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DISEASE AND ITS CURE—AVOID QUACKERY.

THE principles of prevention are simple enough for anyone of ordinary intelligence to carry into practice when once demonstrated and made known by scientific students of medicine, but when preventive measures have been neglected or not made use of from any cause, and disease has taken root and the body is under its influence, the bodily functions then become more complicated than ever, they are altered in character, and the most extended knowledge and much experience is required in order to not only set them right again, but to combat and remove the disease; and only a competent physician should be entrusted to deal with so complicated a structure as the human organism in a morbid state of action. The writer has witnessed terrible effects from incompetent persons—quacks, in short—meddling with this wonderful structure at such a time; effects which on a future occasion he may give in some detail as a warning to those who would permit or countenance such meddling. When one is threatened with a disease, has had a chill perhaps or feels unusually weary, one may take a hot foot, or even a general warm bath, rest, and be abstinent as regards food, but it would be the wiser course never to do more, never to take even a dose of “physic,” as pills, “salts” and the like, when one is thus threatened, except under the advise of a competent physician; as much harm is thereby sometimes done to certain organs of the body—harm which may be manifested only in after years. The following extract from advance sheets of the “Universal Health Code,” a little sixteen-page pamphlet (also to be published on cardboard), which it is to be hoped will be universally read, is well worth keeping in mind and acting upon: