[...]DS BEHIND THE [...]ERWAYS PROJECT

Every stewpan needs Bovril

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 [illegible] which normally does not exist, communicating between the surface of the body and one of the internal [illegible].

[illegible] a gunshot wound that penetrated the stomach and left an open [illegible] behind it to the surface, would [be a fis]tula 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 [one] which communicates between the [bowel an]d the surface—strictly speaking fistula in ano. How this arises [is not] always quite clear. Sometimes [an abs]cess forms next the back passage and either breaks or is opened by [the sur]geon. This is known as an [ischio]rectal abscess, and very commonly leaves a fistula behind it as a [leg]acy.

[F]istulas are also rather liable to [develop] of their own accord in consumptives. It has also been suggested that they may arise by some foreign [body, s]uch as a fishbone, penetrating the bowel and setting up a track of [inf]lammation 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 [bowel] and be blind otherwise. It may [run] 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 general 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 paliative treatment are of the slightest use. An anaesthetic must be given, and the fistula laid completely open, and allowed to heal from the bottom of it. This usually mean 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 "cure" will never occur. A fistula must be opened, and until it is opened the subject of it will be a semi-invalid.

Auld Lang Syne.

[Ringeth] low in every heart,
[We] hear it each and all—
[A song] of those who answer not,
[Howe]ver we may call.
[They th]rong the silence of the breast,
[We se]e them as of yore—
[The ki]nd, the brave, the true, the sweet,
[Who] walk with us no more.

[']Tis hard to take the burden up
[When th]ese have laid it down;
[They b]rightened all the joys of life,
[They s]oftened every frown;
[But oh, 't]is good to think of them,
[When] we are troubled sore!
[Thank]s be to God that such have been,
[Altho]ugh they are no more!

[More ho]melike seems the vast unknown
[Since] they have entered there;
[To follow] them were not so hard,
[Wh]erever they may fare;
[They] cannot be where God is not—
[On] any sea or shore;
[Whate]'er betides, Thy love abides—
[Ou]r God forevermore.

—John White Chadwick.

Neptune completes its revolution [aroun]d the sun in 165 years.

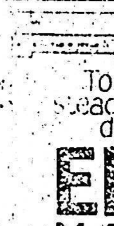
Classified Advertisements

FEMALE HELP WANTED.

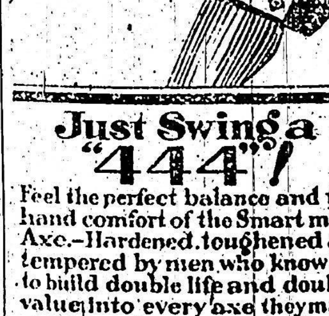
[LADIE]S WANTED TO DO PLAIN AND LIGHT [se]wing at home, whole or spare time; good [pay]; sent any distance, charges paid. Send [for] particulars. National Manufacturing Co., [illegible]

[SILVE]R FOXES: NOTES FROM MY DIARY. [Nine] years' experience ranching. [3]5 cents. Dr. Randall, Truro, Nova Scotia.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
H. CLAY GLOVER CO., Inc.
129 West 24th Street
New York, U.S.A.



To supply the steadily increasing demand for EDDY'S MATCHES Eddy's make 120 MILLION matches a day



Just Swing a "444"!
Feel the perfect balance and the hand comfort of the Smart made Axe.—Hardened, toughened and tempered by men who know how to build double life and double value into every axe they make
ASK YOUR HARDWARE MAN FOR A "444"
Single Bit—Double Bit
Any Shape—Any Weight
CANADA FOUNDRIES & FORGINGS LIMITED
JAMES SMART PLANT
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 speaks 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.

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.

Does Not Fear Publicity.

When Lord Dunsany presided recently over the Shakespeare dinner of a certain London literary club, it was recalled by one of the speakers that Dunsany used to be a bit shy of this kind of publicity. "You don't call this public?" Dunsany retorted. "You ought to have seen our trenches under Messines Ridge. That's the most public place I have even been in. We were in a valley. The Germans were on a hill. They could see down to our boot tops. I am six feet four. Our trenches were only six feet deep. I shall never fear publicity again."

