# Help the Bowels When They Need It - Don't Delay

Don't wait till you-need a violent physic, for harsh physic always harms. Take one Cascaret as soon as you need it. Take another later if necessary.

Carry a box always with you. Give the bowels a little help while a little is sufficient.

Thus it is easy to keep the bowels regular. And that means keeping well.

You can't take salts or pill cathartics in that way, for they are injurious. They irritate the stomach and bowels. When oft repeated, that is disas-

Nearly all dyspepsia—all constipation—is caused by that sort of physic.

It is wicked to thus abuse the stomach and bowels.' Gentleness is just as

Cascarets act naturally. There is no griping or pain. They are vegetable. Take one whenever you need it. They're as harmless as food.

Cascarets are candy tablets. They are sold by all druggists, but never in bulk. Be sure to get the genuine, with CCC on every tablet. The box is marked like this:



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This Wonderland to Be Kapt For the Enjoyment of Who Go to it in

The directors of the British South Africa Co, are now taking steps to have the wonderland of the Zambesi canyon reserved from settlement or from proprietary rights of any kind, so that it may be kept for the enjoyment of visitors from all over world. It will be a long time before this belt of country can all be made accessible to tourists, because it is extremely rugged. But the upper part of the great gorge just below Victoria falls may be opened without much difficulty, and it will soon be an additional attraction for the tourists who are visiting Victoria falls in larger

umbers every year. It is known on the Zambesi as the Batoka gorge. The Zambesi, the fourth largest river in Africa, flows smoothly along, a mile in width, until in a twinkling, without even preliminary ruffling of the waters, it pours over the brink and drops 400 feet. Nature furnishes few spectacles so co lossal as the drop of this river into the abyss below. Turists are traveling thousands of miles to see the sight. Then the Zambosi flows out through the Batoka gorge. The milewide river is now only from 100 to 200 feet across. Above its foaming surface rise the black walls of the chasm, has dug for itself. No one knows the depth of the pent-up waters, but it is at least 500 feet in the more contracted parts of the channel. river drops 400 feet in one leap before it enters the gorge, it drops 1,100 feet more in the gorge. It is a torrent lashed to fury for about 50 miles. The walls of the canyon reverberate with the roar of the rushing flood, and in places where the onflow is broken by cataracts the vegetation that roots in the chinks of the walls

is drenched with spray. The falls were discovered two generations ago, but until last year no one had any idea of the length of the gorge that carries the Zambesi to the quiet reaches of its lower course. It has been estimated at from 30 to

It was partly explored several years ago by Mr. Sykes, of the British South Africa Co., but his report is not yet published; and the reason the gorge has not been entirely revealed before of explorers have been far to the north or south of it. Mr. Sykes, Mr. Lamplough and one or two others have now seen the gorge at frequent intervals along its entire length, thouht there are parts of it that no one has seen. A good general idea of the whole canyon has been obtained.

A peculiarity of this rock-bound gorge is its extremely tortuous course. itself, turns sharply at right angles and zigzags in most intricate fashon. This trench was dug by the Zambesi, and wherever it came to a soft-er bit of rock the flood attacked it, and thus it was continually changing its course to follow the line of least

The explorers toiling along the top of the wall have often been baffled by the abrupt turns in the river. They have seen it glistening far be-low them and then suddenly it has seemed to plunge into a tangle of rock and disappear. The native report that in places the Zambesi flows beed upon, these apparent disappearances of the river. It is in these sinuosities that the scenery of the gorge attains its greatest diversity and in-terest. after quitting the Norwood's side, her lights suddenly vanished, and the

At Niagara the ride on the cars crew came to the conclusion that she along the side of the gorge is regard- had foundered. ed as one of the finest experiences at the great falls of America. But the Niagara gorge is, after all, a small thing in comparison with the canyon of the Zambesi.

### WESTMINSTER ABBEY.

Interesting Historical Museum to Be

most interesting historical museums board the steamer Evangeline, which, in the world will soon be opened in singular to say, was also damaged London. It will be situated in the during the passage through collision Norman crypt of Westminster Abbey, with an iceberg. Though her fore and the exhibits will consist of old peak filled with water, the vessel was waxen effigies of kings and queens, able to reach port in safety. fragments of ancient stone pillars and ornaments, and other curios discovered in the Abbey. For some time past the classification of all the historical relies of the Abbey has been under discussion, and the Dean and Chapter are now taking steps towards having this work done. Electric light is to be installed in the Norman crypt, and all the exhibits of the new museum will be numbered and duly catalogued. It has not yet been decided shall or shall not be free, but it is probable that a charge of sixpence will be made. There are many more interesting relics in out-of-the-way parts of the Abbey, which the casual visitor very rarely sees. Perhaps the most striking exhibits will be the waxen effigies. Although these figures are on view to the public, very few They are exceptionally valuable, as the faces are absolutely true to life. King Charles II., the Duchess of Buckingham, and Queen Elizabeth in interesting models. The famous bronze-gilt effigy of Queen Eleanor, wrought by William Sorell, "goldsmith and citizen," at a date anterior to 1300, is also a much-valued relic.

