wants a damaged boy, any more than he

wants damaged goods.

wants damaged goods.

'This, then, is the great point in presenting the subject. Having these cold facts to consider the boy cannot help but call his reason into judgment. His reason tells him that the habit is a foe which damages him personally and makes him a cheaper boy and a cheaper man in the community.'

'Do you notice any improvement in late years in this line?' Mr. Muller was asked.

'A very great improvement,' was the reply. 'By the American customs returns we find that the import trade has fallen off about thirty percent in the last three years. In Canada I believe there has unfortunately been no improvement, but a couple of years of organized effort will work wonders.'

'About what percentage of schoolboys are

'About what percentage of schoolboys are found smoking?'

'I am sorry to say nearly fifty percent. It is rather hard to arrive at an estimate because there are many who use the eigarette moderately who are not called habitual smokers. There never was a greater mistake for it is only a question of time till the boy who now smokes two a day, will smoke ten. All who use the weed are smokers and it is not safe to make exceptions.'
'How long has the habit been in exist-

'About twenty years, if I remember right-

'Is the cigarette of American origin?'
'No, it is of Spanish invention, and was introduced from Cuba. Is it any wonder the Spanish nation has degenerated when we consider that nearly every man and woman is a cigarette inhaler? There probably never was a nation more addicted to falsehood and

I think the Spanish war rather assisted the American people in combating the evil, by reason of the fact that nearly every young man who was rejected by the army surgeon was a cigarette smoker. It is clearly proven by prominent physicians throughout the United States that the habit is very injurious to the nerves. I suppose I am telling you nothing new, but the truth is acceptable at all times. The lungs, the heart, and the brain suffer in a greater or less degree from this deplorable evil. A large percentage of deaths from fever and blood poisoning are due to cigarette-smoking. The blood is poisoned and has lost its recuper-'I think the Spanish war rather assisted blood is poisoned and has lost its recuperating power.'

ating power."

'What method would you suggest to get the boys to give up the habit?"

'Well, in the first place, a plan that in my experience has always worked well is to distribute pledge cards among the schools in your city. These the boys take home to their parents. The question of signing, of course, is left to their own free will and reason, and in nine cases out of ten the experiment is successful. successful.

successful.

It is a grave evil and it should be the ambition of every one interested in the welfare and the health of our youth to assist them in fighting it. It is an easy matter to win over the boys if we only do it in the right way.

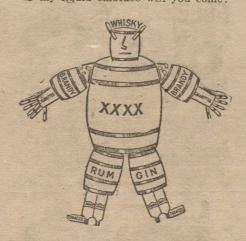
'In my experience, in dealing with children I have always found that it never pays to try to force upon them reform of habits peculiar to their age, but do it gradually in a manner that will tend to show the boy that without his manly assistance you cannot acwithout his manly assistance you cannot accomplish your purpose. You will generally find that he will come to your rescue and in a manner highly satisfactory to both.

Follow Them Up.

'A publican's son' taking part in a discussion in the 'Nottingham Daily Express' on 'The Churches and the Drink Traffic,' referring to a correspondent who suggested that every minister should take twelve of his conevery minister should take twelve of his congregation to help him in the work of regeneration, says 'That sounds all very fine, and if they could be induced to fall in with that suggestion much good would come of it, but to arrange temperance meetings with nothing but long speeches to people who are all, or nearly all, abstainers is of very little use. Now if each parson—and I make no distinction of sect—with his twelve disciples will each select their man or woman and follow them up, to the death if need be, some good—much good, I might say—would be the outcome.' If the men and women selected were not the drunkards in a mission district, but the 'pillars of the church,' who, after a long day in the city with its share of 'refreshers,' and a heavy dinner with its wine accompaniment, close the evening with the prevalent spirit drinking, there would be some heart-searching revelations that would touch the spot in regard to our degeneration as a na-

Britain's Idol.

I'm armed with 'bacca and brandy;
I stand upon gin, wine, and rum;
I'm crowned with a keg of prime whiskey.
To my liquid embrace will you come?



