

## 1904 CARICATURED.

A large number of Cartoons by the brightest wits and truest pens have been collected from the leading publications of both hemispheres, and will be issued by the publishers of 'World Wide' in their mid-December issue. These Cartoons will give a most humorous and effective review of the interesting world-events of this most interesting year.

These Caricatures will be printed on extra good paper with a colored cover, and there will be some sixty pages, about the size of 'Messenger' and 'World Wide.'

Ten Cents a copy, post paid.

'Messenger' subscribers can get these Caricatures for themselves and two friends, free of charge, by remitting \$1.00 for a club of three 'Messenger' subscriptions, two of which must be new.

Or these caricatures will be sent to every one sending us a full dollar for a year's subscription to 'World Wide' or to the 'Weekly Witness' before the end of the year.

#### SUITABLE TO SEND TO DISTANT FRIENDS FOR CHRISTMAS OR NEW YEAR'S PRESENTS.

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JOHN DOUGALL & SON, Publishers, Montreal.

## HOUSEHOLD.

### Poor Girls.

The poorest girls in the world are those not taught to work. There are thousands of them. Rich parents have petted them, and they have been taught to despise labor and to depend upon others for a living, and are perfectly helpless. The most forlorn women belong to this class.

Every daughter should learn to earn her own living, the rich as well as the poor. The wheel of fortune rolls swiftly around; the rich are likely to become poor, and the poor rich. Skill added to labor is no disadvantage to the rich, and is indispensable to the poor. No reform is more imperative than this.

### How to Breathe Properly.

Most people breathe properly, often more by accident or instinct than by design, but on the other hand, hundreds of thousands do not breathe properly, while many thousands at this present moment are suffering from more or less severe affections of the lungs, or the throat, owing to a faulty mode of respiration; in other words, because they breathe through the mouth instead of through the nostrils. The

mouth has its own functions to perform in connection with eating, drinking and speaking; and the nostrils have theirs, namely, in smelling and breathing.

In summer time the error of respiring through the mouth is not so evident as in the winter, when it is undoubtedly fraught with danger to the person who commits the mistake. If any one breathes through the natural channels, the nostrils, the air, passing over the mucous membrane lining the various chambers of the nose, becomes warmed to the temperature of the body before reaching the lungs; but if he takes the air between the lips and in the mouth, the cold air comes in contact with the delicate lining membrane of the throat and lungs, and gives rise to a chill, frequently ending in inflammation.

Some persons, without knowing the reason why they are benefited, wear respirators over their mouths in winter if they happen to go out of doors. By so doing they diminish the amount of air which enters between the lips, and virtually compel themselves to breathe through the nostrils; but they can attain just the same result by keeping the lips closed, a habit which is easily acquired, and conduces to the proper and natural way of breathing. We believe that if people would only adopt this simple habit, in other words, if they would take for their rule in breathing, 'shut your mouth!' there would be an intense diminution in the two classes of disease, namely, those

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of the throat and lungs, which count many thousands of victims in this country in the course of a single year.—'Common People.'

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