

that, paradoxical as it may appear, disease and *Vivis medicatrix natura* are one and the same thing, for disease is only remedial action.

We all are aware that catharsis is often produced by fear. Soldier's fright just before a battle, and student's before an examination, are familiar examples, showing the wonderful effect fear and suggestion has on the mind, how it operates on the muscles, causing them to relax, etc. Often a piece of bad news is succeeded by severe sickness; and continued anxiety or worry will cause loss of appetite, indigestion, and diarrhoea, thus deranging visceral action, as well as the whole process of nutrition. On the other hand, the physiological benefits of emotional pleasures are still more manifest. Every power, both bodily and mental, is increased by good spirits, and every medical man knows there is no such tonic as happiness.

An emetic taken into the stomach produces secretions most freely from the glands of that organ, from the mucous membrane of the lungs, the glands of the mouth and tongue; it robs them of the moisture which is continually accumulating upon the stomach, and thus vomiting is produced. The very same principle takes place when cathartics are administered, only the action is downwards instead of the reverse or upwards. Let us suppose, for example, while eating strawberries and cream you tell a sensitive lady that she has swallowed a worm or fly; she instantly stops eating, turns pale, and in a minute begins to vomit freely. How is this, when neither has been swallowed? Don't you see the vomiting principle is in the brain. She really believed that she had taken into her stomach what was stated; she kept her mind steadily fixed intently upon it; her mind threw the electro-nervous force from the brain to the stomach, which caused it to collapse and this produced the vomiting. Now the vomiting in this case and in the case of the emetic, was occasioned by one and the same thing, and that is the electro-nervous force. The only difference in the two cases is, that the emetic called it from the brain by a physical impression, and the mind forced it from the brain by a mental impression. Riding in a swing, the motion on a vessel, riding in a closed carriage, a fall or a blow on the head will frequently cause vomiting. Thus disease itself being a remedial action, it is simply an effort of nature to expel impurities from the organic domain, and to overcome the effect of their presence. It is a process of purification and reparation. It is nature, the constitution, or the living system at war with morbid agents and abnormal conditions. And this process should be aided and assisted not suppressed nor subdued; and for this supreme purpose nature requires not poisons but rest, sleep, water, air food, light, etc., each adapted to the circumstances under which she is laboring. Some