English Battleships. Apropos of the cost of Admiral Evans' world trip it is interesting to note the official figures respecting the

costs John Bull exactly \$1,157,500 a Richard's captivity. year. This estimate has been arrived after allowing for interest, depreciation of capital, pay of officers and crew, repairs and other necessary The yearly cost of a torpedo boat effect a prompt and permanent cure. destroyer is \$87,500 and of a first Their action is mild and natural.

WORK WILL BE PLENTIFUL

So Says Ald Moore, Famous English Astrologer.

Astrological predictions in Old Moore's Almanac for June are as fol-"Predictions, Disastrous Dates, and Warnings .- Astrological map, Lunation occurs in the first house, in good

aspect to Jupiter and Saturn.
"Work will be plentiful and peo ple's minds will be for work; even the azy and won't-workers will breathe the early part of the month there wil be agitation in legal circles, owing to the lack of trade in their profession, the number of known and unpublished defaulting and ascending solicitors having made for arbitration in disputes, and business men's employment as trustees and conveyancers.

"Will they, like their medical brotherhood, fight for work in newspaper columns, with banker's reference, like other business professions? "Indian affairs will loom largely this month, the educated natives look

ing for more status in their civil service of the middle and upper classes. This will be opposed by the military administration as a possible state danger. There will be a set-back to Canadian prosperity, for, like all booms, it has been overdone, and many land speculators will come to grief, for it will be under a cloud for two years. Railway building will, however, still flourish, but leave derelict settlements behind for a time. All high-class securities will rise in value, and much investment business will flow to the Stock Exchange. Russia will again come to the front rank, and move in ine with other nations politically. "In the mid-month there will be boat fatality of an appalling nature, in which women and children will

suffer greatly from two elements. In the United States of America there will be a very large movement among women to wear short skirts and high boots, starting among theatricals. It will permeate, through its comfort convenience and utility, into the whole of society, eventually reaching Britain and the European continent.

A Society for Mercy to Animals will plant a motor at the foot of all steep hills in large cities to help heavy loads, but overloading must be pre

### ENCOUNTER WITH ICEBERGS.

40 miles in length, but it is now Thrilling Story of the Sea as Told by found to be about 55 miles long.

Crew of the Steamer Norwood. Crew of the Steamer Norwood.

A thrilling story of the sea has been told by three members of the crew of the West Hartlepool steamship Norwood, who have arrived at their homes in South Shields. Carrying a crew of 24 hands, and laden with general car-14 for Sydney, Cape Breton. Nin days later, a number of icebergs came in view, and subsequently drifts of ice were encountered. The navigation of the steamer was naturally rendered exceedingly difficult under the circumstances, but every precaution was adopted, and the vessel proceeded at a slow speed in order to eyade these dangerous obstacles. When nearing Miquelon Island on April 26, an enorthe steamer's starboard bow, which was stove in, and the force of the blew also started the rivets in the

watertight bulkhead. The position of the Norwood afterwards became very precarious, and efforts were made to reach Miquelon Island with the object of beaching the vessel. About 10 o'clock at night the crisis arrived, the deeks of the ship at that period being continually flood-ed with water. As nothing further could be done to save the vessel, it was decided to abandon her, and the crew accordingly embarked in two lifeboats which had been kept in readi-

During the night the shipwrecked men suffered greatly from cold and rough, and heavy gales of snow took around all night to keep up his cirplace. When day broke, however, they sighted a fishing schooner named Howard Young, and they were as quickly as possible taken on board the vessel, which landed them at Grand Bank, Newfoundland. The What is likely to prove one of the three Shields men came home on

> The Union Jack Club. the first annual meeting of the Union Jack Club, said he was very glad to be able to report its great success. The opening by the King and Queen was prophetic of the success which had followed it. The total number of the club from July 2 of last year to May 17 was as follows: Sailors. 20,695; marines, 4,215; and soldiers, 26,066. The club was equally popular with both services, and the condition of the finances was very satisfactory. They had suffered, and would suffer, from lack of accommodation, but they hoped that the extension of the premises would be possible very soon. Representatives of the services expressed their sense of the benefits which the club conferred, and spoke in terms of praise of its working. The

A Curious Tradition. The late Lord St. Levan was the ground landlord of Devonport, and entertained lavishly at St. Michael's Mount. This place has been in the possession of the St. Aubyns since the second century, and portions of the building date to the 14th century. The views from the windows are fine,

annual report was adopted.

De not despair of curing your sick tracted "grouch" on her husband's headache when you can easily obtain Carter's Little Liver Pills. They will

Why should not a village support | court. as many churches as it does saloons?

RACE RIOT IN VANCOUVER.

All Claims Settled at Cost to Country

"I think the people will be glad that we have reached the last phase of the riot. I hope some good will come of it; that at least it shall help us understand each other better.

