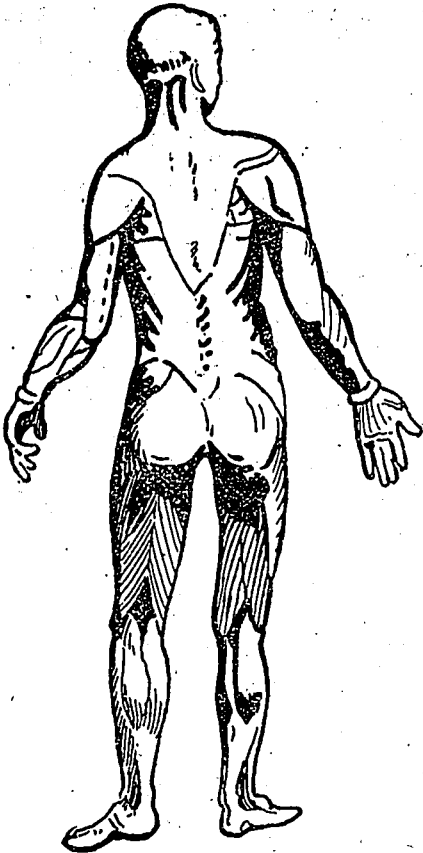


the involuntary. The muscles of the heart are involuntary, and move on whether we are awake or asleep. The muscles of the limbs are voluntary, and we move them by telegraphing from the brain to the nerves connected with the muscles.

13. Q.—How are the muscles arranged?  
A.—In pairs, so when one contracts, the other expands, and thus the bone to which they are fastened moves in either direction.



3.—THE MUSCLES OF THE BACK.

Fig. 3 shows the muscles of the back. Beneath these are many smaller ones. There are about 500 muscles in the human body.

14. Q.—Of what are the bones and muscles of our body made?

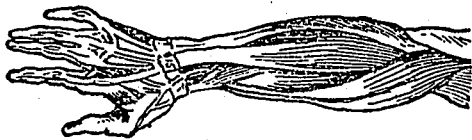
A.—They are all made from the blood. The food we eat is changed into blood by the action of the stomach, intestines, liver, etc., the heart pumps it through the body, and the air in the lungs purifies it after the body has used up the best part of it.

15. Q.—Can we have strong muscles and bones if we do not have good blood?

A.—No; if the blood is poor, the muscles are weak and flabby.

16. Q.—Do we use our muscles constantly?

A.—Yes; in speaking, writing, playing on the piano, walking, eating, or in performing any kind of work, we do it by using our muscles.



Here we have the chief muscles of the hand and arm. The muscles lace and interlace at the elbow, and in fact all about the arm. The muscles are attached to the bones by tendons or cords that have no feeling. These cords pass over the joints of the fingers. At the wrist they are bound by a strong band (15) or ligament like a bracelet, thus adding to the strength and beauty of the wrist.

17. Q.—What effect has alcohol upon the muscles?

A.—It weakens them, and makes them unable to endure continuous action.

18. Q.—What other effect has it?

A.—It deprives the muscles of their delicate fibre, making them clumsy, and less ready to respond to the will.

19. Q.—Do alcoholic liquors ever give strength?

A.—They do not. Men who train for rowing and running and other contests that require great strength, do not use liquors.

20. Q.—What do experiments show?

A.—That alcohol contains nothing capable of doing the body any good.

'Ye are God's building.'—1 Corinthians, 3d chapter, 9th verse.

## Correspondence

Gilford, N.H.

Dear Editor,—I am twelve years old, and have four brothers and one sister, she is five months old, her name is Esther. My brothers are tapping some trees now. Our school begins in two weeks. We have a term of ten weeks in the spring and in the fall. I take care of 22 hens.

E. C. S.

Pembroke Shore.

Dear Editor,—I have two pets, and a little sister, four years old, named Annie. We have great fun together in the summer. We have two trees in front of our house, I have a little Leghorn hen, its name is Polly. She lays every day. I have four sisters and one brother. I go to school, and I am in the fifth grade. I study geography, history, Health Reader, and Royal Reader, I like my teacher very much. Her name is Miss Hopkins.

L. C. A., aged 10.

Chester.

Dear Editor,—We live on a beautiful island near Chester. There are three families on the island. I have two brothers and three sisters, one only three weeks old, I think we will call her Olive. We have three cows. We got twin lambs to-day. They are so pretty. Our old cat, Joe, ran away. We are going to get a kit. We have pigs and hens, pretty birds. I am only ten years old. I can read and write and skip the rope.

L.

Young's Cove.

Dear Editor,—I am staying with grandma now, and have been with her for quite a long while. I do all the work when I am staying with her, and I can't go to school very much, for she is over eighty years old. I am in the fifth book. I got subscribers for the 'Messenger,' once, and got a Cook Book, and the Queen's Picture, they were both very nice. I have four brothers and two sisters. My father is a farmer. Our Sunday-school will commence on May 6. I will be glad when it begins. I remain,

E. S., aged 13.

Red Point, P.E.I.

