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normal nature will do her work infallibly correct, if she is not interfered with by *abnormal conditions*.

As proof that nature will do her work effectually, when not excessively taxed, we have only to note her efforts in her three other outlets for the elimination and excretion of impurities from the circulation, in addition to the intestinal means of escape, namely, the *kidneys*, the *pores* of the skin, and the *breath*.

When excretion is defective through the chief channel of the body for keeping the organism pure and healthy, notice how soon the urine is unduly loaded with offensive and poisonous excretions in the effort of nature to find the next best means of eliminating the waste and deleterious refuse of the organization.

Next, the pores of the skin are brought into requisition by our faithful friend, *nature*, to help forward this work and assist the kidneys; and last, but by no means least, our incessant respiration is always at work, night and day, in this effectual process of aiding in the elimination and excretion of effete and poisonous matter from the system.

Not only the carbonic acid exhaled from the lungs at every breath, but the vapory fluid thus expired at the same time, is loaded with deadly poison to the system if it should be retained even for a single hour.

The distinguished Prof. Browne-Sequard, of Paris, has recently proved the truth of what I have been stating by condensing these exhalations of vapor from the lungs of a person of average health, and after concentration he has demonstrated their poisonous character on different animals,—a single drop injected under the skin of a rabbit producing immediate death.

This poison, as well as the poisonous matter with which the perspiration and the urine are charged, is excreted solely from the circulating vital fluids of the organism which those fluids absorb from only one possible source, namely, the effete and putrid contents of the intestinal