

## How to Exercise the Bowels

Your intestines are lined inside with millions of little suckers, that draw the nutrition out of food as it passes them. But, if the food passes too slowly, it stays before it gets through. Then the little suckers draw Poison from it instead of Nutrition.

This Poison makes a Gas that injures your system more than the food should have nourished it.

You see, the food is Nourishment or Poison, just according to how long it stays in transit.

They do not waste any precious fluid of the Bowels, as Cathartics do.

They do not relax the Intestines by greasing them inside like Castor Oil or Glycerine.

They simply stimulate the Bowel Muscles to do their work naturally, comfortably, and nutritiously.

And, the Exercise these Bowel Muscles are thus forced to take, makes them stronger for the future, just as Exercise makes your arm stronger.



The usual remedy for this delayed passage (called Constipation) is to take a big dose of Castor Oil.

This merely makes slippery the passage for unloading the current cargo.

It does not help the Cause of delay a trifle.

This is why the dose of Cascarets can be lessened from time to time as you take them, instead of increased as with all Cathartics.

Cascarets are as safe to use constantly as they are pleasant to take.

It does slacken the Bowel-Muscles more than ever, and thus weakens them for their next task.

They are purposely put up like candy, so you must eat them slowly and let them go down gradually with the saliva, which is in itself, a fine, natural Digestive.

Another remedy is to take a strong Cathartic, like Salts, Calomel, Jalap, Phosphates of Sodium, Apertient Water, or any of these mixed.

They are put up purposely in thin, flat, round-cornered, Enamel boxes, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble.

What does the Cathartic do?

It merely flushes-out the Bowels with a waste of Digestive Juice, set flowing into the Intestines through the tiny suckers.

Because the time to take a Cascaret is not only when you are Sick, but when you first suspect you need one. Price 10c a box.

But, the Digestive Juice we waste in doing this today is needed for tomorrow's natural Digestion. We cannot afford to lose it.

Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "C.C.C."

That's why Cascarets are the only safe medicine for the bowels.

A sample and the famous booklet, "Course of Constipation," Free for the asking. Address Sterling Remedy Company, Chicago or New York.

### QUAKE SCARE AT HONOLULU

Severe Vibrations Cause Panic Among the Inhabitants.

Chicago, April 20.—A cablegram from Honolulu says: For six minutes yesterday earthquake vibrations, which were evidently the result of seismic disorders, were felt throughout the city. While earthquakes are by no means infrequent in the islands, that of yesterday was much severer than any which has occurred in recent years. It caused the buildings in the business district to sway to and fro and in the residential districts some of the less strongly constructed buildings were partly demolished.

The disturbances by the vibrations caused the water in the harbor to rise and fall and a great many of the tidal waves might sweep over the city.

The shake-up had the effect of creating almost a panic among the inhabitants, who feared a catastrophe similar to that which destroyed San Francisco. Crowds rushed into the streets and endeavored to make their way out of the business district as soon as possible, preferring to take their chances in the sugar plantations in the open.

A considerable force of marines was quickly landed from the men of war in the harbor. These, with the assistance of local police, were able to restore order shortly and within an hour after the vibrations had ceased and conditions had become normal again, business was everywhere resumed.

### RAILWAY PAYS DAMAGES.

Altho Victim Disregarded Lowered Gates, Consent Judgment Entered.

A. Mrs. Catling met her death in a tragic circumstance at Barrie. Altho the gates at the railway crossing were down, Mrs. Catling did not wait. She saw a train coming from one direction, and stepped out of the way, but she did not notice an engine that was shunting in another direction, and was killed.

Her husband, William Frederick Catling, took action against the Grand Trunk, and while the fact that the deceased did not wait until the gates were clearly announced to contribute to negligence on her part, Judge Anglin in single court yesterday, gave judgment by consent for \$400 and \$100 costs, and \$10 to the official guardian. One-third of the \$400 is to be paid to plaintiff, and two-thirds to be paid to the court to the credit of an infant child, and paid out to him on attaining the age of 21.

