

## A Word to the Boys.

(Mrs. G. S. Barnes in Michigan 'Advocate'.)

There sits near me, each day at the hotel table, a pleasant young gentleman. He is small and fair—looks scarcely more than a boy, but I learned incidentally that he is over twenty-four years old. Sometimes he is very pale and his breath short. One morning, when I chanced to be nearly the last one at a late breakfast, he came in looking so worn and white I was alarmed.

'I coughed so much during the night I am about worn out,' he said. 'My throat bled too,' and finding me a sympathetic listener, he continued: 'It is two years since it began; that is why I am here. I used to bleed seven or eight times a day. I've been better lately, but this cold has given me a bad set-back. Oh, I am not alarmed; my lungs are all right, the trouble is in the bronchial tubes, but the pain is hard to bear, and it isn't just pleasant to be away from home, and have to give up all my plans.'

'Do you smoke?' I asked.

He gave me a peculiar little smile. 'I stopped that the day my throat first bled, and haven't touched tobacco since. My trouble was caused by cigarettes, I haven't the least doubt of that. My friends all told me to stop from the very first, but I thought I knew it all,' and he glanced across the table at a bright boy, who blushed a little, and at once became absorbed in disposing of his delicately browned waffle.

'Your experience ought to be a warning to other boys,' I said.

'Yes,' he said, 'if they would ever learn anything from anybody.'

'I am sorry for that poor fellow,' said a friend later. 'It is a good thing he doesn't know the suffering that is probably before him. Consumption of the throat is terrible. In the last stages even a swallow of water will cause such pain it will bring the tears.'

I turned away heartsick: Oh, the cost of cigarettes!

## Beer and Dyspepsia.

Malt liquors are one of the main sources of the indigestion so common in our midst. The continued irritation of the delicate lining membrane of the stomach by the alcohol in even the mildest beers, persisted in for a lengthened period, is extremely apt to give rise to a train of dyspeptic symptoms, which tends to make many an otherwise happy life miserable. A lifetime of total abstinence would, I am persuaded, have ward-ed off two-thirds of the dyspepsia I have been called upon to confront.

The liver suffers severely in many cases in which beer has never been taken to excess. I have frequently observed considerable enlargement of the liver in persons noted for their very moderate but constant drinking, who seemed the picture of health while alive, but whose sudden and unexpected death necessitated a post-mortem inquiry.

In nursing, stouts and beers are especially pernicious. Their use has wrought untold mischief to many mothers, and undermined the tender constitutions of a vast multitude of helpless and innocent infants.

I have said nothing whatever of the damage resulting from beer-drinking to excess, or of the appalling extent of mental and moral evil inseparable from the general social use of beer. My warnings are on purely scientific and dietetic grounds, against steady, limited indulgence in such liquors as are weakening to the system, and invite gout, rheumatism, dyspepsia, and other unhealthy bodily conditions.

There is no call for us to drink beer, however moderately. We can enjoy better health without intoxicating drinks than with them. Our Creator neither implanted a longing for them, nor provided a supply of them for our use. They are not, in the true sense of the word, a food. But though they can do us little, if any, good, they may do us much harm. Many are killed by them, both for time and for eternity, and even their continued moderate use tends in the direction of loss of health, lessening of strength, and shortening of life.

Let us all, who desire to avoid gout, rheumatism, and dyspepsia, shun ale, beer, porter, stout, and all other kinds of fermented and distilled liquors.—Dr. Norman Kerr.

## Correspondence

Maple Hill, Ont.

Dear Editor,—I have not missed a school-day this year yet. There has been a house of refuge built in the county town of Bruce this last summer. It is a very large and a pretty building, about six miles from where we live.

BERTHA MAY (aged 11).

Dear Editor,—I live in a country village, and I have one sister.

SPURGEON (aged 8).

Blyth.

Dear Editor,—I have four sisters and two brothers. I live in a town of 1,100 inhabitants; it is situated on a branch of the Maitland river. I was born on the prairies in Manitoba, and I think I would like living there. I have been living here six years last December.

HENRY B. M. (aged 10).

Gowanstown.

Dear Editor,—I live on a farm about four miles from the town of Listowel. In the summer I go to Sunday-school there. I have no pets now, except a pair of rabbits. I wrote a letter to you before, but I did not see it printed. My mother took the 'Messenger' when she was a girl, and we take it yet. We have a whole year of 'Messengers,' from 1884. I got two subscribers for the 'Messenger' this year; one of them is a teacher. I was very much interested in the letter from Fred, of Listowel. I think his and mine are the only letters from the county of Perth.

For the two subscribers I sent you I got my Rodger's knife, and am much pleased with it.

WILLIE (aged 13).

Sawyerville.

Dear Editor,—I took the 'Messenger' last year, and am going to let my little brother have it this year. I have one sister and one brother.

HAROLD (aged 10).

Toronto, Ont.

