

conditions, become at last irremediable, and no power on earth can undo what has been done.

For example, it may be wearisome to be warned that rheumatism will assuredly be some day the punishment of a certain neglect of the laws of health. But the day at last comes when unnecessary exposure to the causes of rheumatism brings on an attack of it. Of course the patient's friends fly for the doctor; and with zeal untempered by discretion the latter prescribes large quantities of the various preparations of potash,—the patient finally recovers—at least he and his doctor call it by this name; but a change in his constitution has infallibly taken place, and under the most favorable circumstances he is henceforth peculiarly liable to another attack. A little exposure, which before his first attack would have been attended with no bad consequences, may bring on a relapse—nay, a trifling change of weather may cause him severe pain in all his joints, and the older he gets the worse he becomes. This, remember, is the case when rheumatism terminates favorably. Suppose it terminates unfavorably, though the first attack does not kill outright; what follows? Why, that the action of the heart is impaired and permanent disease of it is set up. No medicines have any power to retard the progress of the fatal changes which will then go on; slowly at first but always surely. At last, though perhaps not for many years—years of suffering and weakness of mind—death comes. In the pathetic words of the sufferer and his friends, he has never been the same man since he had that first attack of rheumatism. Of course not; for a change then came over his body, though he knows it not, and this change goes on increasing till he finds rest in the grave. If poor, he hopes that the warm weather, the dry weather, the cold weather may do him good. If rich, he goes, full of hope, to Bath, or Harrogate, or somewhere else, where he has been told he is sure to be cured. The change perhaps does him good for a time, then slowly he sinks lower than before. Would not a little care in the first place have been better than anything that could be attempted after the victim has been seized by a