

A universal custom that benefits every body. Aids digestion, cleanses the teeth, soothes the throat.

WRIGLEYS

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WRIGLEYS

THE FLAVOR LASTS

Portion.

said the parson, very don't spend all your

ponded John, respect makes it a strict rule, spend more than two-thirds

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nt Heals Cuts.

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AND FORGING

SMART PLANT

VILLE, ONT.

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Exp.

Fill your pipe with

Ogden's CUT PLUG

"It Satisfies"



15¢ per packet
80¢ a 1/2 lb tin

If you roll your own ask for **OGDEN'S FINE CUT** (Green label)

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

A fistula, or passage, means an opening which normally does not exist, communicating between the surface of the body and one of the internal organs.

Thus a gunshot wound that penetrated the stomach and left an open track behind it to the surface, would be a fistula of the stomach. There are also fistulas of the lachrymal ducts and salivary glands, but the commonest of all, the one that is always meant when that word "fistula" is used, is that which communicates between the bowel and the surface—strictly speaking, a fistula in ano. How this arises is not always quite clear. Sometimes an abscess forms next the back passage and either breaks or is opened by the surgeon. This is known as an ischio-rectal abscess, and very commonly leaves a fistula behind it as a legacy.

Fistulas are also rather liable to develop of their own accord in constipated. It has also been suggested that they may arise by some foreign body such as a fishbone, penetrating the bowel and setting up a track of inflammation outside it. In any case, the fistula forms and presents itself as an accomplished fact to be dealt with. Such a fistula may be of three different kinds. It may run as a narrow track from the skin around the anus and be blind otherwise. It may exist as a narrow track from the bowel and be blind toward the skin externally. Or thirdly, it may run as a narrow track from the skin externally to the bowel internally, and this is by far the commonest type—a complete fistula.

-Do not run away with the idea that

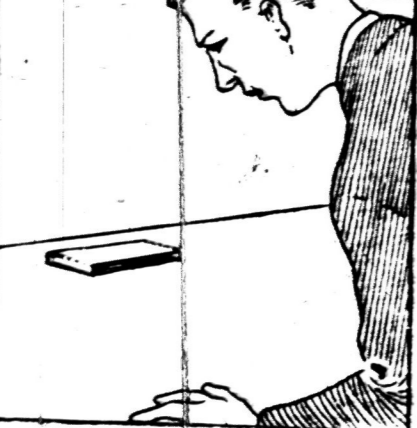
a fistula is a big thing. It is in one sense, because it always needs an operation before it can be cured. But actually, in mere size, it is a very small thing, and very difficult to find. A patient is not likely to discover it himself. But there are certain symptoms of which warning should be taken. There is generally pain in the region of it and tenderness. There may also be slight streaks of blood and pus, and there is a general sense of discomfort. Of course, these symptoms are generally set down by the patient as piles, but though piles are very common, they are not painful unless they are inflamed, and with piles there is always a lump, sometimes of considerable size, either inside or outside. What is the treatment of a fistula? Here, more than anywhere else, surgical treatment is essential. It is the only treatment. Otherwise the fistula will continue forever. No drugs and no palliative treatment are of the slightest use. An anæsthetic must be given, and the fistula laid completely open, and allowed to heal from the bottom of it. This usually means a month in bed. There is no risk attached to it, and the cure is absolute and permanent.

I lay stress on the necessity of this surgical cure because many people go on suffering pain and discomfort and ill-health indefinitely just on account of the fact that they do not have some trouble in this region properly examined, and go on and on regarding it as piles, and applying various sorts of ointments in the hope of a cure. Such "cures" will never occur. A fistula must be opened, and until it is opened the subject of it will be a semi-invalid.

EASY TRICKS

No. 40

Blow It Over



Bend a business card or a visiting card to the shape of the card in the drawing. Place it on the table and ask a friend to blow it over. As a rule he will go ahead and blow with the greatest confidence and to the smallest effect. It will seem that the harder he blows, the more determined the card will be to stick to the table, or merely to wobble.