Dear Editor,—I get the 'Messenger' from Cook's Church Sabbath-school, and cannot tell you how much I enjoy its splendid stories. As we live on the top of a seven-story building, we have no green grass to play on. I have a sister of eight, and a dear little brother two years old; we are very happy together. In the summer we go to grandma's in the country, and I can tell you we make good use of our time romping around in the open air. I quite agree with what Lulu S. says about signing our names to our letters.

BIRDIE J. (aged 10).

Kingsboro.

Dear Editor,—I live in a country place, about seven miles from the east end of Prince Edward Island. This is a very pretty place in summer, and many of our friends from the city come out here to spend their holidays with us. The Northumberland Strait is a short distance from our house, and it is a fine place to go bathing in summer. Although summer is so pleasant, I do not think that it is any nicer than winter, for I am sure that we can all enjoy ourselves very much in this season of the year. I have been taking this paper for a number of years, and like it very much, especially the correspondence page, which is always very interesting. There are not very many in this place who take the 'Messenger,' but I hope to get new subscribers for it soon. Enclosed you will find my renewal for another year.

BESS.

London, Ont.

Dear Editor,—My mamma reads the 'Messenger' to me. We have forty chickens and eight ducks. I go to school.

CHARLIE B. (aged 7).

Pownal, P.E.I.

Dear Editor,—I enjoy reading the 'Messenger' very much. I also enjoy reading the Boys' Page in the 'Weekly Witness.' I live seven miles from Charlottetown, and we have the highest hill on Prince Edward Island, which commands a fine view of Charlottetown harbor and the surrounding country. My grandfather has wild geese; he has been raising them this eighteen years; he also has tame geese. He had two peacocks; one died this summer, and he had it stuffed. They are handsome birds, but make an ugly noise.

NELLIE K. J.

Heathcote.

Dear Editor,—I am a little girl six years old. We have three cats. I don't go to school now, but I think I will go in the summer. My sister wrote a letter to the 'Messenger' too.

FLOSSIE.

Lower Argyle.

Dear Editor,—I have been taking the 'Messenger' for years, and enjoy reading it very much, especially the correspondence. I go to school. We have a skating pond quite close to the school-house. I have one little sister. My father keeps a hotel quite near the railway station. We see the trains go by every day.

ALFREDA B. M. (aged 8).

Dehner, Ont.

Dear Editor,—Dehner is a small village with only one store, the post-office being in that. There is one Methodist church, a very pretty cemetery, a blacksmith shop, a chopping mill and one of the prettiest brick school-houses in the county. There are two rooms and two teachers. Mr. Brown teaches the large room, where I study. He is going to give prizes to the pupils who come every day. For pets, I have a cat named Mitty, a dog named Watch, and two cows. They will follow me all over, and I often feed them corn from my hand; also a horse named Dick; I feed him apples. No matter where he is, if I hold anything for him to eat, so that he can see it, he will come right up to me. I also had several chickens, so tame, that they will eat corn from my hand. I have three brothers. The oldest is married, and has the sweetest little boy you ever saw. My youngest brother teaches school not very far away, and my other brother helps father on the farm. They work one hundred acres of land. I had seven guineas last summer, but one got drowned, three died, and after the rest were full grown, something got one, another disappeared, so I have only one left.

ELLA ALBEN H.

Chesley, Ont.

Dear Editor,—We have a very nice school, the best in the county of Bruce. There are ten rooms in it, but we are just using seven. We have great fun skating on the pond. I have three sisters and three brothers. We have a nice superintendent.

NORMAN W. (aged 9).

Shelburne, Ont.

Dear Editor,—My papa is an editor. Late-ly the 'Messenger' has been sent my brother Harry; he is very proud of it every time he gets it, and he takes great interest in reading it. We go to the Methodist Church and Sunday-school. I have a little sister aged six, and her name is Ida. Harry is eight. We have a nice cat, and when it wants anything to eat it will get right up on its hind legs.

PEARL S. (aged 10).

Maple Grove.

Dear Editor,—I read the correspondence first, and then read pages eight and nine. I was not absent one day from school last year. We live on a farm four miles from the nearest town. I visited my friends in Rockland last summer vacation, and enjoyed my visit very much.

H. L. S.

Aylmer, Que.

Dear Editor,—I live in a pretty town on the east side of the Ottawa river. We have the electric lights and the electric cars and the waterworks here. I have three brothers and two sisters. I belong to the Mission Band and the Band of Hope. I got two silver medals for attending the Band of Hope. We are going to have a concert for the Mission Band next Friday.

L. JENNIE S. (aged 13).

Queen's County, N.B.

Dear Editor,—We take the 'Messenger' and the 'Witness,' and could not get along very well without them. I live on a small farm on the bank of the Washademoak lake. I have two brothers and two sisters. In summer we have fine fun fishing and boating, and picking berries. I go to school, and like it very much. We do not have to go far to school, as the school-house is on our farm. Father keeps the post-office. During the summer I was much interested in the Spanish-American war and Uncle Sam's treatment of Cuba, and later about the English under Kitchener up the River Nile. Also about the Plebiscite. May we not hope that we will have Prohibition in our much-beloved Canada?

FREDERIC J. P. (aged 12).