

blood to the gastric glands, and consequently promotes in a remarkable degree the digestive process. While conversation calculated to arouse the irate passions or create gloomy desponding thought, depresses the force of the more susceptible centres, and thus diminishing the supply of blood, retards digestion, or if the feeling be intense, may absolutely suspend the process. Volitional impulses also exercise great influence over digestion. Gentle, pleasant physical exercise exalts the dynamic force, and consequently increasing the supply of blood, accelerates digestion: while violent exertion, requiring volitional impulses sufficiently strong to influence the ganglia through their motor roots, proternaturally exalts ganglionic force, which contracts the capillaries and consequently retards the digestion. So a strong impulse of the will directed to the third nerve, to contract the internal rectus for turning the eye inwards, exalts lenticular power through its short root, and thereby increasing the *vis nervosa* of the short ciliary, contracts the irian vessels and diminishes the size of the pupil.

In natural recuperative sleep the *neurometer* indicates a depressed state of the cerebro-spinal nervous force, as the pupil is invariably slightly contracted, hence the general inactivity of organic functions, digestion is retarded, respiration and circulation slower, renal function diminished, bowels torpid, and temperature diminished from 1° to 3° .

Experience concurs with science in proving the efficacy of condiments in assisting digestion. A few weeks ago we had the pleasure of listening to an interesting lecture, when the learned professor thought he made a capital hit at the votaries of "No. 6," by portraying the effects of treating the conjunctiva to a dose of pepper, as it is a mucous membrane as well as the lining of the stomach, but the witty professor neglected carrying out the comparison, by giving the effects of treating the eye to crumbs of bread, salt, or any ingesta which is grateful to the stomach. Pepper is unquestionably an exaltant, but, as a therapeutic agent, cannot be used in sufficient quantity to take effect on the ganglionic centres, without producing extensive irritation of the *prima vie*, and thereby inducing great, if not fatal depression. The same objection may be urged against tartarized antimony, arsenic and corrosive sublimate. A glass of dilute