Commissioner King, recently, thus closely two weeks' Chinese claims enquiry, his third investigation within nine months, all growing out of the riot in September.

The commissioner and counsel for the Chinese spoke of the valuable assistance rendered by Mr. McEvoy, as also by the presence at the enquiry of Mr. King, representing the Chinese embassy in London, Owyank King, vice consul at San Francisco and Mr. Moy of Portland, with whom he had had many private conferences.

"It is impossible in an enquiry like this," concluded the commissioner, "to avoid asking many questions, some of which might seem to be im pertinent and appear to relate to the private affairs of the business of the claimants. But I feel sure that all realize these have not been prompted

by any spirit of curiosity. "Perhaps the highest compliment that can be paid to the Chinese is to say that after careful examination of their business methods and their economic and social conditions, they have on the whole increased my apprecia tion of their character.

The first enquiry growing out of the riot was that into claims of the Japanese, who were awarded nearly \$8,000. The second was that in the following month, November, into the cause of the oriental influx. Had the Chinese Government had a resident consul in the Dominion the claims of the Chinese would have been investigated at a much earlier date. Rumor has it that Owyang King will be the first Chinese consul in Canada and that he will be stationed at Vancouver.

Claims of the Chinese total nearly \$28,000. The amount they will be awarded will likely be in the neigh-borhood of \$25,000. That will make the cost of the riot by injury to business and property of orientals \$33,000. The damage to property owned by white citizens has never been estimated, no claim having ever been made against the city for compensation. Making a fair estimate for this and including the amount paid out by the orientals for firearms, which Commissioner King disallowed, both in the claims of the Japanese and Chinese, together with cost of three investigations and printing of official reports, the five-hour riot probably cost \$50,000.

### GRENFELL'S HARD FIGHT

go, the vessel left Glasgow on April Blown to Sea on Ice Floe-Killed Four

News of an adventure which nearly cost Dr. Grenfell his life has just

Late in April the intrepid missionary set out alone to cross the Fish roads, bound to Belvue to amputate a man's leg. He had with him a team of eight dogs and komatik, with his gun and a case of surgical instruments. He was lightly clad, as the weather was fine when he started. To avoid the obstacles of land travel Dr. Grenfell proceeded over the ice on the shore, when the wind changed and blew off the land. It became a

gale, and the ice parted from the For hours the devoted missionary to greatest speed, in the hope of effecting a landing on some jutting point on the shore before the ice would clear it. But in this he was

All night the wind continued to increase in fury. When darkness set

land and going rapidly farther.

To make matters worse, the dogs were accidentally driven into a bad spot, and the doctor lost his gun, surhe saved the komtik and the dogs. exposure through the wintry weather, He could not keep still, for fear of which prevailed. The sea was very freezing, and had to keep running

Hunger became so pressing that the doctor decided to kill some of the dogs. Without his gun the doctor was forced to stun the dogs with a stick and then despatch them with a knife In this way he killed four of the ani-

After feeding the four remaining dogs and himself, and having succeeded in skinning the animals, he wrapped himself in the much needed cov-

Both Dr. Grenfell's hands were frost-bitten, and how he lived through the 40 hours until he was rescued he Col. Sir Edward Ward, presiding at hardly knows. When daylight-dawned he was 10 miles from land. George Reid on the shore descried

a man and does on the ice-and resened the doctor, who was exhausted, and probably could not have survived

Panther Shooting-Out West. One of the most interesting forms of sport on Vancouver Island is panther shooting. A number of these animals have been killed of late, and the skins have provided fine teophies. Not only that, but the sum of \$15 collected from the Government as a bounty proved quite Incrative. One of the most recent kills reported is that of Mr. Chisholm of Duncans, who shot one about five miles from the town. He reports that the number of bears, wolves and panthers in that district seems to be increasing.

While on his recent trip to the north end of the Island, F. M. Kelly of Victoria, killed two fine cougars, the skins of which he took home with him. He killed them along shore on the north arm of Quatsino Sound,

Art Old Burying Ground. There has just been discovered at the house standing high and looking Swanmore, near Bishop's Waltham, on to the sea. In the chapel is a stone an old burying ground with an inter-lantern known as St. Michael's Chair, esting history. The burying ground and tradition says that the husband was the property of the Society of or wife who first obtains a seat in Friends, but had long been disused According to a statement issued this chair will gain the upper hand in and forgotten until a short time ago, from the British Admiralty a first-domestic affairs. The military asso- when some old manuscripts which ciations of the place go back to King | were in possession of the Southampton meeting were being examined, and the title deeds to the ground were found.

An average wife can forgive a pro part if he is only agreeable when she has her folks to dinner.

tramp's pocket," said a witness at

### THE FARMER'S FRIEND.

Squire Watkins of York County remarked the other day that his conscience bothered him a little when he thought of the way, went for those bicycle fellows a fe w years ago." "Now he added, consider the bicycle the farmers' best friend-I wouldn't be without one-It saves the horses a mighty heap of work."



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