When you try it, of course the card obliging folds over if you practice a little, so that you get the knack and can do the trick without giving away the secret. You will have a trick that is certain to puzzle.

The trick is done by blowing, not under the card but at a spot about a foot or a foot and a half in front of it. Blow almost directly down so that the current of air striking the table will be directed upward against the under part of the card and the card will behave as you want it to behave.

(Clip this out and paste it, with edge of the strip, in a scrapbook.)

The cramming of small children in our schools is undoubtedly doing an infinite amount of damage to the brains of the rising generation.—Sir Arthur F. Pesse, Bart.

BABY'S OWN TABLETS

AN EXCELLENT REMEDY

When the baby is ill—when he is constipated, has indigestion; colds; colic or simple fever or any of the other many minor ills of little ones—the mother will find Baby's Own Tablets an excellent remedy. They regulate the stomach and bowels, thus banishing the cause of most of the ills of childhood. Concerning them Mrs. E. D. Dugway, Thunder River, Que., says:—"My baby was a great sufferer from colic and cried continually. I began giving him Baby's Own Tablets and the relief was wonderful. I now always keep a supply of the Tablets in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Race.

The plaintiff, a voluble Italian, talked as fast as his knowledge of English would permit.

Locking down at the official reporter, the Italian noticed for the first time that his testimony was being reduced to writing (the reporter was trying his best to keep up), and thereupon began to talk faster than ever, until finally he burst forth:

"Don't write a so fas', I can't keep up with you."

What Was the Joke?

A young man had the misfortune to bruise his forehead. Meeting a friend, the latter said: "What a terrible bruise you have on your forehead!"

Wishing to pose as a hero, the young man replied: "Oh, next to nothing—next to nothing."

"So, now I know for certain," said his friend as he passed on.

And the bruised one wondered why the other laughed.

And Lang Syne.

It slingsh low in every heart—
We hear it each and all—
A song of those who answer not,
However we may call.
They through the silence of the breast,
We see them as of yore—
The kind, the brave, the true, the sweet,
Who walk with us no more.

'Tis hard to take the burden up
When these have laid it down;
They brightened all the joys of life,
They softened every frown;
But oh! 'tis good to think of them,
When we are troubled sore!
Thanks be to God that such have been,
Although they are no more!

More homelike seems the vast unknown
Since they have entered there;
To follow them were not so hard,
Wherever they may fare;
They cannot be where God is not—
On any sea or shore;
Whatever betides, Thy love abides—
Our God forevermore.

—John White Chadwick.

The House and the Road.

The little Road says, Go,
The little House says, Stay;
And O, it's bonny here at home,
But I must go away.

The little Road, like me,
Would seek and turn and know;
And forth I must, to learn the things
The little Road would show!

And go I must, my dears,
And journey while I may,
Though heart be sore for the little House
That had no word but Stay.

Maybe, no other way
Your child could ever know
Why a little House would have you stay,
When a little Road says, Go.

—Josephine Preston Peabody.

RHEUMATIC SUFFERERS

May Obtain Relief by Enriching the Blood Supply.

In the days of our fathers and grandfathers, rheumatism was thought to be the unavoidable penalty of middle life and old age. Almost every elderly person had rheumatism, as well as many young people. It was thought that rheumatism was the mere effect of exposure to cold and damp, and it was treated with liniments and hot applications, which sometimes gave temporary relief, but did not remove the trouble. In these days there were many cripples. Now, medical science understands that rheumatism is a disease of the blood, and that with good rich red blood any man or woman of any age can defy rheumatism. There are many elderly people who have never felt a twinge of rheumatism, and many who have conquered it by simply keeping their blood rich and pure. The blood enriching qualities of Dr. Williams' Pink Pills is becoming every year more widely known, and the more general use of these pills has robbed rheumatism of its terrors. At the first sign of poor blood, which is shown by loss of appetite, dull skin and dim eyes, protect yourself against further ravages of disease by taking Dr. Williams' Pink Pills. They have helped thousands—if you give them a fair trial they will not disappoint you.