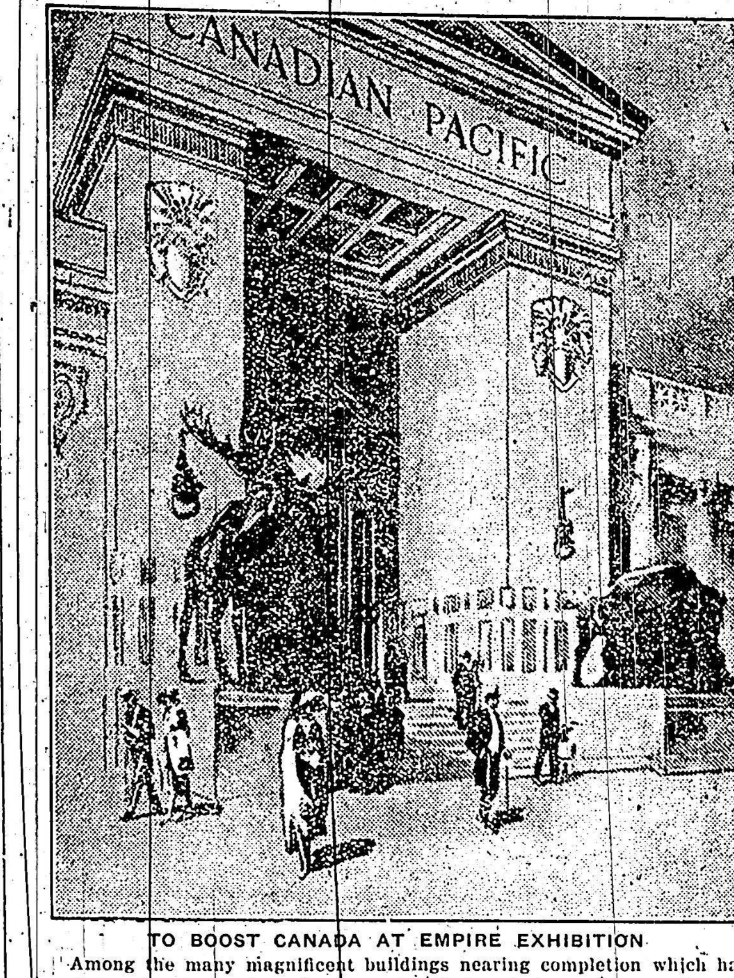
All Must Work.

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.

Keep Minard's Liniment in the house.

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.

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 Wembly, next year, the Canadian Pacific pavilion is particularly outstanding.

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 mere 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.

Losing Population from the Timber Zones.

By Robson Black, Manager Canadian Forestry Association.

At the present time every voice is raised and every ambition strained to win new population. New population costs. Immigration is expensive salesmanship. While every conservationist wants to see new settlers brought to Canada, his sense of proportion makes him ask why we cannot spend at least a couple of extra dollars to block the emigration of Canadian families driven out of the forest areas by the plague of human-set forest fires. District after district has been abandoned, whole counties have decreased in population, railway lines have lost the bulk of local traffic, towns have been boarded up, and for the sole reason that a forest resource which should have been perpetual has been swept off the ledger of Canadian assets by the recklessness of Canadian citizens.

Whose fault is it that the forests of Canada run down hill? We as citizens own 85 per cent. of the forest lands of the Dominion and are directly and personally responsible for what is done with the only crop that can grow on these our lands. Every civilized country on earth looks to the state with its self-perpetuating life, its providential relationship to its people, to look after the forest properties which, unlike wheat or potatoes, require as much as a century to mature. The state is the obvious and only efficient custodian of the rights of future generations in a very slow growing but utterly essential national resource.

