

**Table 1. Physiological effects of SNS and PSNS stimulation**

| Target organ (effector) | Effect of sympathetic stimulation  | Effect of parasympathetic stimulation                         |
|-------------------------|--|---|
| Eyes                    | Dilates pupil, relaxes ciliary muscle                                      | Constricts pupil, contracts ciliary muscle                    |
| Salivary glands         | Inhibits saliva secretion  | Stimulates saliva secretion                                   |
| Lungs                   | Dilates bronchioles  | Constricts bronchioles  |
| Heart                   | Increases heart rate   | Decreases heart rate  |
| Stomach/intestinal wall | Decreases motility   | Increases motility  |
| Digestive system glands | Decreases secretion of digestive enzymes and insulin                       | Increases secretion of digestive enzymes and insulin          |
| Bladder                 | Delays emptying, relaxes detrusor muscle, constricts sphincter             | Empties bladder, contracts detrusor muscle, relaxes sphincter |
| Blood vessels           | Peripheral vasoconstriction, muscle vasodilation, increases blood pressure | No effect   |
| Liver                   | Converts glycogen to glucose and releases into the blood                   | No effect   |
| Sweat gland             | Secretes sweat   | No known effect   |
| Adrenal gland           | Secretes adrenaline  | No known effect   |

SNS = sympathetic nervous system; PSNS = parasympathetic nervous system.  
 Source: Bayram-Weston (2020).

# System Effects

**Ensheng Dong**



**System Effects:**

## Decoding **System Effects**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**System Effects**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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