

## PREVENTION THE BEST PLAN.

THE world is growing richer in material wealth every day; and at no period in its history has there been such an addition to its wealth as there has been in the present century. A recent and most able statistician ascribes this gratifying exhibit to the increased length of life, and the higher degree of health among people,—two of the essential outgrowths of the invention and widespread distribution of machinery. Yet, despite this higher degree of health, we are from 1500 to 1800 diseases and their varying types, which afflict poor humanity, and cause most of the suffering and sorrow of the world. Go where you will,—to the frozen fields of the North, or to the sunny slopes of the South,—maladies peculiar to the climate and to existing conditions will be found exerting their evil influence; and the common-sense of the old adage—"An ounce of prevention is better than a pound of cure"—still proves its worth when applied to disease. Disease signifies absence of ease, and wherever it exists the evidence is positive that something is wrong inside of the body or outside of it. Discomfort approaches, pain is felt, and unitedly they warn us that sickness will overtake us unless we discover and prevent the possible injury. Disease leads to loss of health and is the immediate effect of the non-observance or untimely use of preventive means. Health is founded on a good constitution, and sustained by correct habits of life. It is undermined and destroyed when people, who are either partially or entirely negligent of the laws of health, become careless in their efforts to prevent disease. Some maladies from their very nature are incurable; others are removed from the system with great difficulty; but the greater number by far can be expelled by appropriate treatment, or, what is of vastly more importance, can be prevented by the observance of the ordinary rules of caution and health. Prevention, then, as a preservative means of health, takes precedence of the regular treatment of disease, in that it prohibits that which requires such treatment; and medical men of all schools are giving constantly increased attention to the solution of that most important problem, "how to prevent disease." The conclusions of the ablest among their investigators have demonstrated that the strict observance of hygienic laws, proper attention to the digestive system, and the prompt removal of any local disturbance of a painful nature, as headache, neuralgia, etc.,—are the very best preventives of disease known.

Fresh air, pure water, nourishing food and daily exercise, coupled with the proper use of ST. JACOBS OIL, the greatest pain-reliever ever known, will be recognized as additional means to prevent the encroachment or establishment of disease.

## THE RAVEN.

The raven once in snowy plumes was drest,  
 White as the whitest dove's unsullied breast,  
 Fair as the guardian of the Capitol,  
 Soft as the swan; a large and lovely fowl;  
 His tongue, his prating tongue had chang'd him quite  
 To sooty blackness from the purest white.

Addison.—"Story of Coromis."