Before an intelligent and helpful interest on the part of the public can bring about a measure of complete forest protection we will have to jettison two or three fetishes, all of which are predominantly false and yet fix themselves upon succeeding generations. One of these fetishes is that the forest resources have been "given away" or otherwise alienated. They never were and are not to-day. All but fifteen per cent. of the timbered acres of Ontario are under the control of the Ontario Government as concerns measures of conservation. The right to cut timber is leased on ten million acres and the remainder of eighty million acres is still held by the Crown. What is the meaning of a lease to an operating company? That 42,000 workmen in Ontario shall be allowed to draw a regular week's pay, and that 36 million dollars shall be allowed to circulate as wages each year and that 123 millions received for forest products in Ontario shall be enjoyed by every business interest and every workman in the province. The so-called timber baron cuts down logs worth five dollars. Out of that he hands over $4.50 as wages and for materials and the remaining fifty cents he splits between interest on his investment and taxes to the Ontario Government, aggregating $4,400,000 a year. Strangely enough we visualize the motor car industry as the "life blood" of Oshawa and Walkerville and a dozen other towns, and the "meal ticket" of thousands of workmen, and at the next instant discuss the lumber business as the sinecure of a quartet of "barons" into whose purse pour untold millions wrung from a wretched peasantry driven to build two-car garages with high price boards. More men have left the lumber industry in the last ten years than have entered it, and most who moved out were not financial gainers for their experience.

You ask what is to be done to give Canada a permanent forest, and the immediate and only comprehensive answer is Keep out the fires. We citizens burn ten times the trees that the lumbermen have cut, and since the earliest days of Canadian history have put a torch to 600,000 square miles, as against about 100,000 square miles utilized by all the lumbermen from coast to coast.

Please let us lay off the cry for tree planting to produce timber until we look into a much more inviting proposition. An acre of human-made plantation of spruce is a lovely sight. How few of us know that there is in Canada a plantation of just 50 million densely packed acres of young forests set out by Nature without human contrivance or expense. They lie in patches from coast to coast. That 50 million acres is richer than all the gold mines for its gold grows and repeats into endless generations. All that plantation asks is that fire be kept out. If that is done that young growth will be able, under careful management, to meet all Canada's needs for the future and provide a great surplus for export.

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."

BABY'S OWN TABLETS AN EXCELLENT REMEDY

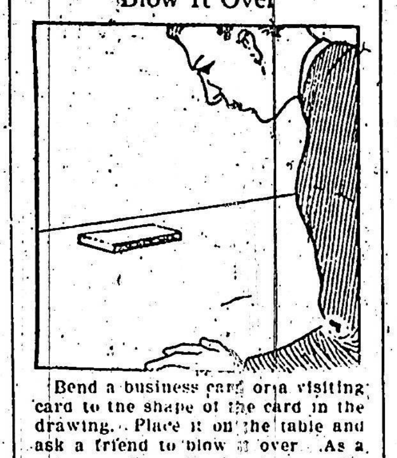
When the baby is ill—when he is constipated, has indigestion; colds; colic or simple fever or any of the other many minor ills of little ones—the mother will find Baby's Own Tablets an excellent remedy. They regulate the stomach and bowels, thus banishing the cause of most of the ills of childhood. Concerning them Mrs. E. D. Duguay, 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.

Self.

No matter how unfavorable your environment or your present outlook, cling to your highest vision of yourself. Don't be afraid to believe in your power to be what you long to be, for he can who thinks he can. Trust yourself; grasp every opportunity for self-development, and you will uncover possibilities, get hold of resources in the great within of yourself that perhaps you do not now even dream you possess.—O. S. Marden.

Minard's Liniment Heals Cuts.

EASY TRICKS
No. 49
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 slide.

When you try it, of course, the card obliging flops 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 other of the series, in a scrapbook.)

My Hour.

In the great play, that's never done
I have my part, a splendid one.

No one can take this part from me,
'Twas cast at my nativity.

What if I die and drift away?
What if I weep? 'Tis in the play.