### A Practical Endorsement.

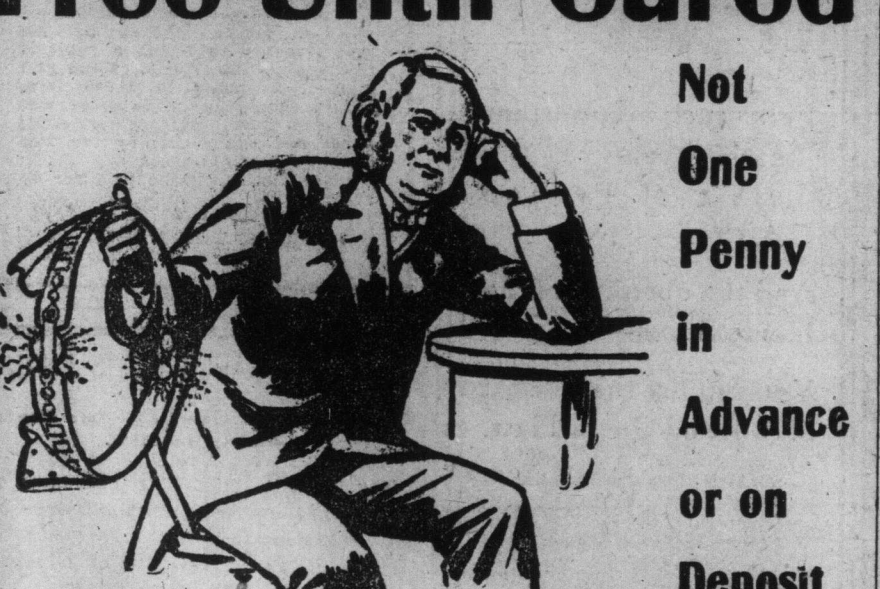
The Northern Electric and Manufacturing Co., who have recently completed one of the largest and best equipped manufacturing plants in Montreal, ordered seventy-nine Chapman Double Ball Bearings sixteen months ago, for their cabinet shop. They showed great substantial savings in power, lubrication and attention that they have recently ordered one hundred and forty more for the shafting in their new shops.

The Chapman Double Ball Bearings are now installed in about 400 of the leading Canadian factories.

### \$0 is the Cost.

Of round trip from Suspension Bridge to New York via Lehigh Valley Railroad on Friday, April 27. Tickets good to return within ten days. Through cars. Particulars at 10 East King-street.

## Free Until Cured



Not One Penny in Advance or on Deposit

Forty years ago, when I first discarded drugs and devoted my whole attention to the study of Electricity, I could not afford to do business on to-day's basis, but I have so perfected my Electric Appliances, and the knowledge I have gained from all these years of experience and research is so great, that I will now give my world-famed Dr. Sanden Electric Belt, with Electric Suspensory, to any man who suffers from Nervous Debility, Varicose, Losses, Rheumatism, Lamé Back, Stomach, Liver and Kidney Troubles, absolutely

### FREE UNTIL CURED

I don't ask you to pay or deposit one cent until I convince you. Simply call or write for a Belt and wear it for two months, and if cured, pay me the usual price—in many cases not over \$5.00. If not cured, return the Belt, and that ends the matter. If you prefer to pay cash, I give you the usual wholesale discount. Be sure you get the genuine. My great success has brought forth many imitators, and I must caution the public against their worthless, blistering imitations.

Call to-day and take a Belt along, or write for one and my two valuable books on Electricity and its medical uses. Sent, sealed, free by mail.

**DR. A. B. SANDEN, 140 YONGE STREET**  
TORONTO, ONTARIO.  
Office Hours: 9 to 6; Saturdays until 9 p.m.  
DINEEN BUILDING, ENTRANCE 6 TEMPERANCE-STREET.

## SAME LOCAL OPTION TERM WILL CONTINUE AT 3 YEARS

### Other Slight Amendments to Liquor Act Were Announced Yesterday.

Amendments to the Ontario government's Liquor License Act brought out in consideration of the measure in committee in the legislature yesterday, showed that the pressure used by both the temperance and liquor interests has had some results.

A concession to the former was shown in the changing of the local option term from two years back to the old period of three years. This was expected. Mr. Hanna intimated previously that reverting to the old order of things would be seriously considered. The provincial secretary did not enter into any explanation, and the amendment was accepted without comment. The elimination of some penalty clauses, and the providing that all cancellations of hotel licenses would follow upon three convictions in three years, not two years, as first set forth, were points yielded to the liquor interest.

The debate of the afternoon centred around the proviso for local option voting, but the government held its position firmly.

Hon. Mr. Hanna, in first taking up the act, explained that the definition of a tavern was enlarged, and every regulation must be published in The Ontario Gazette.

Mr. MacKay thought in the case of a bartender removing to another city his license should go with him.

There was pointed out an amendment allowing employment of extra bartenders for cases of emergency, but limiting the time to two days in a month.

