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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 consumptives. 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 anaesthetic 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 "cure" will never occur. A fistula must be opened, and until it is opened the subject of it will be a semi-invalid.

The Art of Living.

The art of living is the art of keeping your poise, your peace of mind, your serenity in the midst of confusion; in keeping efficient and happy in an uncongenial environment.

Your ideal is found not in ideal conditions, but in the hurly-burly of everyday life. It is found in your daily work, or nowhere. The ideal life is generally built up in the midst of lack of ideals.

If you wait for what people call

MURINE
NIGHT & MORNING
KEEP YOUR EYES
CLEAN CLEAR AND HEALTHY

BABIES LOVE
MRS. WINSLOW'S SYRUP
The Infants' and Children's Sweetener
Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless.
It quickly overcomes colic, diarrhoea, flatulency and other like disorders.
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"ideal conditions," you will never get anywhere, because no such conditions exist on this earth. The only ideal you will find is in yourself; you make your own ideal. If you are ever to realize it, you must fashion it yourself; work it out in the daily routine of your own environment.

Timely Thoughts.

Genius does nothing without reason. Music may be termed the universal language of mankind.

Music has, like society, its laws of propriety and etiquette.

What is genius else than a priestly power revealing God to the human soul.

Music is never stationary; successive forms and styles are only like so many resting places on the road to the ideal.

A sympathetic recognition is assured to everyone who concentrates his art to the divine service of a conviction of a consciousness.

MONEY ORDERS.

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

Charles Dickens said: "No one is useless in the world who lightens the burden of it for any one else."

Take time as it comes, people for what they are worth, and money for what it will buy.—Henry D. Thoreau

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.

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.

Identified.

The Wheatons had amassed a vast fortune and risen from obscurity to an enviable position in society. The daughters of the household, however, had never been able to "polish" mother to their exacting ideas, and often her remarks were a trial to their otherwise blissful existence.

One evening they were entertaining a party of friends, and conversation turned to music. Mrs. Wheaton strove to remember the name of a certain composer.

"I can't remember it to save my life," she remarked, after meditating deeply for a few moments, "and it was at my tongue's end a moment ago. As near as I can come to it, his name is Doorknob."

The girls looked aghast, and one of them said, quietly:

"You are mistaken, mother; there is no composer whose name sounds anything like doorknob."

Then, wishing to make up for her mother's deficient knowledge on the subject, she said:

"I will go over a few names: Beethoven, Mendelssohn, Wagner, Haydn, Handel—"

"That's it!" interrupted mother. "It's Handel. I knew it was something you seized with your hands."

Keep Minard's Liniment in the house.

To get the most out of the coming year, we must put the most into it.—James Freeman Clarke.

The soul refuses all limits. It affirms in man always an optimism, never a pessimism.—Emerson.

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.)

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Itching Intense. Could Not Sleep. Cuticura Heals.

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"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 Brett, Pullman, Wash.

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SILVER FOXES—NOTES FROM MY DIARY (Booklet). Nine years' experience ready. Price, 25 cents. Dr. Randall, Truro, Nova Scotia.

Debt.

Someone has said that if all the tears that have been shed on account of debt could be gathered into one place they would form a Niagara Falls.

Who could ever estimate the heartaches, the sufferings, the premature deaths caused by debt!

Debt is the killer of ambition, the blighter of hopes and prospects, the murderer of love, the cause of unhappy homes, the monster that makes life, intended to be beautiful and full of promise, a hell upon earth for millions of men and women and for countless little children.

It is impossible to expect decent homecraft from people who have to live under a pall of smoke.—Dr. Harold Scurfield.

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Minard's kills the inflammation, disinfects and relieves.

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"KING OF PAIN"
LINIMENT

ASPIRIN

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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

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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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