The Britisher's favorite idol am I Stop! Bow down and worship, ye who pass by! -'Sunday Companion.'

A Sensible Young Woman.

A young couple at Philadelphia were preparing for marriage—the day was fixed and invitations sent out. Just a week before the time the lady smelled whiskey in her lover's breath. She at once declared the engagement off, and nothing could induce her to change her mind. He brought a suit for breach of promise.

The judge instructed the jury that 'It is a woman's privilege to annul her promise of marriage if she believes, in good faith, that good reasons for so doing have arisen since she entered into the contract.' The jury considered whiskey-drinking a good reason for breaking the contract, and found for de-fendant. Wisely the brave young woman

T'd rather have to work all my life and die an old maid than marry a man who drinks whiskey.'—'Sunday Companion.'

A Drunken Herd of Swine.

Mattieu Williams used to tell how that he Mattieu Williams used to tell how that he once witnessed a display of drunkenness among three hundred pigs, which had been given a barrel of spoiled elderberry wine all at once with their swill. Their behaviour was intensely human, exhibiting all the usual manifestations of jolly good-fellowship, including that advanced stage where a group were rolling over each other and grunting affectionately in tones that were distinctly expressive of swearing good-fellowship all around. Their reeling and staggering, and the expression of their features all indicated that alcohol had the same effect on pigs as on men; that under its influence both stood on the same zoological level. on the same zoological level.

Correspondence

NOTE.

By an error last week the little poem 'Never Say Fail' was published as if written by 'Pearlie K.,' whereas Pearlie K. copied it from some source and enclosed it with her letter for the 'Correspondence column.'

The Editor requests the children who send copied poems always to write the author's name at the end or to state the source from which it was copied.

Golden Grove, N.B.

Dear Editor,—I have never seen a letter from Golden Grove, so I thought I would write one. I have two pets, a dog and a cat; the cat is black and white. The dog is black and yellow. I go to day school and am in the fourth grade. I have nearly a mile to walk. We had a new school house built. I think it is very nice. I go to Sun-

day-school nearly every Sunday. We have Sunday-school all the year. We had a Sunday-school picnic this summer; we had races and games, and plenty of good things to cat. We take the 'Northern Messenger.' I think it is a very nice paper. The leaves are falling quickly, the trees will soon be bare. I am twelve years old, my birthday is on March 12.

JACK S.

Golden Grove, N.B.

Golden Grove, N.B.

Dear Editor,—I live on a farm, and have two sisters and three brothers. One of my brothers and my two sisters and I go to Sunday-school. We had a picnic, but I was not there but my cousin said that they had a fine time. We get the 'Northern Messenger,' and we think it a very nice paper. I read it as soon as I get it. I have a cat, called Spot, and two dogs named Jeff and Nep. We had a new school house built and it is very nice. We have flowers in the windows and some are in bloom. On the walls we have pictures and flags. Among the pictures are those of the King and Queen. I am in the third grade. My birthday is April 19, and I am ten years old.

Golden Grove, N.B.

Dear Editor,—We live on a farm, near a lake. I have one sister and two brothers.

We have five cows, a horse and a calf. My pets are a dog and three cats. I go to day school and Sunday-school and to church. Our Sunday-school had a picnic this summer, and Lenioved it very much. My school teacher's I enjoyed it very much. My school teacher's name is Miss Waters and I like going to school very much, am in the third grade and I study reading, writing, and composition, spelling, geography and arithmethic. My sister and one of my brothers go to school with me. My birthday is Sept. 17, and I am nine years old.

GEORGE J. McB.

Advertisements.



Shredded Wheat Biscuit **Cures Indigestion**

"I have been in constant use of your Shredded Whole Wheat Biscuit for four months. I cannot speak all that is to be said in its behalf in this letter. It constitutes at least 90 percent of my food. It has cured Indigestion and Constipation. It seems to satisfy the appetite and to take the place of meats and other articles of food here-tofore used. I believe there is nothing that will equal it for persons inclined to indigestion and constipation."

I. B. PORTER,

Denver, Colorado.

and Constipation.

SHREDDED WHEAT BISCUIT.

