into three parts, the fatty portion, the albuminous and sugary, and the indigestible material. From this condition comes the entire making up of the body of life. The fluids pass into the system by way of ducts, constituting bones, cartilages, ligaments, cysts, muscles, sacs or bags, tubes, glands, nerves, adipose or fatty matter, membranes, etc. This is accomplished, by little villous points which project from the mucous membrane that take up the aliment, to be by them conveyed to the thoracic, which ascends along the spine. It is then emptied into the great horizontal vein on the left side of the neck. It is here the sugary and albuminous parts are surrendered to the veins, to be by them carried to the liver. The liver, kidneys, lungs and skin are all constantly employed in taking from and carrying off the poisonous, dead, effete matter of the human system.

### THE HEART SENDS THE BLOOD

out through the arteries into the extremes of the system and to the surface, where the blood vessels terminate in the smallest possible tubes. In this circle it leaves its vitalizing influences and returns through the veins to the heart for redistribution. This returning venous blood is dark and poisonous, and needs to be cleansed, purified and revivified. The liver should receive a large portion of this poison, and from it secrete bile, which is Nature's cathartic and an antiseptic and solvent. The kidneys should separate the surplus water, thus preserving a uniform temperature and removing those poisons having nitrogen in them. The lungs should take from the blood carbon and impart oxygen, through contact with the atmosphere. The remainder of these poisons should pass off through the pores of the skin and the natural outlets of the body.

### THE SPLEEN.

The spleen is like a sponge, and is susceptible of great expansion and contraction, without injury; it is, indeed, like the air chamber of a fire engine, which serves as a cushion for the water to press against, accomodating itself to the amount of pressure brought against it, and securing a steady unremitting flow or stream. The blood passes through the spleen. The heart is a double acting force pump, forcing the blood out through the arteries into the veins. When the blood is natural and the mind free from excitement, and the body from disease, the machinery moves smoothly and beautifully, with regular and uniform pulsattions, and without undue pressure upon any of the vessels or organs of circulation. But let the mind be suddenly brought under exciting or depressing influences, such as anger, grief, joy, or fear, and how quickly the heart responds, either by almost ceasing to beat, or by jumping, as it were, into increased vitality and strong vigorous throbs, with the blood seeming almost ready to break through some of its restraining barriers, under the great pressure. Right here comes the office of the spleen. It expands easily and readily under the pressure (like the air-chamber in the force-pump) till the crisis is passed without harm, when it gradually comes back to its natural condition as the exciting causes give way.

In fever the same results follow, the fever being the exciting cause. When malarial, the blood is thick with poison, and the heart finds great difficulty in performing its work, especially in the extremities,