

THE OUNCE OF PREVENTION.

UNDER the above heading the New York *World*, of Feb. 10th, contains an editorial, of which the following are a few extracts:

"Physicians and unprofessional men of sense agree that if people would take a little of the pains to prevent disease that they do to have it cured, that the civilized world would be much less like a vast hospital than it is now. . . . But the idea of a regular and stated physical examination, even of persons who are apparently well, is an excellent one. The approaches of pulmonary complaints, kidney troubles, and many of the other ills that flesh is heir to, are so insidious as not to be apparent to their victim. In nothing is it truer than in disease that 'an ounce of prevention is worth a pound of cure.'"

There is a great deal of wisdom in what the *World* remarks. Individuals, as a rule, do not give their physical welfare attention, and it is only when alarmed by the presence of disease itself—the consciousness of failing strength—that attention is given to such matters.

Much has been said and written in recent years concerning the extreme and oftentimes fatal danger which results from delay in the treatment of kidney diseases.

Physicians admit that they cannot control advanced disease in those organs, and it is doubtful whether they can control it in any stage without the assistance of Warner's Safe Cure, which is established as the only known means which will reliably prevent and cure this class of disease.

Besides, it has been definitely ascertained that kidney disease is the real cause of ill health in most cases where consumption, heart, brain or nervous disorders are supposed to exist, and in consequence of such belief that many fatal mistakes have been committed by our best physicians in treating such disorders, which are but the symptoms of the disease, whilst they have allowed the real disease—disease of the kidneys—to escape their notice until too late.

There is no safer or surer way by which health can be preserved and disease averted than the occasional use of Warner's Safe Cure, which will benefit the "engines of life"—the kidneys, even if they are in a normally healthy state; while the good that will result in case disease is threatened, or is already present, cannot be overestimated.

WORTH REMEMBERING.

MATTHEWS & PIERSON are the popular proprietors of the Sturtevant House, Broadway cor. 29th street, N.Y. It is one of the best in the city and a home-like, central place to stop.—*News*.

T. GRANGER STEWART, M.D., F.R.S.E., Ordinary Physician to H.M., the Queen, in Scotland, Professor of Practice of Physic in the University of Edinburgh, writes:—"The arteries are sclerosed and atheromatous in the advanced stages of the inflammatory and in the cirrhotic, but not so small in the waxy disease. In that affection the small vessels in other parts are frequently the seat of waxy degeneration." From this it will be seen that in the three forms of kidney disease classed as Bright's disease, the arteries suffer changes, and it matters not whether they undergo sclerotic, atheromatous or waxy change, they are so weakened as to endanger rupture under any increased pressure. This explains the frequency of apoplexy and paralysis, and

has clearly demonstrated that the only preventive of these disastrous ruptures of the blood vessels is the timely use of Warner's Safe Cure to keep the kidneys in a healthy condition.

THE Public Analyst of Montreal says Dyer's Quinine and Iron Wine is all it claims to be—a remedy for neuralgia, dyspepsia, and loss of appetite. Druggists keep it. W. A. Dyer & Co., Montreal.

TO THE DEAF.—A person cured of Deafness and noises in the head of 23 years' standing by a simple remedy, will send a description of it free to any person who applies to Nicholson, 177 McDougal Street, New York.

ADVICE TO MOTHERS.

MRS. WINSLOW'S SOOTHING SYRUP should always be used for children teething. It soothes the child, softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. 25c. a bottle.

THE PREMIUM PLATE.—A very large number of old subscribers are sending for the "Horse Fair." This picture, as is universally the case with premiums, was intended to stimulate new subscriptions. We have, however, arranged to accommodate present subscribers by giving the picture to all who pay to the end of 1889, and enclose 25 cents for expenses. This will give to all the average footing of new subscribers. But many send the 25 cents and forget the other part of the condition. Be kind enough to read our offer at the foot of the advertisement.

JAKEY—"Fader, what are you going to give me for a Christmas present?"

MR. OPPENHEIMER—"Shakey what a kevestion! Do you vant your fader to encourage Christianity by making Christmas presents? Halt's mau! du dummer!"—*Pictorial West*.

PROTECTIONIST—"There is no tariff on knitted brows."—*Drake's Magazine*.

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