tending to an increase of the nutritive processes of heat production in some other portion of the body, may result in an attack of bronchitis or cold in the head, [which is simply a local inflammation].

HOW DO WE TAKE COLD.

We do not take cold ordinarily from a draft of cold air,—there must be something else. We do not take cold if the cold air strikes a portion of the body which is not accustomed to be protected. We may face a blast of cold wind from the north at a temperature many degrees below zero with impunity, for, as we have said, it is not a low temperature that causes a cold. But we cannot sit with our back to a draft with the temperature at 40° without incurring great risk of contracting a cold, providing there is sufficient moisture in the air to chill the skin ; and this is a practical point in this question which we learn from experience, that the most dangerous draft is one not at a low temperature, but one in the neighborhood of 33° or 45°, and one in which the atmosphere is laden with moisture. Our limbs may be frozen off without giving us a cold, but if we get our feet damp we are very liable to cold. Experience teaches us that the greatest danger is met with in a draft of air of a moderately low temperature and containing moisture. The action of air in motion is to arrest or hamper for the time being, the nutritive processes which are going on in that portion of the body which is exposed, or, in