### In Force Jan. 1, 1907.

It was stated that the bill would not come into effect in respect to determining population by the last enumeration or assessors till Jan. 1, 1907.

On the section referring to license duties being reached a new division was inserted. Towns having a population of less than 5000, and more than 2000, will pay a license fee of \$500.

Towns having population of 2000 or less will pay \$250, while the same fee applies to incorporated villages.

It was pointed out in the large cities the shop license was less than the tavern license, while in villages the reverse was the case.

Mr. Graham said he had been informed that some of the municipalities would receive less money under the new scale of duties, but Mr. Hanna pointed out that the next section would cure that, the power being given municipalities to increase the duties.

There will be no change with regard to the sale of liquor to guests at hotels. The clauses in the new act were struck out, and the old act stands.

The first four penalty clauses were struck out. Mr. Hanna explained that when the section was drawn it was intended to bring in the consolidated liquor act, but the session had been drafted it would be held over.

The government takes the power to issue wholesale licenses, but not in local option municipalities.

Regarding the cancellation of licenses after three convictions in two years, this is made to read three years. This section providing that a conviction since May 1, 1905, shall be counted as one of the convictions was struck out.

### Hamilton Grievance.

Mr. Casselman objects on behalf of Hamilton's liquor shopkeepers to their being asked to pay the same license fee of \$700 as hotel proprietors. Their chambers will be a great deal less, and great he contended, and suggested \$500 fee. Mr. Hanna said the proposition was an entirely new one, but was willing to have it considered later.

Mr. MacKay argued that in small places liquor shop licenses were too high by comparison, and Dr. Lackner agreed they were in the case of incorporated villages. He thought liquor dealers shouldn't be in fairness to competitors be allowed to carry other lines, such as groceries.

Mr. Gurney took a critical view of the taking away from municipalities of control over the traffic. He didn't know whether the step was a right one, but agreed that it was proper for unorganized districts.

Dr. Lackner claimed that the treatment of Berlin in closing it is a city and calling for a \$500 license for hotels and shops was "quite unfair." He claimed Berlin should be classed as a town.

### Claimed Minority Rule.

The local option section brought out a lively tilt. Mr. Ross, seconded by his lieutenant, A. G. MacKay, and the latter got up to protest against the three-fifths requirement. It was minority rule—a mechanical application of the law at the expense of logic. He went on to say that forty-one men could prevent the law going into force against fifty-nine men, and after it was brought into effect forty-one men against fifty-nine could prevent it being repealed.

The premier interrupted to say that there was just as good a reason for the settled expression of public opinion should not be disturbed after the passing of the act as before it.

Mr. Hanna quoted British authority for the 60 per cent. provision. It was not the minority ruling, the majority. The securing of 60 per cent. of the polled vote for a bylaw usually meant 35 per cent. of the possible vote. On the first Ontario plebiscite 62 1/2 per cent. of the polled vote was given in its favor. On the Dominion plebiscite 57 per cent. was in favor, and on the referendum there was a favorable vote of 68 per cent. He argued that before such a change is brought about there should be an unmistakable sentiment in favor of the measure.

Mr. MacKay asked if the three-fifths majority would be required where a bare majority had carried the bylaw.

Mr. Hanna said a bare majority was required in such cases.

Mr. Preston of Brant argued that local option was not on all fours with provincial or Dominion prohibition, in the Dominion the proposal was to force prohibition on a large section of the people who are stoutly opposed to it. He made the point that if local option has been found to be inoperative a bare majority should be sufficient to repeal it. There was not a state in the Union where more than a majority was required.

Mr. Hanna replied that the temperance people of Nova Scotia "equaled more than a bare majority to repeal prohibition. There the situation was reversed, the whole province being under prohibition, the municipalities having the option of going back to licenses. In Halifax a three-fifths vote was necessary to carry local option, and in the

## rest of the province two-thirds.

Mr. Hielop of Huron said in Nova Scotia temperance sentiment was not so far advanced as in Ontario.

"Why, Nova Scotia is under prohibition," suggested Mr. Downey and others.

"That doesn't affect my argument," observed Mr. Hielop and laughed.

Mr. Hielop claimed that if a simple majority vote was wrong, a three-fifths majority was equally wrong. He suggested that it be optional with municipal councils to pass the bylaws prescribed by the government.