You can get these pills through any dealer in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Interpretation in Music.

Every work of art emanates from an interesting and absorbing idea which seems to demand expression in the most artistic and complete form. Especially is this the case in music, the most intimate and the most introspective of all the arts. This magnificent art depends for its effects upon channels of its own. While the painter and the sculptor speak directly to their public through a completed work, the musician on the other hand must depend upon an artistically trained interpreter. His work is not finished when he places it upon paper. Its value may be raised or lowered depending upon the character and the training and the talent of the one who elects to perform the work. In the work of musical art there slumbers under the veil of notes and staves a sleeping beauty awaiting the magic touch of the interpreter to bring all the loveliness to life.

The interpreter must first of all be a real artist, otherwise it will be impossible for him to liberate the magical vibrations of the music. In the work of the creative musician there must naturally be more dependence upon intuition and individuality, while with the interpretive artist greater stress is laid upon the extent of his interpretive knowledge. What is of greater importance to the interpretive artist is that he shall know not merely the composer and his work, but shall comprehend the nature of the musical receptivity of the public mind for which he must perform.

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

The man who writes you an anonymous letter and signs it "a friend" is either a liar or a coward, and perhaps he is both.

Ask for Minard's and take no other.

To Boost Canada at Empire Exhibition



TO BOOST CANADA AT EMPIRE EXHIBITION

Among the many magnificent buildings nearing completion which have been erected to house the British Empire exhibits at Wembley, next year, the Canadian Pacific pavilion is particularly outstanding.

Show Me the Gates of Morning.

"Where are the large ways of the world?"

For I am tired of little paths. Oh, show me the gateways, the everlasting gateways.

And highways that do not know me. Guide me away from little things of me and mine, and ownership and greed; and, scornful, Homekeeping thrift and providence, Show me the Gates of Morning!

"Show me broad paths! other than I have known!"

Star-straw! To which in all these cabin'd years I have been stranger. Have not a tender care of my small powers, Think not anxiously of danger And unreturning hours. What if the night falls! Are there not stars to light me? Or the moon's pale lantern hung o'er sea or glen? Or, falling these, if unguessed storms should break me, What then? Would not God's kind hand reach down and take me?"

—Laura Spencer Porter.

Judgment.

"It is the judgment of your contemporaries that is most important to you; and you will find that the judgment of your contemporaries is made up alarmingly early,—it may be made up this year in a way that sometimes lasts for life and beyond. It is made up in part by persons to whom you have never spoken, by persons who in your view do not know you, and who get only a general impression of you; but always it is contemporaries whose judgment is formidable and unavoidable. Live now in the fear of that tribunal."—Charles W. Eliot.

Good All Year Egg Production.

S. W. Knife.

Now is the time to get your birds into winter quarters. They should be fully matured by this time, and to start off in the race for high egg production for the year, should have a certain amount of surplus flesh and fat. There is no particular secret in getting late Fall and Winter eggs. The essential factors are good stock, well matured (not mongrels, as they cost more to keep and pay less dividends). Hens should be confined from early in October throughout the winter in a well ventilated, dry, frequently cleaned and disinfected house, free from draughts. For each bird allow 3 1/2 to 4 sq. ft. floor space. Provide straw litter about 6 inches deep for them to exercise in. Feed grain in the litter night and morning, and above all, feed at regular times, not 7 a.m. to-day and noon to-morrow.

Laying mash should be available to the hens at all times. They never eat too much of it. Feed greens, mangles, cabbage, etc., daily, if possible.

Remove any sick birds at once. Keep drinking vessels clean. Gather your eggs often and market them before they get old. And you will soon have the pleasure in seeing your profits come in.

Advertising pays for itself provided the goods are right. A "dud" article never lasts.—Sir Harold Mackintosh.

It is not absolutely necessary that an education should be crowded into a few years of school life. The best educated people are those who are always learning, always absorbing knowledge from every possible source and at every opportunity.

Familiar Naivete.

Bernard Baruch, the noted financier, said at a luncheon in Washington. "Germany's declaration that she is too poor to pay her war reparations is—well, it's a little naive. It reminds me of the drafted man."

