

ing those who suffer from alcoholic as well as opium intemperance?

A.—He says he always breaks up the drinking habit first, as alcoholic stimulants are worthless in treating or curing the opium habit.

9. Q.—Is it wise to continue the use of any single narcotic in treating opium patients?

A.—No, the treatment should be changed constantly, as relief follows more surely than when any one narcotic is used continuously.

10. Q.—What tonics are required after the habit is broken?

A.—Iron, quinine, cod-liver oil, calumba, gentian, and later, pepsin, pancreatin, etc.

11. Q.—Is an opium patient ever competent to treat himself at any stage of the cure?

A.—Never; he requires a physician, and especially a firm, patient, cheerful nurse. He should never be informed what he is taking or how much; his attention should be diverted to books, music, pictures, and pleasant conversation. He should be kept in a warm, well-ventilated room, and refrain from taking exercise until he has learned to eat and sleep well.

The Curse of Africa.

The temperance lecture to Englishmen in the Dark Continent—it runs to forty lines of small newspaper type—which so experienced a resident in Tropical Africa as Sir H. H. Johnston includes in his interesting report, is, unfortunately, only too much needed:—'The chief bane of British Central Africa (says Her Majesty's Commissioner) is that accursed spirit, whiskey. It is whiskey which is at the bottom of much of our ill-health; it is whiskey which is answerable for many of our deaths. The individual whose system is permeated with alcohol has hardly a chance.' No one acquainted with the habits of a number of the Europeans in Zambesia can be in any doubt whatever that far too much liquor is drunk, and that 'fever' is made to bear the responsibility for many deaths for which spirits are largely answerable. It is the old story from India over again: 'They eat and they drink, and they drink and they eat, and they die, and then they writes home and says the climate killed 'em.'—Westminster Gazette.'

Cigarette Smoking.

The girls in Canton have formed a League, the object of which is to break up cigarette smoking among their boy friends. In Lansing, Mich., Superintendent Laird and others made a systematic canvass of the school, and the habit of using tobacco was found to have been formed by many boys. Some of them had gone so far as to forge their parents' names in order to procure the weed. Evidence is being secured for the arrest of dealers who violate the law in selling to youths under seventeen years of age. Investigation always leads to a knowledge of violated law, but it is the old story of locking the stable a few times after the horse is stolen. No observing person can fail to know that the law in this respect is violated constantly. It is no uncommon thing in almost any town or city to see boys smoking and chewing. The ruin of the child is the price of the parents' negligence. A principal in Chicago says the sale of cigarettes to children has been steadily increasing, and that she actually discovered a boy of eleven years smoking in her office, his desire to smoke being so strong that he ran the risk of indulging even there. Superintendent Laird, of Lansing, said that he knew of instances where boys, naturally bright, had become stupid and indolent to such an extent they could not keep up in their studies, and their falling off in mental ability, he believed can be directly traced to cigarettes. This is the testimony from Maine to Georgia, and yet measures against their use in the public schools, accompanied by vigorous prosecution of the sellers, are only occasional and spasmodic. The fact is, too many superintendents and principals use the weed themselves, and will not take hold vigorously of preventive measures nor support the under teachers in doing so. The use of tobacco and intoxicating liquors ought to disqualify for the office of teacher in any grade whatever.—Union Signal.'

Correspondence

Victoria Harbor, N.S.

Dear Editor,—I live on a farm on the North Mountain; about one and a half miles from the Bay of Fundy. It is a very pleasant place in summer. There was a great deal of ice in the bay this winter, and, when the sun shone it looked very pretty.
EVA L., aged 10.

Gloucester, Ont.

Dear Editor,—I live in the county of Carleton. I had one rabbit, but it died, and so I have none now. My brother has three, and he is going to give me one. I have never tasted liquor, and never intend to.
BAYNE U., aged 9.

Mountain Dale, N.B.

Dear Editor,—I am piecing a quilt which will have 160 squares when it is finished.
ESTELLA E., aged 12.

St. John, N.B.

Dear Editor,—I live in St. John, near the Park. There is a lake in the Park. We skate there in winter, and go out rowing in summer.
BERTON M. C., aged 8.

South Durham.

Dear Editor,—I live in a small village about sixty-six miles east of Montreal. There are about forty-five dwelling houses, five stores, three blacksmith shops, a creamery, and a hotel, also one of the largest gravel-pits in the Eastern Townships. It has always supplied ballast for the G. T. R. from Montreal to Sherbrooke. We have a good model school, with two teachers. We have had several entertainments in our school, and have bought a nice library with the proceeds. I go to Sunday-school with my brother and two little sisters. My mother commenced taking the 'Messenger' when it was first published.
JEAN, aged 11.

McLellan's Brook, N.S.

Dear Editor,—We have taken the 'Messenger' for a long time, and now do not think we could do without it. I am going to tell you about a cave that is not far from where I live. It is at the foot of a little hill, and by stooping you can enter the dark retreat. It is on an average six feet wide, and about one hundred feet in length; but there are other passages that have never been explored. When you go in you have to crawl along a ledge. It looks as if it were cut out with the human hand; but this cannot be so. A stream of clear water flows along the floor; but it can be easily drained. There used to be a cup at the mouth, to drink with. A man named Peter Fraser used to live in this cave; but it was too damp, and he had to build a house, and then he used it for keeping apples in.
ALBERT F., aged 13.