I might have owned no garden sweet,
No grass to cool my burning feet.

I might have lived a lampless one,
Who lit no candle at the sun.

And so I'll play the part I'm given,
And for my hour than earth and Heaven.

—Morley Roberts.

Song.

Out of the black,
The bars;
Out of the cup,
The stars;
Out of the east,
The sun;
Into the west—
All's done.

Out of the travail
Rest;
Out of the fears
Confessed,
Hope, like a spark
That grew—
Hope in the thought
Of you!

—Maurice Morris.

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 3½ 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.

Joys 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.

—Alix Thorn.

BOILS! Minard's kills the inflammation, disinfects and relieves.
MINARD'S "KING OF PAIN" LINIMENT

ISSUE No. 42—'23.

Fill your pipe with Ogden's CUT PLUG "It Satisfies"
15¢ per packet
80¢ a ½ lb. tin
If you roll your own ask for OGDEN'S FINE CUT (Green label)

Show Me the Gates of Morning.

Where are the large ways of the world?
For I am tired of little paths. O, [illegible] show me
The gateways, the everlasting gateways,
And highways that do not know me, [illegible]
Guide me away from little things [illegible] me and mine,
And ownership and greed; and, scorning
Homekeeping thrift and providence,
Show me the Gates of Morning!

"Show me broad paths! other than [illegible] have known,
Star-strown!
To which in all these cabined years
I have been stranger.
Have not a tender care of my [illegible] powers,
Think not anxiously of danger
And unreturning hours.
What if the night falls! Are there stars to light me?
Or the moon's pale lantern hung [illegible] sea or glen?
Or, failing these, if unguessed [illegible] should break me,
What then?
Would not God's kind hand [illegible] down and take me?"

—Laura Spencer Port[illegible]

A Race.

The plaintiff, a voluble Italian, [illegible] ed as fast as his knowledge of Eng[lish] would permit.

Looking down at the official reporter, the Italian noticed, for the [first] time that his testimony was being [re]duced to writing (the reporter [was] trying his best to keep up), and [there]upon began to talk faster than [ever] until finally he burst forth:

"Don't whit-a so fas'; I can'ta [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 [noth]ing—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.

MONEY ORDERS.

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

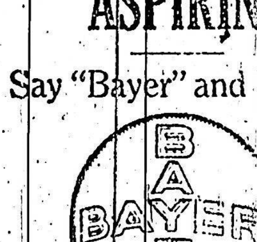
It is half-made bargains that [make] trouble. Make your agreements [com]plete in every point and then [write them] down.

Minard's Liniment for Dandruff.

Advertising pays for itself [pro]vided the goods are right. A "dud" [ad] never lasts.—Sir Harold Mack[illegible]

ASPIRIN

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product [prov]ed 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."

Judgment.

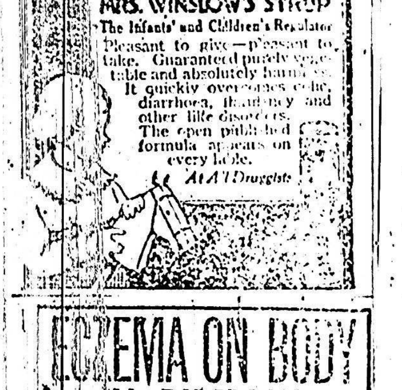
"It is the judgment of your contemporaries that is most important to you, and you will find that the judgment of your contemporaries is made up amazingly early. It may be made up this year in a way that sometimes lasts for life and beyond. It is made up in part by persons to whom you have never spoken, by persons who, in turn, you 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.

Ask for Minard's and take no other.

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

Murine NIGHT & MORNING & KEEP YOUR EYES CLEAN CLEAR AND HEALTHY

BABIES LOVE MRS. WINSLOW'S SYRUP
The Infants' and Children's Regulator
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 [illegible] Brett, Pullman, W[ash].

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

[illegible] Cuticura Soap shaves without mug.

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. [illegible] Thompson, [illegible], 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."