"A drafted man told the army doctor that he couldn't serve."

"Why not?" the army doctor inquired.

"Short-sighted," said the drafted man.

"Prove it," said the doctor, "Show me."

"Well, do you see that nail up there in the ceiling, doc?" said the drafted man.

"Yes, said the doctor.

"I don't," said the drafted man."

Keep Minard's Liniment in the house.

All Must Work.

Bulgaria has a compulsory labor law which provides that all persons of both sexes, namely, men of 20 or over and girls of 16 or over, shall be liable to compulsory labor services, lasting a total of twelve months in the case of men and six months for girls.

Neptune completes its revolution around the sun in 165 years.

MURINE

NIGHT & MORNING EYE

KEEP YOUR EYES CLEAN CLEAR AND HEALTHY

MADE FOR PALE EYE CARE BOOK, MURINE ON CALCIFEROL

America's Pince-Nez Dog Remedies

DOG DISEASES

How to Feed and Mated Free to any Address by the Author

H. CLAY GLOVER CO., Inc. 129 West 24th Street New York, U.S.A.

BABIES LOVE

MRS. WINSLOW'S SYRUP

Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every label.

At All Druggists



ECZEMA ON BODY IN PIMPLES

Itching Intense. Could Not Sleep. Cuticura Heals.

"Eczema broke out on my body in small pimples with white heads. At first there were just a few small spots but it quickly spread, causing intense itching and discomfort. My clothing seemed to aggravate the breaking out, and I could not sleep well at night. A friend gave me a sample of Cuticura Soap and Ointment and after using them I got relief so purchased more, and after using one cake of Soap and one box of Ointment I was healed." (Signed) Miss Maybelle Erett, Pullman, Wash.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Sample Book Free by Mail. Address: "Cuticura, Dept. 500, P.O. Box 51, W. B. Stearns," Sold every where. Receipts, Ointment 25 cents, Soap 10 cents, Talcum 5 cents. Cuticura Soap always without soap.

Classified Advertisements

ADVERTISING RATES

ADVERTISING RATES

ADVERTISING RATES

Jays of Nature.

It's joy to see a rippling field of wheat,
A brown brook slipping 'neath the broad highway.
Young birches all a-quiver on a steep,
A meadow that is filled with blossoms gay.

A tangled berry vine the old wall knows,
The monarch oak that lifts great branches high
Whose leaves in silhouette stand splendid out
Against a radiant reach of summer sky.

And I am glad that nature offers all
Who have the seeing eyes, her treasures rare.
A bird's clear song, a tender budding spray,
Can sudden make my life seem sweet and fair.

—Allx Thorn.

It is half-made bargains that make trouble.
Make your agreements complete in every point and then write them down.

If you have ceased to smile, you have lost out in the game of life, no matter what your bank account may be.

BOILS!

Minard's kills the inflammation, disinfects and relieves.

MINARD'S

"KING OF PAIN"

LINIMENT

ASPIRIN

Say "Bayer" and Insist!

BAYER

Genuine

Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians over twenty-three years for

Colds Headache
Toothache Lumbago
Earache Rheumatism
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

WOMEN FROM FORTY TO FIFTY

Will be Interested in Mrs. Thompson's Recovery by Use of Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"Lydia E. Pinkham's Vegetable Compound has done me good in every way. I was very weak and run-down and had certain troubles that women of my age are likely to have. I did not like to go to the doctor so I took the Vegetable Compound and am still taking it right along. I recommend it to my friends and to any one I know who is not feeling well."—Mrs. Thompson, 303 Lizzie St., Winnipeg, Man.

When women who are between the ages of forty-five and fifty-five are beset with such annoying symptoms as nervousness, irritability, melancholia and heat flashes, which produce headaches, dizziness, or a sense of suffocation, they should take Lydia E. Pinkham's Vegetable Compound. It is especially adapted to help women through this crisis. It is prepared from roots and herbs and contains no harmful drugs or narcotics.

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

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