Mr. Ross asserted that the present system worked satisfactorily, and that there was no real complaint about it. He referred to the referendum taken, and to the government, which was willing to act upon it, having been followed by a government which had secured the support of many temperance people by pledging itself to restrict the operation of the traffic. Last year 106 municipalities had passed local option and 289 places had been closed, whereas under the three-fifths vote only fifty-six would have been carried, closing down 118.

"Why alter that which has been proven to be a success?" asked Mr. Ross. "Where was there any demand for it? Not a petition had been presented for it, and he thought that if the bill became law the three-fifths clause would be repealed."

Mr. Ross said that Mr. Stratton had informed him that it was easier to enforce the law in local option than in licensed communities.

"Then why didn't he do it?" asked Hanna.

### To Protect Shareholders.

On the third reading of Mr. Hoyles' bill respecting prospectuses, Mr. MacKay renewed his objection to the clause providing that all subscriptions for stock should be deemed to be induced by the prospectus.

The provincial secretary said this change had been made to protect shareholders.

Mr. MacKay also suggested that no subscription induced by verbal representations should be binding on the subscriber unless he shall have received a copy of the prospectus.

It was agreed that Mr. MacKay and the provincial secretary should get together and frame a clause to cover the point.

The following private bills were read a second time.

To incorporate the Bell Telephone Memorial Association (Preston, Brant); to confirm bylaw 640 of the Town of Saris (Mowbray); to incorporate the Port Elgin Spur Line (Bowman).

On Mr. McCowan's bill respecting cemetery companies being up for a second reading, Mr. Graham asked for information. Hon. Dr. Pyne suggested that the bill be sent to the legal committee, and this was done.

### BIG STRIKE IS MADE ON THE GEORGEY GROUP

From Manhattan News of March 17: A new strike was just reported on Georgey No. 3, one of the claims belonging to the Manhattan Nevada Gold Mines. The strike was reported on the big strong black quartz dyke which proved so rich and which traverses the entire property.

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**DRINK SCHLITZ BEER**

**DRINK WHITE ROCK WATER**

**"On Top and in the Bowel of Cheops' Pyramid"**

BY SIGMUND KRAUSZ

From the Gentleman's Magazine, May-June, 1902.

"Walking up the road which leads from Mena House to the plateau of the Desert, I noticed a small camel caravan being photographed there, with the Cheops Pyramid as a background. The animals were laden with cases, and great white blankets hanging down their sides showed in large letters the words: 'DRINK SCHLITZ BEER, the Beer that made Milwaukee famous; DRINK WHITE ROCK WATER.' I had to smile at the Yankee business spirit which knows how to get advertisement even out of the Pyramids. I was only wondering that the enterprising advertising agent had not made his legend read as follows: 'Drink Schlitz Beer, the Beer that Cheops drank.' This proves that SCHLITZ and WHITE ROCK WATER can be found everywhere, and that these beverages have a world-wide reputation."

F. X. ST. CHARLES & CO., General Agents for Canada, Montreal.  
R. K. BARKER, Room 108, 23 Scott Street, Toronto, Ont.

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**Choicest in Design.**  
**Perfect in Taste.**

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**"For Every Room in Every House."**

Ask your dealer to show you the Menzie Line Wall Papers. They are the embodiment of all that is artistic in wall decorations. Be sure you see the name on every roll.

NOT IN ANY COMBINE.

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An admirable food, with all its natural qualities intact. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

**COCOA**

The Most Nutritious and Economical.

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Write for full particulars. It is a matter of great importance to your dependants, and the information will cost you nothing.

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(Maple Leaf Label)

Three times a day, because it is pure, healthful and very nutritious

**THE COWAN CO., Limited, Toronto**

**Popular New York Service.**  
This is a delightful season to visit New York, and via Grand Trunk and Lehigh Valley Railway is the popular way. Express from Toronto at 7:35 a.m. daily, except Sunday, has through coaches to Buffalo with dining car, Buffalo to New York, and fast Express at 6:00 p.m. daily has Pullman sleeper through to New York, cafe parlor car to Buffalo.

Secure tickets and make reservations at City Ticket Office, Northwest Corner King and Yonge-streets.

**When Carnegie Comes.**  
Andrew Carnegie, who is to be the guest of the Canadian Club at McConkey's on Friday evening next, as are also Dr. Goldwin Smith, Prof. Wm. Clark and George Tate. Blackstock, K.C., will take as the subject of his address "First Words in Canada."

**Fire Destroys Hotel.**  
Petrolia, April 20.—Fire completely destroyed, at about 5 o'clock this morning, the Marthaville Hotel. Very little of the contents were saved. The building was insured for \$1000.