Dear Editor,—I go to school in summer. It is too far to go in winter. We live about a mile and a half from school. I have two brothers and six sisters. My two oldest sisters are in Boston. My youngest sister is ten months old. My father is a farmer, he also runs a saw-mill. My father used to take the 'Messenger,' before I was born, but now it comes in my brother's name. We all enjoy reading the 'Messenger,' very much.

M. M., aged 8.

Little Bass River.

Dear Editor,—I am eleven years old, and have two brothers and one sister younger than myself. I go to school almost every day, and like it very much. I read the war news every day, and am very much interested in it, and hope our Canadian boys will soon get home again.

H. R. L.

Cloyne, Ont.

Dear Editor,—I am thirteen years old, and I live on the banks of Massena Lake. It is a beautiful lake ten miles long, with a mountain along one side three hundred and sixty-six feet high. Along the water's edge there are Indian paintings that have been there for years. They represent Indian battles which took place a hundred years ago. Some Americans started a park last summer, and papa is overseer. I have lots of fun in summer swimming. I go to school in summer, but not in winter. I live three miles from the school. I have four sisters and one brother.

W. W.

St. Catharines.

Dear Editor,—I live in the small, but very pretty city of St. Catharines. This place is known as the Garden City of Canada. It is in the County of Lincoln, of which it is the county town, in the heart of the Niagara Peninsula. It is the greatest fruit producing county in the Dominion. Such fruit as grapes, peaches, plums, pears and berries, all grow in great abundance. I belong to the First Presbyterian Sunday-school, which I attend regularly. I also belong to the Junior C. E.

M. W., aged 12.

Lowell, Mass.

Dear Editor,—I am almost eight years old. My birthday is in April. I live near the Merrimac river. There was a great freshet in the Merrimac river. I have two sisters and one brother. My father works in the Appleton mills. My brother carries news. My sister is in the next to the last room in the grammar school. I go to the Wesley Church to Sunday-school. Yours truly,

H. C.

New York.

Dear Editor,—I live in Port Richmond, Staten Island. My aunt sends me the Northern Messenger. I like it very well. This winter we only had one snowstorm, and the snow was only half a foot deep. We had little skating. Papa made us a bob-sleigh, and we could only use it once this winter. I had a white rat, I called it Snowball. My papa made it a nice little cage. I am making a pulp map. Last year I attended Sunday-school every Sunday. I attend Sunday-school, church, Christian Endeavor, and school. We do division of fractions in school.

A. C., aged 10.

Spencerville, Ont.

Dear Editor,—I go to school nearly every day, and I am in the entrance class. My teacher's name is Mr. Mars. I go to Sunday-school nearly every Sunday, and I like it very much. We get the 'Messenger,' and I like to read the letters that all the boys and girls write. Our church is built of stone, and has a large bell in it. I like to read very much, and I have read a great many books, some of which are:—'St. Elmo,' 'Westward Ho!' 'A Roving Commis'sion,' and 'No Surrender,' are books of adventure. I have three brothers and one sister. Two of my brothers and my sister are all older than me. I am thirteen years old. Yours truly,

I. A. F.

Morrowville, Kans.

Dear Editor,—I have two brothers and no sisters. I go to school, and I like my teacher. Her name is Miss Phelps. I go to Sunday-school and church. My Sunday-school teacher's name is Miss B. Leshar. I like her very much. I like to ride horse-back quite well. We have a dog named Foodle, and five cats. I belong to the M. E. Church. I joined last summer. My father is a farmer.

M. C., aged 11.

Newmarket.

Dear Editor,—I have a lovely school teacher now, she is so kind. All of the scholars like her very much. I got a lovely big Bible for Christmas, and am starting to read it through. I would advise Bertha Annie Victoria to read 'Pilgrim's Progress,' for I have read it, and find it a very interesting book. I have also read 'Uncle Tom's Cabin,' and find it to be very sad. I like reading very much.

E. C., aged 13.

Maple Ridge, Que.

Dear Editor,—My papa is a farmer. I go to school nearly every day, and am in the second book. We have about two miles to go to school. The P. P. J. Railway track runs through our farm, and last fall we got two sheep killed. My papa keeps three horses, fifteen sheep, and twenty head of cattle. My mamma is treasurer of the W. F. M. S. We have a mission band in our church and the members have taken talents this year. I took five cents and bought sugar and made taffy and now I have thirty cents. I am going to plant potatoes in the summer, and when I sell them I will give the money to missions.

R., aged 8.

## Letters Received.

Letters have also been received from:—Edna W., Eugenia Falls; Rosilla L., Trout Lake; John F. Bell, Battineau; Avon McKelvy, Jamestown; Rosella H. P., Yarmouth; Jimmie F., Liverpool; Alonzo J., Richmond; James F., Caraque; Jeannie A., Hamilton; Belle L. H., Kenilworth; Vermont Farmer Boy, Derby; Morton D., Cumberland Co.; Lila Y., Estevan; May, Broadalbane; Bessie C.; Hester E. S., Albemni; Thomas S., Battineau; A. M., Belwood; H. E. G.; Reggie W. P., Millarton; Sadie R. N., Fort Collins, Colorado; Charles E. G., Bo'ssevain; Tena R., Stanley; May Thirlwall, Duncrief.