

gans are robbed of so much of this *vis nervosa* that belongs to them, that they are only capable of digesting light food. The effects of carking care have been recognised by writers since the dawn of literature. Lean, hungry men have been regarded as the type of the keen brain-worker, including the conspirator; while the rubicund visage of the well-fed man has ever been looked upon as indicative of an easy mind. Such generalizations are broad and true, but they admit of closer examination in the light of the present day. We all know the influence of mental emotion on the digestive process. A sudden outburst of nervous energy is sufficient to completely arrest for a time the secretion of the natural digesting fluids; and the effects of this sudden emotion may never be fully recovered from. But these bad results to digestion come not only from violent emotion or severe mental work; they may spring from moderate mental work, too persistently followed. The work while it lasts is not too great, but the time during which the labour is continued is out of all proportion to the general strength of the individual. One will tell you that he can digest small quantities of food, but cannot take a full meal. How much meaning there is in this statement! It means that after the amount of nervous energy required for the other duties of the day has been consumed, there is only a little left, and that little can only carry on the processes needed in digesting a small quantity of food, and although it is all that can be taken, it is not all that is needed. The blood is improperly supplied with nutritious constituents, and this poor blood, supplying the brain, leads to further weakness.

If these derangements of digestion be of great importance, of still greater moment are the changes and derangements that occur in connection with

the heart and circulating organs. This organ, being bereft of much of its nerve supply, does its work fitfully. In common language we may apply to this condition the term "broken heart." The organ is broken in power. If anyone will take a moment to think of the position of this organ in the system, he will readily see that no part of the body is so liable to wear out as the heart. When every other part of the body rests, it keeps on in perpetual movement. Whenever an increased effort is required, the heart is called upon to do extra work. It has to beat with greater force, and repeat these beats at shorter intervals. But it is a muscle; and, as such, it requires rest. But the continual whirl and bustle so characteristic of the age, are apt to beget an excitability in the conduct of the most serious that is incompatible with true quietude. The state of continued nerve tension is likely sooner or later to play heavily on this organ. A man laughs and he feels his pulse throb; he enjoys pleasant company, and again he realizes that his heart is on full swing. After times of excitement there are periods of depression. There is a sensation of vacuum or want in the chest, a "sinking," or an "emptiness." The truth is, it is really both. A certain degree of excitement is necessary for good brain work; but this continued tension cannot exist unless there be a reserve fund of nerve energy, which is not required for the immediate supply of the organism. A person who has not this reserve is constantly on the verge of a collapse; and that collapse will be sure to come should he be suddenly called upon to endure severe fatigue. The heart is a long-suffering organ; but once it has been roused into rebellion it will not bear with high handed measures. When I look around me, and see the men who are steadily holding their own, accomplishing huge quantities of work, yet