Wallace Bay, N.S.

Dear Editor,—We are pleased to have the Sunday-school lessons in the 'Messenger.' We read one of the readings each evening, verse about, at family worship. On Sunday we have the lesson, papa, mamma, aunt Susie, my two brothers, and myself, and sometimes our cousins, who live near us, come in and help.

We enjoy reading the pieces on temperance and about tobacco, very much too. My papa never used tobacco, and we boys are none of us going to use it either, and when we get big, we will vote for prohibition.

We sent to the 'Witness' Office for 'In His Steps,' and have finished reading it. We took turns in the evening, reading it aloud. We liked it very much, and would like to read the rest of Mr. Sheldon's books. Now we are reading the 'Bonnie Brier Bush,' in the same way. My aunt Susie has taken the 'Witness' for a long time. She read the 'Bonnie Brier Bush' in it, and told us about it, and wanted us to read it, too. We liked it.

We have some beautiful pink roses although the weather has been so cold, our house plants grow and blossom nicely in the winter. We have one house rosebush, twelve years old.
H. M. P., aged 10.

Franklin, Man.

Dear Editor,—I like reading the 'Messenger' very much. We don't know who sends it to us; but we are very glad to get it. My father is a farmer. I have no pets; but there is a butcher-bird that comes, and we feed it with meat, outside on a box. As soon as we go away, he comes and eats some, and flies away with some. A little chick-a-dee flew in one day when papa opened the door, and we caught it and put it in a cage. But it was so small that it got out and flew away.
DAISY FLORENCE, aged 10.

Middle Musquodoboit, N.S.

Dear Editor,—I live in the country about thirty miles from Truro. Papa is going to pay my brother and me for splitting wood. Papa is a merchant; but I would rather live on a farm. There are two churches here and no saloons. We have about a quarter of a mile to go to school, and in the winter we have great fun wading through the snowbanks. I belong to the Band of Hope, and when I get old enough I am going to join the division of the Sons of Temperance.
HARRY W. A., aged 10.

Perth, Ont.

Dear Editor,—I have lived with my grandmother for four years. I had a sprained ankle recently, and had to stay in for five weeks. It was bandaged up pretty tight, and at times was very sore. I had to sit with my foot up on a chair, it was not very nice to have to sit still so long.
DAVID, aged 10.

Ladle Cove, Nfld.

Dear Editor,—I am a little boy nine years of age. I have no real brother or sister; but I have four half-brothers and three half-sisters. One sister lives in Montreal, and sends me your paper. I am very fond of them, and they all love me. I have never seen a city; but when I grow up I hope to see your city. We are fishers, and I think it quite nice, because Christ chose fishermen for his disciples. Father has a cod-trap, it has a door and sides and a bottom.
ARCHIE H.

Polar, Wis.

Dear Editor,—I live at Polar, in the State of Wisconsin. This is a lovely place in the summer, but very cold in winter. We have two Indian ponies. My papa is a lumberman. This isn't very much of a city, only a store and post-office, a boarding-house, and some houses that our men live in. I love to live here, though, the air is so fresh and pure; and in the spring and summer the woods are filled with flowers, and the fields with berries. I have a cousin in Milwaukee about my age, who visits me every summer, and we have lots of fun. I used to live in Canada long ago; but I like to live here best, although I like to go there visiting sometimes.
VERA W., aged 12.

Messenger Letter Writers.

We have still quite a number of 1899 letters on hand. Among those who have lately written are:—Harry C. M., Nellie, Eva May McCutcheon, Myrtle W. S., Clara Wilson, A Reader, Amelia Owens, Lorne Campbell, Devena, M. L. Hills, Vance D. Angus, Norrey W., Agnes Faulkner, Bessie A., Loyde P., Flora T., Maggie W., Edith S., Bloye Bagnley, Miller Morrow, Bessie McLean, Robert A. Brodley, Blanche B. Barnes, Ina Trott, Lena M. P., Sadie McFadyen, Harold B. R., Phoebe Emersou, Florence Matthews, Eva Friggens, Stella L. Jessie C. D., Lizzie K., Maggie Mitchell, Clara Johns, W. L. Gray, H.G.G., Allan B., Nellie F., Rose Wainman, Mabelle Fraser, Rose Williams, H. M., H. T. Weaver, Earl Coffin, Mildred MacDorman, Amy Almqvist, N.J.S., Rod Neilson, Ella Lawson, J. Alastair Forbes, Olive E. Holmes, Sybil, Robert, Edith Cains, J.H.B., Georgie E. E., Bernice V., P.W., Beulah M., Reggie McClelland, Adeline Gladys Young, May Hilton, Muriel, Gordon Blue, Mamie Sproat, Donald, Mary V. M., Cuthbert A., Marjory Hoig, Nellie, Greenleaf, N.C.O., Florrie T. Palmeter, Isa L., Mary B. M., Gordon Travis, Pearl S., Freddie N. H., Ina McMullen, C. D. Paddleford, Della, Barbara Leitch, J.M.C., Hattie Gaines, and some others.